

2021 CROSS COUNTRY (U12 – Open)



The 2021 focus for students participating in St Paul's School Cross Country season is on the student giving a high level of commitment, having a positive attitude, supporting each other and performing to the best of their ability to achieve their goal.

Season Details

The 2021 Season will commence on Wednesday April 21, 2021 and culminate with the 2021 TAS Cross Country Championships on Thursday May 27, 2021. This season, there are 3 official training sessions scheduled, each of these sessions will cater for varying ability levels. We are asking you that you make a commitment to attend both these training sessions and if you have any concerns about this see one of the coaches or myself.

Training Sessions:

It is a priority that ALL athletes attend as many sessions as possible; each session will cater for a variety of ability levels.

Year 7-12 Training Sessions		
Monday	Wednesday	Friday
7.10am – 8.00am Meet @ Walker Centre	7.10am – 8.00am Meet @ Walker Centre	3.30pm – 4.15pm Meet @ Walker Centre
Short Interval and strength sessions	Short interval and high intensity sessions	Longer continuous running

Athlete Point of Contact:

This year, whilst there are no staff assigned to coach a specific year level. If you have any concerns or questions, please feel free to contact any of the staff or you may see Mr Osborne if you require any further information or clarification.

Points of Contact

Mr. Setterfield (ADS) – Walker Centre
Mrs. Kohn (NLK) – Lower Sutton Staffroom
Mr. Carnell (DJC) – Krebs Staffroom
Mr. Osborne (TJO) - Farmhouse
Other staff will join training sessions throughout the season.

Important Dates:

The following dates need to be noted as a part of the 2021 Cross Country Season:

- Secondary School Inter-House Cross Country (Yrs 7-12): Thursday May 6, 2021 (Venue: St Paul's School) **(Age Champion Qualifying Race – U12 to Open)**
- Age Champion Event – Friday May 21, 2021 TAS distances (Venue: St Paul's School) **(Age Champion Qualifying Race – U12 to Open)**
- Met North: Tuesday May 25, 2021 (Venue: St Paul's School) – Details will be advertised and are available on the Met North Website
- TAS Cross Country Championship: Thursday May 27, 2021 (Venue: John Paul College) **(Age Champion Qualifying Race – U12 to Open)**

Student Expectations:

In order for Students to gain a colour point for Cross Country they must fulfil the following criteria:

- **Attend 7 out of the 9 training session** (see calendar on Page 3), unless other arrangements have been made with the Head of Cross Country
- Students must exhibit an appropriate level of commitment, attitude, support and performance throughout the season

There may be special situations that the Head of Cross Country (TJO) may consider in awarding the colour point to a particular student.

- It is the students' responsibility to make sure their name is marked off at each session
- Students must be appropriately dressed for all training sessions. Students need to wear the St Paul's School cross country training shirt (available from the clothing shop), St Paul's School running attire or House shirt.
- Students must have their own water bottle at each session. Hydration is vitally important!
- Runners need a watch with a stopwatch to help monitor and support their running
- Selection for the TAS Team is based on the following (at trainings and other Carnivals):
 - A high level of **commitment**,
 - having a positive **attitude**,
 - **supporting each other**, and
 - **performing** to the best of their ability

U12 – Open Age Championship:

The age champion will be determined with athletes competing in 3 events ONLY; the Inter-House Carnival, Met North and the TAS Carnival throughout the season.

- **Students will receive points for each Age Championship Event (see below).**
- **Students must compete in ALL 3 Age Championship Events to qualify for the age championship.**
- **Students must commit to regular training throughout the season.**
- **To be awarded age champion you MUST represent the school at TAS Cross Country on Thursday May 27, 2021**
- **Results from all three events will go towards determining age champion.**

Age Champion Events: (All 3 events)

- Secondary School Inter-House Cross Country (Yrs 7-12): Thursday May 6, 2021 (Venue: St Paul's School) (**Age Champion Qualifying Race – U12 to Open**)
- Age Champion Event – Friday May 21, 2021 TAS distances (Venue: St Paul's School) (**Age Champion Qualifying Race – U12 to Open**)
- TAS Cross Country Championship: Thursday May 27, 2021 (Venue: John Paul College) (**Age Champion Qualifying Race – U12 to Open**)

This will be the only way in which students can be considered for age champion.

TT/Race Points			
Place	Points	Place	Points
1 st	20	6 th	10
2 nd	18	7 th	8
3 rd	16	8 th	6
4 th	14	9 th	4
5 th	12	10 th	2

TAS Distances:

Under 12 Girls	3 km	Under 15 Girls	3 km
Under 12 Boys	3 km	Under 15 Boys	4 km
Under 13 Girls	3 km	Under 16 Girls	3 km
Under 13 Boys	3 km	Under 16 Boys	5 km
Under 14 Girls	3 km	Open Girls	3 km
Under 14 Boys	4 km	Open Boys	5 km

Training

To become a better runner, you need to run. If students want to see an improvement in their running, then 2 sessions a week is not going to be enough. Students are encouraged to do some running outside the provided sessions at School. If students are interested in doing this, then I would recommend that students have a chat with any of the coaches and they will be able to provide you some ideas. Alternatively you can attend as many sessions as you like throughout the week (including the Junior School sessions).

QUEENSLAND RUNNING EVENTS

Students are welcome to attend the Saturday afternoon cross country events which Queensland Running hold on a weekly basis. Details are available at: <http://www.queenslandrunning.com.au>

PARKRUN

Students are welcome to attend the Saturday morning Parkrun events which are held on a weekly basis. If you visit <http://www.parkrun.com.au/> you can find further details of the Parkrun near you.

Yours in running
SPS Cross Country Coaching Team

2021 Cross Country Calendar

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 11	Date: 19-April-2021 PUPIL FREE DAY	Date: 20-April-2021	Date: 21-April-2021 Training Session 7.10am – 8.00am <i>(attendance for colour point)</i>	Date: 22-April-2021	Date: 23-April-2021 Challenge Run 3.30pm – 4.15pm
	Date: 26-April-2021 ANZAC DAY	Date: 27-April-2021	Date: 28-April-2021 Training Session 7.10am – 8.00am <i>(attendance for colour point)</i>	Date: 29-April-2021	Date: 30-April-2021 Challenge Run 3.30pm – 4.15pm
Week 12	Date: 3-May-2021 LABOUR DAY	Date: 4-May-2021	Date: 5-May-2021 Training Session 7.10am – 8.00am <i>(attendance for colour point)</i>	Date: 6-May-2021 Inter house Cross Country Venue – St Pauls School STUDENTS MUST ENTER CHAMPIONSHIP RACE (Age Championship Qualifying Race)	Date: 7-May-2021 Challenge Run 3.30pm – 4.15pm
	Date: 10-May-2021 Training Session 7.10am – 8.00am <i>(attendance for colour point)</i>	Date: 11-May-2021	Date: 12-May-2021 Training Session 7.10am – 8.00am <i>(attendance for colour point)</i>	Date: 13-May-2021	Date: 14-May-2021 Challenge Run 3.30pm – 4.15pm
Week 13	Date: 17-May-2021 Training Session 7.10am – 8.00am <i>(attendance for colour point)</i>	Date: 18-May-2021	Date: 19-May-2021 Training Session 7.10am – 8.00am <i>(attendance for colour point)</i>	Date: 20-May-2021	Date: 21-May-2021 Challenge Run 3.30pm – 4.15pm (TAS TT adding toward Age Championship) TAS Distances <i>(attendance for colour point)</i>
	Date: 24-May-2021 Training Session 7.10am – 8.00am <i>(attendance for colour point)</i>	Date: 25-May-2021 Met North Cross Country Venue – St Pauls School <i>(Please note this year this is NOT for age championship)</i>	Date: 26-May-2021 Training Session 7.10am – 8.00am <i>(attendance for colour point)</i>	Date: 27-May-2021 TAS Cross Country Venue – John Paul College (Age Championship Qualifying Race)	Date: 28-May-2021

END OF 2021 SEASON