

St. Joseph Downingtown Cross Country

Table of Contents

Page 1	General Information
Page 2	OYYA Information
Page 3	Awards and Achievements

General Cross Country Information and Requirements:

- ✦ Registered members of St. Joseph Parish and/or School
- ✦ Boys and Girls entering grades 4 - 8
- ✦ Registration is held in June during Fall Sports Registration
- ✦ No minimum or maximum number registered athletes
- ✦ 3 divisions:
 - Novice – born in 1990 -2000 and in at least 4th grade; run 1.86 miles.
 - Minor – born in 1997 -1998; run 1.86 miles, but more hills than novices.
 - Cadet – born in 1993 - 1994 and not graduated from 8th grade; run 2.48 miles.
- ✦ Uniform deposit required: \$50
- ✦ Equipment purchased by family: running shoes
- ✦ Meets are generally held on Sunday.
- ✦ Season runs Aug 15th – late Oct; Championship to follow.
- ✦ Individuals may go to summer camps. There is no team camp.
- ✦ Practice may begin Aug 1st
- ✦ Practices are held Monday and Thursday.
- ✦ Practices and/or meets are generally 3 times/week.

St. Joseph Downingtown Cross Country

Philadelphia OYYA/St Joseph CYO Cross Country

St Joseph coach's philosophy: There are no losers as long as you do three things while participating on St Joseph's Cross Country team. Number one: always try your best. Number two: while working towards your goals, look for opportunities to have fun and then have fun. Number three and most importantly: always treat other athletes, coaches, spectators, and officials, as you would want to be treated, with respect, compassion and good sportsmanship.

Dates:

Championships: (must finish at least 2 meets to qualify)

Times: Sub-novice (mixed girls and boys) will start at 12:45PM. Novice girls will start at 1PM, followed by novice boys, minor girls, minor boys, cadet girls, and cadet boys.

Course walk: September 14, 2008 at noon (all groups).

Age groups:

Sub-novice – 1st, 2nd, and 3rd graders regardless of age; run 0.9 miles.

Novice – born in 1998-1999 and in at least 4th grade; run 1.86 miles.

Minor – born in 1996-1997; run 1.86 miles, but more hills than novices.

Cadet – born in 1994 to 1995 and not graduated from 8th grade; run 2.48 miles.

Rosters: August 25th is the last day to add someone to the St Joseph roster; athletes must run in 2 meets to be eligible for the championship meet.

Replacement numbers: If a child forgets a number on the day of the meet, a new number must be obtained at the cost of \$5.00. You must have a number to run in a meet.

OYYA Cross country coordinator:

Mary Ellen Malloy 215-757-9625

sunrisexc@aol.com

CYO XC website: www.oyya.org

Practices: Monday and Thursday 5:30 PM to 6:30 PM (this will be adjusted as it gets darker earlier through the fall) as listed below. Practice usually consists of a warm-up run, stretching, longer run, and warm-down with pushups, sit-ups, and stretching. Always bring something to drink to practice. As the weather gets cooler, dress in layers – you can always take layers off as you warm up while running. We will usually still practice in a light rain – in downpours or lightning practice will be cancelled.

Remember, younger siblings and parents are always welcome to run (or walk) with the group.

St. Joseph Downingtown Cross Country

- ◆ 2009 Michael Bandru and his assistant coaches, Mike Bodary and Cindy Chimino did an awesome job this year coaching our Cross Country athletes. They competed at the Philadelphia Archdiocese championship meet on Sunday, October 26, 2008, where our St. Joseph Boys team took SECOND place overall. Then, went on to the Regional Mid-Atlantic AAU meet on November 9th in Delaware, where seven boys competed and qualified to move onto the national meet. Two of our girls Alissa Barchet and Abby Farrell also competed, but, unfortunately, did not qualify for nationals. The seven boy's team members competed at the Cross Country Coaches National Meet in West Chester, Ohio on Saturday, December 6, 2008, and did exceptionally well. The individual boys and their finishing places in their age groups in this national meet were as follows (the top 25 finishers won medals):
 - ◆ Patrick Blair (10-year-old) 24th place
 - ◆ Drew Alansky (10-year-old) 25th place
 - ◆ Matt Farrell (11-year-old) 13th place
 - ◆ Tyler Alansky (11-year-old) 14th place
 - ◆ Gordon Barchet (11-year-old) 17th place
 - ◆ Joseph Doran (13-year-old) 1st Place
 - ◆ Reinhold Barchet (13-year-old) 25th place

- ◆ CYO's First Cross Country team in 2007 had runners (our Novice Boys team who took second place in the Philadelphia Archdiocese Championship meet) Tyler Alansky, Gordon Barchet and Matthew Farrell run in the Mid-Atlantic Meet and qualified to run in the National Championship meet held on December 1st in Lexington, Kentucky. During the Mid-Atlantic Meet Matt placed 8th overall and medalled, Tyler placed 12th overall and Gordon placed 13th overall. Joseph Doran placed 14th at the Archdiocesan Championship and qualified for, but did not run in the Mid-Atlantic meet due to illness. Gordon and his family opted not to compete at nationals. However, Tyler and Matt ran at nationals and medalled – the first 25 participants in each age group medalled - with Tyler taking 18th place and Matt taking 23rd place overall. Both were also part of the Philadelphia Arch Dioceses C team that came in 4th places.