

St. Aloysius Catholic School

Cross Country 2024

Coaches:

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Summary: Cross Country is a distance and endurance sport where athletes run races on open terrain and courses. The sport is open to any students enrolled in 5th – 8th Grades. Practices are held at a public park with meets typically occurring Saturday mornings in the fall. Athletes run two-mile races in boys and girls divisions.

Fall Practices: start Monday, August 12 and will be held at Highland Road Park every Monday, Tuesday, Thursday from 5:30 – 7:00 p.m. and Saturday from 7:30 – 9:00 a.m. (Saturday practices will only last until our first meet on September 7).

Meet Schedule: first meet is Saturday, September 7 at Highland Road Park. All meets will be held on Saturday mornings, unless stated otherwise. The schedule is subject to changes as details are still being finalized.

- Saturday, September 7: St. Jean Vianney Invitational at Highland Road Park, Time TBD
- Saturday, September 14: Episcopal Round Table Run at Highland Road Park, Time TBD
- Saturday, September 21: Brusly Cinclaire Run on the Levee at Brusly Middle School, Brusly, Time TBD
- Saturday, September 28: St. Aloysius & St. George Invitational at Highland Road Park, 8:00 a.m.
- Saturday, October 5: St. Jude Cougar Invite at Highland Road Park, 10:30 a.m.
- Saturday, October 12: St. Jude Courage XC Challenge at Highland Road Park, 10:30 a.m.
- Saturday, October 19: Northwestern Braves Battlefield Run at Port Hudson, Time TBD
- Saturday, October 26: Open
- Saturday, November 2: Championship Meet at Highland Road Park, Time TBD

Weather: Heat will be nearly consistent for most practices and meets. Please make sure the athletes are well hydrated and rested for each practice. In the case of inclement weather, any cancellations will be communicated in a timely manner.

Equipment:

- Tennis Shoes (preferably running ones that are separate from everyday use and aren't worn out. Worn out shoes or the wrong type of ones can lead to discomfort and potentially injuries)
- Cross Country Spikes (optional; for cross country meets. These help with traction on the terrain during races. They're recommended, but not mandatory)
- T-shirt/singlet and gym shorts (wicking ones so moisture can evaporate easily)
- Water Bottle (big jugs are recommended so they can hold more water)
- Sweat Towel (can also be used for exercises) & cooling towel (to cool off from the heat. An ice chest filled with ice cold water will be available at practices to store towels and use when needed to cool off)
- Running/GPS Watch (optional if an athlete would like to keep track of progress)
- Athletic bag to hold necessary gear

Expectations:

- 1) Positive Attitude
- 2) Willingness to push through difficult moments for improvement
- 3) Be able to run two miles consistently without stopping by some point in the season.
- 4) Attentiveness to coaches during practices & meets
- 5) Encourage and support teammates
- 6) Be willing to step up and lead by example when asked
- 7) Show good sportsmanship to competing schools at meets and be good representatives of St. Aloysius School

If you have any questions, don't hesitate to contact us. We look forward to seeing everyone soon and kicking off the season! Geaux Lions!

"You have to wonder at times what you're doing out there. Over the years, I've given myself a thousand reasons to keep running, but it always comes back to where it started. It comes down to self-satisfaction and a sense of achievement." Steve Prefontaine (legendary American distance runner)

"I can do all things in Christ who strengthens me." Philippians 4:13