

St. Patrick's XC Summer Packet 2022

MEET THE COACHES!

Hello Runners! My name is Tim Matuszewski and this is my 8th season as the Head Coach of St. Patrick's cross country team. Coach (Kelly) Bowers and I are looking forward to another great cross country season.

As our tradition has grown, St. Pat's XC Family continues to stress the importance of Hard Work, Dedication, Sportsmanship and Racing for Each Other!

Summer is Base Training Time

The fall cross country season is very short. As runners, we need to make sure we have the base miles on our legs and we are ready to start fine tuning our fitness when we start in August. The following page contains a generic training chart for our Mini Shamrocks (1st - 3rd graders) and Newbies, returning JV runners and our veteran Varsity runners. If you have not yet started, it's time to get moving!



"TO GIVE ANYTHING LESS THAN YOUR BEST IS TO SACRIFICE A GIFT."
-Steve Prefontaine (Legendary distance runner who held seven American track records)



WE ALL HAVE DREAMS, IN ORDER TO MAKE DREAMS COME INTO REALITY, IT TAKES AN AWFUL LOT OF DETERMINATION, DEDICATION, SELF-DISCIPLINE AND EFFORT. - Jesse Owens (Olympic Gold Medalist)



THE RUNNER MUST BE A **FANATIC** FOR HARD WORK AND **ENTHUSIASTIC** ENOUGH TO ENJOY IT.

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Mini-Shamrocks & Newbies (1st – 3rd grades and first year runners). Our goal during the summer is to get our younger runners accustomed to running for a given length of time. We want to start building a good base to improve our endurance for practices and races.

JV Runners (4th – 6th Grade) JV Runners have been on the Cross Country Team. Our JV runners ran last year and now understand the importance of base mileage going into the season.

Varsity Runners (7th/8th Grade) Varsity Runners...YOU KNOW THE DRILL. Our Varsity runners have competed for several years. You are getting close to finishing your middle school cross country career and will be making the jump to HS running/cross country. At the high school level summer training will be necessary, so now is a good time to build good habits. Finally, the Newbies, Mini-Shamrocks and JV Runners will be looking up to you and follow your lead. **Lead by example!**

Focus on getting as many weeks of training in as possible before the 1st week of practice (Typically mid-August).

Training Week	Newbie/Mini-Shamrocks	JV Runner	Varsity Runner
Week #1	10 mins x 2 times/wk	15 mins x 2 times/wk	15 mins x 2 times/wk
Week #2	10 mins x 2 times/wk	15 mins x 2 times/wk	20 mins x 2 times/wk
Week #3	15 mins x 2 times/wk	15 mins x 3 times/wk	20 mins x 3 times/wk
Week #4	15 mins x 2 times/wk	20 mins x 3 times/wk	20 mins x 3 times/wk
Week #5	15 mins x 3 times/wk	20 mins x 3 times/wk	20 mins x 4 times/wk
Week #6	15 mins x 3 times/wk	20 mins x 3 times/wk	20 mins x 4 times/wk
Week #7	15 mins x 3 times/wk	20 mins x 4 times/wk	25 mins x 4 times/wk

ADDITIONAL NOTES

1. Now is a good time to make sure you have a good pair of running shoes. Size, fit and comfort are very important. Running Lab in downtown Brighton can help with the correct size and fit. A good pair of shoes can help with an injury-free season.
2. I know summer is very busy. The training schedule above is a guideline. Do not worry if you miss a day or two due to travels, etc. Do your best to get in as many minutes (or miles) as possible.
3. When you start a training program there are going to be some minor aches and pains. Your body is getting into shape. If a pain persists over a few days or runs, back off and implement some cross training like biking or swimming. When the pain subsides try to work some running back into your schedule. Start back slowly. We want to make sure you are healthy for the season.

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4. MOST IMPORTANTLY - HAVE FUN. ENJOY GETTING OUTSIDE AND GETTING INTO SHAPE. RUN WITH FAMILY AND FRIENDS AT OUR METROPARKS, ON TRAILS AND IN YOUR NEIGHBORHOOD. VARIETY IS THE SPICE OF LIFE.
5. We will use TeamSnap again this season. Please contact me if you have any questions or send me your email address so I can get you linked into the app.

Summer Group Runs

My plan is to start group runs at the end of July. We will meet at Huron Meadows Metro Park. Our summer group runs provide an excellent opportunity to meet and run with your teammates. I will send out an email and upload our schedule onto TeamSnap with the times, dates and locations in July. The first official practice will be around the second week of August. Details to follow.

Fall Practice Schedule

We will have two practices and one meet or invitational each week. I will try to keep the practices on Mondays and Wednesdays, based on a race Thursday or Friday. Sometimes the meet schedule dictates otherwise. The practice schedule will be available in late August/early September when our CYO Schedule is firmed up. We will also race against the local public schools like last season. Once school starts, practice will be from 4:30pm - 5:45pm at Huron Meadows Metro Park. Runners are responsible for their rides (parents or carpool) to the park after school. Generally we practice on the North Side of the park across from the golf course.

Our Mini's (1st – 3rd Graders) will run on Fun Run Fridays. Practice will be once a week and we will have 1 mile races available for our young racers. Details to follow.

Cross Country Meets

Our plan this season is to include a combination of CYO Jamborees (multi-team meets), races against our local public schools and invitationals (Pirate Challenge & Legends Invite). This season we will be back to normal racing and moving forward with a full schedule. 4th -6th Graders run the JV Race (1.2 miles). 7th/8th Graders compete in the Varsity Race (2.0 miles).

Final Thoughts

Livingston and Oakland counties have produced some of the best state and national runners for many years. Typically both the Brighton High School boys and girls teams finish in the Top-10 each year at the state meet. The boys team won the Division I State Championship in 2019 & 2021!. Pinckney, Milford and Catholic Central have won multiple boys state titles over the last decade. Milford's and Pinckney's Girls are also perennial top programs. Both boys and girls programs develop All-State and College runners on an annual basis.

I have learned something from running in Livingston County over the last twenty plus years. I started to really pay attention over the last 18 years when my wife Kristi started coaching at the high school level. Although the competition at the high school and middle school level is fierce, the running community is one big FAMILY! Often kids from rival schools train with each other and build friendships that last a lifetime. At St. Pat's we have an opportunity to introduce our kids to something really special at a young age. We are very excited about the 2022 season. More to come in the upcoming weeks!



Running is a part of me. It's part of my every day life. I also believe that God has given us (runners) this great ability to test ourselves and see how far we can push it, so in turn, I think it's a way to honor Him. Running keeps me in balance and in check with everything else that is going on in my life. I believe in the run because it is part of who I am.