











































Quality pic with Kenton





Love my team



**ANNOUNCEMENT**

**ANNOUNCEMENT**  
**MONDAY, AUGUST 10**

CROSS COUNTRY STARTS THIS WEEK! THIS IS A SPORT FOR ALL STUDENTS IN ALL GRADES. IF YOU THINK YOU MIGHT BE INTERESTED, COME TO THE SIGNUP MEETING TODAY RIGHT AFTER SCHOOL TODAY. COACH SMITH'S CLASSROOM RIGHT AFTER SCHOOL. NO EXPERIENCE REQUIRED!

**ANNOUNCEMENT (TUESDAY, AUGUST 11 THROUGH FRIDAY, AUGUST 14)**

CROSS COUNTRY PRACTICE STARTS THIS WEEK! IF YOU THINK YOU MIGHT BE INTERESTED, SEE COACH SMITH IN ROOM 501 DURING THE DAY OR AT THE ALUMNI CENTER AFTER 3 O' CLOCK. NO EXPERIENCE REQUIRED!

Tuesday, September 15, 2015

CONGRATULATIONS TO ALL RUNNERS FOR THEIR GREAT SHOWING AT THE EPISCOPAL INVITATIONAL IN BATON ROUGE LAST SATURDAY.

THE VARSITY GIRLS TOOK 3<sup>rd</sup> OF 23 SCHOOLS AND THE VARSITY BOYS TOOK 18<sup>th</sup> OF 31 SCHOOLS.

THE TOP FINISHERS FOR THE VARSITY GIRLS WERE:

CLAIRE VAUGHN  
KATHARINE VAUGHN  
REGAN ROBICHAUX  
GABI ROMERO  
FAITH MICHIELS  
AVERY LONG  
AND HANNAH HAYES

THE TOP FINISHERS FOR THE VARSITY BOYS WERE:

KENT MILTON  
QUINT MCMICKENS  
COLE ROBICHAUX  
BRANDON COREIL  
COLE ARBOUR  
BRADEN SCALISI  
AND ASCHER LUKE

Thursday, September 24, 2015

**ANNOUNCEMENT**

CONGRATULATIONS TO BOTH THE BOYS & GIRLS CROSS COUNTRY TEAMS FOR THEIR PERFORMANCES AT THE MENARD OPEN YESTERDAY.

THE GIRLS DOMINATED, PLACING 8 RUNNERS IN THE TOP TWENTY TO WIN OVER 21 TEAMS BY 72 POINTS. THE BOYS TEAM PLACED 2<sup>nd</sup> OF 27 TEAMS TO ALSO BRING HOME A TROPHY.

ALSO CONGRATULATIONS TO CLAIRE VAUGHN WHO WAS THE OVERALL GIRLS WINNER.

SCORING FOR THE GIRLS WERE:

CLAIRE VAUGHN  
KATHARINE VAUGHN  
FAITH MICHIELS  
GABI ROMERO  
NOELLE DUNN  
HANNAH HAYS  
REGAN ROBICHAUX  
AND ALYSSA RABIE

SCORING FOR THE BOYS WERE:

KENT MILTON  
JACOB SEELING  
QUINT MCMICKENS  
COLE ROBICHAUX  
BRADEN SCALISI  
BRANDON COREIL  
AND NICK DUFRENE

Monday, September 28, 2015

**ANNOUNCEMENT**

CROSS COUNTRY TRAVELLED TO THE BATTLEFIELD CROSS COUNTRY FESTIVAL NEAR ST FRANCISVILLE SATURDAY TO COMPETE WITH NEARLY 50 SCHOOLS. THE GIRLS PLACED SECOND OF 25 SCHOOLS. THE GUYS TEAM TOOK 6<sup>th</sup> OF 30 SCHOOLS.

SCORING IN THE GIRLS VARSITY RACE WERE:

CLAIRE VAUGHN  
KATHARINE VAUGHN  
GABI ROMERO  
NOELLE DUNN  
REGAN ROBICHAUX  
FAITH MICHIELS  
HANNAH HAYS  
AVERY LONG  
AND ADDISON HAYS

SCORING IN THE BOYS VARSITY RACE WERE:

KENT MILTON  
QUINT MCMICKENS  
JACOB SEELING  
COLE ROBICHAUX  
BRADEN SCALISI  
NICK DUFRENE  
ASCHER LUKE  
COLE ARBOUR  
AND BRANDON COREIL



MONDAY, October 5, 2015

ANNOUNCEMENT

CONGRATULATIONS AGAIN TO BOTH THE BOYS & GIRLS CROSS COUNTRY TEAMS FOR THEIR PERFORMANCE AT THE PINEVILLE CROSS COUNTRY MEET THIS PAST SATURDAY. THE GIRLS WON AND THE GUYS WERE SECOND.

SCORING FOR THE GIRLS WERE:  
CLAIRE VAUGHN  
HANNAH HAYS  
KATHARINE VAUGHN  
NOELLE DUNN  
FAITH MICHELS  
AVERY LONG  
AND ADDISON HAYS

SCORING FOR THE BOYS WERE:  
KENT MILTON  
QUINT McMICKENS  
JACOB SEELING  
BRADEN SCALISI  
BRANDON COREIL  
COLE ARBOUR  
AND JUDE HOPEWELL

Monday, October 12, 2015

ANNOUNCEMENT

CONGRATULATIONS TO BOTH THE BOYS & GIRLS CROSS COUNTRY TEAMS FOR THEIR GREAT PERFORMANCES AT THE CATHOLIC HIGH INVITATIONAL IN BATON ROUGE SATURDAY. THIS IS THE BIGGEST CROSS COUNTRY RACE IN THE STATE, HOSTING NEARLY 2000 RUNNERS FROM ALL SEVEN CLASSIFICATIONS.

THE GIRLS PLACED FIFTH OF 40 TEAMS, BEHIND ONLY THE TOP FOUR 5A TEAMS IN THE STATE. THE BOYS PLACED 3<sup>RD</sup> IN THE 2A DIVISION OF THEIR RACE. THERE WERE NEARLY 300 RUNNERS IN EACH VARSITY RACE.

SCORING IN THE VARSITY GIRLS RACE WERE:  
CLAIRE VAUGHN  
KATHARINE VAUGHN  
HANNAH HAYS  
FAITH MICHELS  
GABI ROMERO  
ADDISON HAYS  
AND VICTORIA VAUGHAN

SCORING IN THE VARSITY BOYS RACE WERE:  
KENT MILTON  
QUINT McMICKENS  
JACOB SEELING  
BRADEN SCALISI  
COLE ARBOUR  
JUDE HOPEWELL  
AND BRANDON COREIL

Monday, October 19, 2015

ANNOUNCEMENT

CONGRATULATIONS TO THE BOYS & GIRLS CROSS COUNTRY TEAMS FOR THEIR GREAT SHOWING AT THE MENARD INVITATIONAL SATURDAY. MENARD HOSTED OVER 40 SCHOOLS FROM ALL OVER THE STATE SATURDAY AT THE FORT BUHLOW RECREATION COMPLEX.

THE GIRLS AGAIN DOMINATED, WINNING BY 40 AND PLACING 7 IN THE TOP FIFTEEN. THE BOYS PLACED 3<sup>RD</sup>.

SCORING FOR THE GIRLS WERE:  
CLAIRE VAUGHN  
FAITH MICHELS  
KATHARINE VAUGHN  
HANNAH HAYS  
NOELLE DUNN  
AVERY LONG  
AND REGAN ROBICHAUX

SCORING FOR THE BOYS WERE:  
KENT MILTON  
QUINT McMICKENS  
COLE ROBICHAUX  
JACOB SEELING  
BRADEN SCALISI  
JONATHAN SCALFANO  
AND JUDE HOPEWELL

Friday, October 24, 2014

ANNOUNCEMENT

THE CROSS COUNTRY BOYS AND GIRLS COMPETED AT THE JOHN MILLER INVITATIONAL AT BUHLOW YESTERDAY. THE GIRLS PLACED 1<sup>ST</sup> OF 17 SCHOOLS AND THE GUYS WERE 2<sup>ND</sup> OF 18 SCHOOLS.

SCORING FOR GIRLS IN THE 152 RUNNER RACE WERE:  
CLAIRE VAUGHN - 1<sup>ST</sup>  
KATHARINE VAUGHN - 2<sup>ND</sup>  
HANNAH HAYS - 3<sup>RD</sup>  
AVERY LONG - 4<sup>TH</sup>  
NOELLE DUNN - 5<sup>TH</sup>  
REGAN ROBICHAUX - 7<sup>TH</sup>  
AND FAITH MICHELS - 15<sup>TH</sup>

SCORING FOR THE BOYS IN THE 198 RUNNER RACE WERE:  
COLE ROBICHAUX - 9<sup>TH</sup>  
KENT MILTON - 10<sup>TH</sup>  
QUINT McMICKENS - 11<sup>TH</sup>  
JACOB SEELING - 12<sup>TH</sup>  
BRADEN SCALISI - 15<sup>TH</sup>  
JONATHAN SCALFANO - 33<sup>RD</sup>  
AND JUDE HOPEWELL - 47<sup>TH</sup>

OUR MENARD RUNNERS ALSO HAD MUCH SUCCESS IN THE JUNIOR VARSITY RACES. BOTH RACES HAD OVER 150 RUNNERS.

GIRLS IN THE JV TOP TWENTY WERE:  
ALYSSA RABIE - 1<sup>ST</sup>  
GABI ROMERO - 2<sup>ND</sup>  
ADDISON HAYS - 3<sup>RD</sup>  
GRACE WEBB - 4<sup>TH</sup>  
VICTORIA VAUGHN - 6<sup>TH</sup>  
JULIA SAMPEY - 8<sup>TH</sup>  
AND ABBY LONG - 12<sup>TH</sup>

BOYS IN THE JV TOP TWENTY WERE:  
ASCHER LUKE - 2<sup>ND</sup>  
BRANDON COREIL - 3<sup>RD</sup>  
COLE ARBOUR - 4<sup>TH</sup>  
TAYLOR ROGERS - 12<sup>TH</sup>  
AND SETH BENTON - 16<sup>TH</sup>



Monday, October 26, 2015

ANNOUNCEMENT

CONGRATULATIONS TO BOTH THE BOYS & GIRLS CROSS COUNTRY TEAMS FOR THEIR PERFORMANCES AT THE NORTHWESTERN STATE INVITATIONAL SATURDAY.

THE GIRLS WERE 4<sup>TH</sup> OF 23 TEAMS AND THE BOYS WERE 6<sup>TH</sup> OF 25 TEAMS.

SCORING FOR GIRLS WERE:

CLAIRE VAUGHN  
AVERY LONG  
NOELLE DUNN  
FAITH MICHELS  
KATHARINE VAUGHN  
HANNAH HAYS  
AND GABI ROMERO

SCORING FOR THE BOYS WERE:

KENT MILTON  
JACOB SEELING  
QUINT McMICKENS  
BRADEN SCALISI  
BRANDON COREIL  
JONATHAN SCALFANO  
AND TAYLOR ROGERS

Thursday, October 29, 2015

ANNOUNCEMENT

CONGRATULATIONS TO BOTH THE BOYS & GIRLS CROSS COUNTRY TEAMS FOR THEIR PERFORMANCES AT THE PARISH CHAMPIONSHIPS AT BUHLOW YESTERDAY.

THE GIRLS DOMINATED, WINNING FOR THE EIGHTH YEAR IN A ROW PLACING 10 IN THE TOP 12 FINISHERS. CLAIRE VAUGHN WAS THE OVERALL WINNER.

SCORING FOR THE GIRLS WERE:

CLAIRE VAUGHN  
KATHARINE VAUGHN  
HANNAH HAYS  
NOELLE DUNN  
REGAN ROBICHAUX  
GABI ROMERO  
AND FAITH MICHELS

THE BOYS ALSO WON, EASILY BEATING PINEVILLE AND 6 OTHER SCHOOLS.. SCORING FOR THE BOYS WERE:

KENT MILTON  
QUINT McMICKENS  
JACOB SEELING  
COLE ROBICHAUX  
BRADLEN SCALISI  
JONATHAN SCALFANO  
AND BRANDON COREIL

THE GIRLS JUNIOR HIGH AND JV TEAMS ALSO PLACED RUNNERS IN THE TOP TEN IN THEIR RACES. CONGRATULATIONS TO:

JULIA SAMPEY  
HALEIGH FRANKLIN  
MERRIK BOWMAN  
TREY BROWN  
AND MICHAEL HAWTHONE

THURSDAY, November 5, 2015

ANNOUNCEMENT

CONGRATULATIONS AGAIN TO BOTH THE BOYS & GIRLS CROSS COUNTRY TEAMS FOR THEIR PERFORMANCE AT THE DISTRICT MEET HELD AT THE BUHLOW COURSE YESTERDAY.

THE GUYS WON THE TEAM CHAMPIONSHIP OVER 6 OTHER SCHOOLS, PLACING SIX RUNNERS IN THE TOP TEN. LEADING THE WAY WAS COLE ROBICHAUX WHO TOOK SECOND PLACE OVERALL.

THE GIRLS ALSO WON THE TEAM CHAMPIONSHIP WITH CLAIRE VAUGHN CLAIMING THE OVERALL INDIVIDUAL TITLE. THE GIRLS PLACED EIGHT RUNNERS IN THE TOP TEN, INCLUDING THE TOP SIX PLACES.

PLACING IN THE TOP TEN FOR THE GIRLS WERE:

CLAIRE VAUGHN  
KATHARINE VAUGHN  
GABI ROMERO  
HANNAH HAYS  
FAITH MICHELS  
NOELLE DUNN  
AVERY LONG  
AND ADDISON HAYS

SCORING FOR THE BOYS WERE:

COLE ROBICHAUX  
KENT MILTON  
JACOB SEELING  
QUINT McMICKENS  
BRADEN SCALISI  
BRANDON COREIL  
AND JONATHAN SCALFANO

PLACING IN THE TOP FIVE IN THE JUNIOR VARSITY RACE WERE MERRIK BOWMAN, CATHERINE HIRCHAK, HALEIGH FRANKLIN, AND KATHRYN BESSELMAN FOR THE GIRLS

AND SOLOMON DUHON, MICHAEL HAWTHORNE, AND ADDISON HEBERT FOR THE BOYS.

TUESDAY, November 17, 2015

ANNOUNCEMENT

CONGRATULATIONS TO BOTH THE BOYS & GIRLS CROSS COUNTRY TEAMS FOR THEIR GREAT SEASONS JUST ENDED, AND FOR THEIR RESULTS AT THE STATE MEET IN NATCHITOCHEES YESTERDAY.

IN THE SUPER TOUGH 2A CLASSIFICATION, THE GIRLS PLACED 2<sup>ND</sup> OF 20 TEAMS. THE GUYS TOOK 6<sup>TH</sup> OUT OF 27 TEAMS. ALSO CONGRATULATIONS TO CLAIRE VAUGHN FOR EARNING HER SECOND STRAIGHT ALL-STATE RANKING.

RUNNING FOR THE GIRLS WERE:

CLAIRE VAUGHN  
NOELLE DUNN  
KATHARINE VAUGHN  
AVERY LONG  
HANNAH HAYS  
FAITH MICHELS  
AND GABI ROMERO

RUNNING FOR THE BOYS WERE:

COLE ROBICHAUX  
KENT MILTON  
BRANDEN SCALISI  
JACOB SEELING  
QUINT McMICKENS  
JONATHAN SCALFANO  
AND TAYLOR ROGERS



## **CROSS COUNTRY TEN COMMANDMENTS**

- 1. Thou shalt drink at least 8 glasses of water daily.***
- 2. Thou shalt not miss a practice and shalt run the prescribed workout every day.***
- 3. Thou shalt stretch before and after every run.***
- 4. Thou shalt wear the proper shoes on every run.***
- 5. Thou shalt wear a watch on every run, and note the time and pace in your log book.***
- 6. Thou shalt not eat chips and drink soft drinks during the season. Thou shalt hardly eat cookies, chocolate, and the like during season.***
- 7. Thou shalt eat fruit and vegetables daily.***
- 8. Thou shalt set short and long term personal goals.***
- 9. Thou shalt update your log book daily.***
- 10. Thou shalt work hard and have fun every day.***



GROUP	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL	
AUGUST	1	TEAM MEETING 3-2-1 (6)	GL 4x800 (120 sec) GL (4)	EASY 2-1-1 ↓ RP+45 (4)	TT-1 1-1-1 GL (3)	2 miles 4x400 (120 sec) 2 miles (5)	X	Kincaid 7AM MELUARD (6)	28
	2	TEAM MEETING 2-2-1 (5)	GL 3x800 (120 sec) GL (3 1/2)	EASY 1-1-1 ↓ RP+45 (3)	TT-1 1-1-1 GL (3)	2 miles 4x400 (120 sec) 1 mile (4)	X	Kincaid 7AM MELUARD (6)	24 1/2
	3	TEAM MEETING 2-1-1 (4)	GL 2x800 (120 sec) GL (3)	EASY (3)	TT-1 1-1-1 GL (3)	1 mile 4x400 (120 sec) 1 mile (3)	X	OYO (3)	19
	4	TEAM MEETING 1-1-1 (3)	SWIM 2x800 (120 sec) SWIM (2)	EASY (2)	TT-1 5-1-1 MIN GL (2 1/2)	SWIM 4x400 (120 sec) SWIM (2)	X	OYO (3)	14 1/2
	5	TEAM MEETING TL'S (2)	TL'S (2)	TL'S (2)	5-1-5 MIN MIN (2)	TL'S (2)	X	OYO (2)	12

ST MIKE IN 4 WEEKS!

ALL W/O'S END W/ COOLDOWN ROUTINE

"EASY" MEANS RP+120 (OR FASTER)

GET ALL

YOUR MILES!

GROUP	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL	
AUGUST	1	Compton 10xhills 1 (5)	Tempo RP+90 3+3 (6)	EASY (2 mile TT course) (4)	TT-2 GL TT 2 (with rest) (5)	Easy 3 1 RP+60 1 (5)	X	Kincaid 7AM Menard (6)	31
	2	Compton 12xhills 1 (4 1/2)	Tempo RP+90 3+2 (5)	EASY (") (4)	TT-2 GL TT 2 (") (5)	2 1 RP+60 1 (4)	X	Kincaid 7AM Menard (6)	28 1/2
	3	Compton 8xhills 1 (3 1/2)	Tempo RP+90 2+2 (4)	EASY (") (3)	TT-2 SWIM TT SWIM (3)	1 1 RP+60 1 (3)	X	OYO (3)	19 1/2
	4	Compton 6xhills 1 (3)	Easy No Walk (3)	Easy (") (3)	TT-1 SWIM TT SWIM (2)	Easy No walk (3)	X	OYO (3)	17
	5	Compton 2xhills 1 (2 1/2)	Easy No Walk (TL'S) (2)	Easy No walk (TL'S) (2)	TT-1 SWIM TT SWIM (2)	Easy No walk (TL'S) (2)	X	OYO (2)	12 1/2

SWIM & EAT  
GABI'S

2 MILES  
TT!

Kincaid

GET ALL  
THE MILES



GROUP	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL	
AUGUST	1	Bohlow 2+12	EASY w/ 4x90 sec RP	Swim 3x mile RP+45 Swim	EASY	TEMPO RP+60	X	LAST SUNDAY! 7AM Memorial	28
	2	Bohlow 2+12	EASY w/ 3x90 RP	Swim 2x mile RP+45 Swim	EASY	TEMPO RP+60	X	LAST SUNDAY! 7AM Memorial	24
	3	Bohlow 1+12	EASY No Walk	Swim 1x mile RP+45 Swim	EASY	EASY No Walk	X	OYO	19
	4	Bohlow 1/2+12	EASY No Walk	EASY No Walk	EASY No Walk	EASY No Walk	X	OYO	16 1/2
	5	Bohlow 1/2+12	EASY No Walk	EASY No Walk	EASY No Walk	EASY No Walk	X	OYO	11 1/2

SWIM & EAT  
VAUGHN'S

GET ALL YOUR MILES!

GROUP	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL	MON (7) (Labor Day)	
SEPTEMBER	1	COMPTON 12 hills	TEMPO RP+60	SWIM 12x400 SWIM	EASY RP+90	5-8-5	ST MIKE 1-3-1	OYO	29 1/2	OYO
	2	COMPTON 10 hills	TEMPO RP+60	SWIM 10x400 SWIM	EASY RP+90	5-8-5	ST MIKE 1-3-1	OYO	25 1/2	OYO
	3	COMPTON 8 hills	EASY	SWIM 8x400 SWIM	EASY RP+90	5-8-5	ST MIKE 1/2-2-1/2	OYO		OYO
	4	COMPTON 6 hills	EASY	SWIM 6x400 SWIM	EASY	5-8-5	ST MIKE 1/2-2-1/2	OYO		OYO
	5	COMPTON 4 hills	EASY	SWIM 4x400 SWIM	EASY	5-8-5		OYO		OYO

SWIM & EAT  
DUBOIS

POT LUCK  
SUPPER  
6PM

Please record  
your actual miles  
for this day!

DON'T MISS  
THESE RUNS!



GROUP	MON (7)	TUE (8)	WED (9)	THU (10)	FRI (11)	SAT (12)	SUN (13)	TOTAL
SEPTEMBER	1	EASY	5min 12x400 5min 90sec	EASY	5-8-5	Episcopal 1-3-1	OYO	30 1/2
	2	EASY	5min 10x400 5min 90sec	EASY	5-8-5	Episcopal 1-3-1	OYO	27
	3	EASY	5min 8x400 5min 90sec	EASY	5-8-5	Episcopal 1-2-1	OYO	22 1/2
	4	EASY	5min 6x400 5min 90sec	EASY	5-8-5	Episcopal 1/2-2-1/2	OYO	18
	5	No Walk!	5min 4x400 5min 90sec	No Walk!	5-8-5		OYO	13 1/2

LABOR DAY

GROUP	MON (14)	TUE (15)	WED (16)	THU (17)	FRI (18)	SAT (19)	SUN (20)	TOTAL	
SEPTEMBER	1	Bohlow 3+12	Indians 30min	5min 12x400 5min 75sec	Tempo RP+90	5-8-5 Rainbow!	Color Run or OYO	OYO	27 1/2
	2	Bohlow 2+12	Indians 30min	5min 10x400 5min 75sec	Tempo RP+90			OYO	23 1/2
	3	Bohlow 1+12	Indians 30min	5min 8x400 5min 75sec	Tempo RP+90			OYO	19 1/2
	4	Bohlow 5min +12	Indians 24min	5min 6x400 5min 75sec	No Walk			OYO	17
	5								

Prayer Meeting!



GROUP	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL
SEPT 1	10 MIN 8x400 5 MIN		MELBART OPEN	EASY		BATTLEFIELD	OYO	20 1/2
	75 SEC (3 1/2)	5-8-5 (1 1/2)	(5)	(6)	5-8-5 (1 1/2)	(5)	(4)	
	10 MIN 8x400 5 MIN		MELBART OPEN	EASY		BATTLEFIELD		23 1/2
	75 SEC (3 1/2)	5-8-5 (1 1/2)	(4)	(5)	5-8-5 (1 1/2)	(4)	(3)	
	10 MIN 6x400 5 MIN		MELBART OPEN	EASY		BATTLEFIELD		20
75 SEC (3)	5-8-5 (1 1/2)	(4)	(4)	5-8-5 (1 1/2)	(4)	(2)		
10 MIN 4x400 5 MIN		MELBART OPEN	EASY		BATTLEFIELD		16 1/2	
75 SEC (2 1/2)	5-8-5 (1 1/2)	(3)	(3)	5-8-5 (1 1/2)	(3)	(2)		
5	~~~~~							

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GROUP	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL
SEPT/OCT 1	Runlow 3+12	TEMPO A 6 in 48 B 6 in 51 C 6 in 54	5 MIN 12x400 5 MIN 60 SEC	TEMPO A 8 in 64 B 7 in 60 C 6 in 54		Pineville Ward 9	OYO	32 31 30
	(4)	(5)	(4)	(5)	5-8-5 (1 1/2)		(4)	
	2+12	5 in 54	5 MIN 10x400 5 MIN 60 SEC	5 in 45			OYO	25
	(3)	(5)	(3 1/2)	(5)			(3)	
	2+12	4 in 40	5 MIN 8x400 5 MIN 60 SEC	4 in 40			OYO	21
(3)	(4)	(3)	(4)			(2)		
1+12	3 in 30	5 MIN 6x400 5 MIN 60 SEC	3 in 30			OYO	18	
(2)	(3)	(2 1/2)	(3)			(2)		
5	~~~~~							

GUTS!

TEAM!

\_\_\_\_\_

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GROUP	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL
1	BUHLow 3+12	TEMPO A 6m 48 B 6m 51 C 6m 54	5min 12x400 5min 45sec	TEMPO A 8m 64 B 7m 56 C 6m 48	5-8-5	Catholic	OYO	32 31 30
	2	BUHLow 2+12	TEMPO 5m 45	5min 10x400 5min 45sec	TEMPO 5m 45	5-8-5 4 in 34	OYO	23
	3	BUHLow 1+12	TEMPO 4 in 36	5min 8x400 5min 45sec	TEMPO 4 in 38	5-8-5 3 in 27	OYO	18
	4	BUHLow 1+12	3 in 30	5min 6x400 5min 45sec	3 in 30	5-8-5 3 in 30	OYO	16
	5	~~~~~						

GUTS  
TEAM

Catholic  
No Catholic

GROUP	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL
1	CANTON 1-0-1	TEMPO A 6m 48 B 6m 51 C 6m 54	5min 12x400 5min 45sec	TEMPO A 8m 64 B 7m 56 C 6m 48	No School No Practice	MENARD!	OYO	30 29 28
	2	1-10-1	TEMPO 5m 45	5min 10x400 5min 45sec	5m 45		OYO	24
	3	1-8-1	TEMPO 4m 36	5min 8x400 5min 45sec	4m 36		OYO	20
	4	1-6-1	3m 30	5min 8x400 5min 120sec	3m 30		OYO	17
	5	~~~~~						

(No buses available)

IF CAN'T STAY IT  
DO 5-8-5 OYO!

S W E E K S T O S T A T E !



GROUP	MON (19)	TUE (20)	WED (21)	THU (22)	FRI (23)	SAT (24)	SUN (25)	TOTAL	
OCTOBER	1	5min 12x400 5min 45 sec	3 in 24	John Miller	4 in 32	5-8-5	NSU	OYO	(4) 26
	2	5min 10x400 5min 45 sec	3 in 24		4 in 34			OYO	(3) 25
	3	5min 8x400 5min 45 sec	3 in 25:30		3 in 27			OYO	(2) 19
	4	5min 6x400 5min 45 sec	2 in 20		3 in 30			OYO	(2) 16
	5			*			*		

STATE IN (4) WEEKS!

\* See newsletter for details

GROUP	MON (26)	TUE (27)	WED (28)	THU (29)	FRI (30)	SAT (31)	SUN (1)	TOTAL	
NOVEMBER	1	4 in 34 Kick 200	PARISH CHAMPS	A: 6 in 54 B: 6 in 57 C: 6 in 60 Kick 200	5min 12x400 5min	5-8-5	LAKESIDE ANTHILL	OYO	(4) 4
	2	3 in 27 Kick 200		5 in 45 Kick 200	5min 10x400 5min	5-8-5		OYO	(3) 3
	3	2 in 20 Kick 200		4 in 40 Kick 200	5min 8x400 5min	5-8-5		OYO	(3) 3
	4	2 in 20 Kick 200		3 in 30 Kick 200	5min 6x400 5min	5-8-5		OYO	(2) 2
OCTOBER	5								

OUT OF UNIFORM

(Jeans & current team shirt)

(Yearbook Pictures before meet)



GROUP	MON (2)	TUE (3)	WED (4)	THU (5)	FRI (6)	SAT (7)	SUN (8)	TOTAL	
NOVEMBER!	1	5min 12x400 5min 30 sec	5-8-5 1 1/2	DISTRICT (Buhlrow)	6 in 54 6	5-8-5 1 1/2	ST MARY (NSU)	OYO 4	27
	2	10x400 3 1/2			5 in 45 5		OYO	3	24
	3	8x400 3			4 in 36 4		OYO	2	20
	4	6x400 2 1/2			3 in 30 3		OYO	2	16
	5	~~~~~							

SPAGHETTI SUPPER!

END OF SEASON  
NOV-STATE TEAMS  
;-;

GROUP	MON (9)	TUE (10)	WED (11)	THU (12)	FRI (13)	SAT (14)	SUN (15)	TOTAL
Boys	TEMPO 5 in 40	1 mile 8x200 1 mile	NSU Practice Memard 9 AM	400's (10) 15 sec	2 miles 6x200 2 miles 15 sec	"From the gate" ASH 9 AM	No Run	STATE!
Girls	TEMPO 4 in 33	✓	✓	✓	✓	✓	No Run	STATE!
3								
4						Boys Team Meet 5 PM	Girls Team Meet 4 PM	
5								

- RAIN (RUN UPSTAIRS); 21 laps - long straights fast

SAT (ST MARY CANCELLED) - NO RAIN; mile / 6x200 / mile

SUN (NO RUN)



# What is a Team?

**A team is a group of competitors that stick together until the end.**

**A team is a family of close and very good friends.**

**A team is a bond that can never be broken,**

**A team is a speaker who is never outspoken.**

**A team is a bond that cost not a dime,**

**A team is a treasure until the end of time.**

**A team is something we will always share,**

**A team has its accessories that will always be there.**

**A team has its goals we strive to achieve,**

**A team has its loses though hard to conceive.**

**A team becomes closer through its defeats,**

**A team is made one as a group of athletes.**

Courtney Michiels  
Menard Cross Country '97



# The 2015 Season now Underway!

Track season is over! The state meet in Baton Rouge saw us coming 8<sup>th</sup> of over 40 schools! Five of the 6 qualifiers were CC veterans: Claire Vaughn and graduating @ Mallory Robichaux in the running events; Regan Robichaux and Martha Voltz in the pole vault; and, Kaitlyn Bouch in the discus. Claire had a great day (especially for a 7<sup>th</sup> grader!) with a 3<sup>rd</sup> in the 1600, 8<sup>th</sup> in the 800, and a big WIN in the 3200! Mallory got 8<sup>th</sup> in the 1600 and 5<sup>th</sup> in the 3200; Regan and Martha were 4<sup>th</sup> and 5<sup>th</sup> in the pole vault; and Kaitlyn was 7<sup>th</sup> in the discus. The state meet May 8, which means MERC miles started Saturday, May 9. So what does the 2015 CC season look like? For the second year in a row we lose two key girls (Lindsay Vaughn and Mallory Barrow last year, and Grace Ahrens and Mallory Robichaux this year) to graduation or transfer, but no boys. We have around 70 boys and girls signed up as of now. Can the girls find two to step up and replace our two all-stars from last year? Can the boys as a group get their times down far enough to move up in the state standings? The girls are reigning state champs (three of the last 4 years) and the guys were eighth last year. And so it starts now. CC success must start with lots of miles - quality miles. And the time is now!

And it really is a simple sport. As long as consistent, hard work is something you're ok with. The "talents" of CC are not throwing, catching and the like; the talents of CC are attitude, work ethic, goal setting, patience, perseverance and the like. CC is a 90% mental sport.

So, to the veterans, welcome back for another adventure! To the rookies, WELCOME!!!! Stick with it (attitude, work ethic, goal setting, patience, perseverance, etc) all the way! In the end, you will be very proud of yourself for all you accomplish; for the fabulous condition of your body; and for "surviving" your first season of the greatest high school sport there is!

### KICK-OFF-THE-SEASON-CC-MEETING

We met last Wednesday, May 13. If you were not there, you MUST see Coach this week. Current Menard students stop by my classroom; not yet Menard students call to make arrangements to meet.

### SUMMER GOALS SHEET

The goal sheet is a requirement of all veteran CC runners. They were due this past Friday. Bring by my classroom THIS WEEK. You will not run with us without a completed goals sheet. A copy of the goals sheet is attached. Any questions, call Coach.

### INDOOR AND OUTDOOR TRACK PATCHES

All patches for the year will be ordered this Friday, May 22. Track patches are \$20 each. If you did not see Coach about patches at the Track Banquet, SEE HIM BY THURSDAY! Coach will assume you are not ordering patches if you don't take care of this by THURSDAY.

### MENARD EAGLE RUNNING CLUB (MERC)

The Menard Eagle Running Club is a Menard Cross Country "honorary" group with very high entry requirements. Membership is limited to runners accomplishing one or more of the following: running 400 miles (7<sup>th</sup> & 8<sup>th</sup> grades), 500 miles (9<sup>th</sup> & 10<sup>th</sup> grades), 600 miles (11<sup>th</sup> & 12<sup>th</sup> grades), or a top ten finish at designated meets. This year's MERC meets are not yet set, but will include Episcopal, Catholic, Menard, and State. The mileage must be logged between the end of the previous year track season (that would be May 9<sup>th</sup>) and the district CC meet in November. Members receive a special shirt at the end of the year for this achievement, and their name is added to the MERC plaque in the gym foyer. Each year a runner qualifies, a different color shirt is awarded according to this schedule: 1st year - gray, 2nd year - red, 3rd year - yellow, 4th year - green, 5th year - blue, and 6th year - black. Only three black shirts have ever been awarded. Only a very few have earned more than one shirt. THIS IS A HEADS UP FOR YOU INCOMING 7<sup>th</sup> GRADERS - GET YOUR 400 MILES!!! Of course, you must run a good bit in the summer to achieve this.

### CROSS COUNTRY WEB SITE

This is a great web site! As the season progresses, hundreds of runners' times will be compiled and ranked. Check it out from time to time.

la.milesplit.com  
Go to: stats → xc individual  
Or go to: stats → xc team  
Or any of their other stuff!

### MENARD CAMP OF CHAMPIONS #21 Deposits of \$100 are due now!

To reserve a place at camp, Coach needs a deposit of \$100 (make checks out to Coach, not to Menard). The total runner cost will be \$250. Dates are Sunday, July 26, 2015 thru Thursday, July 30, 2015. This is a varsity requirement, but open to any Menard runner. ALL runners are encouraged to attend! Again, make out your check to Coach, not to Menard, and take care of at least the down payment soon! Payment status: Paid \$100 (Abigail and Avery Long, Jackie Mathews, Grace McCain, Faith Michiels, Anna Kain Luke, Regan and Cole Robichaux, Gabi Romero, Claire and Katharine Vaughn, Martha Voltz, Will Carbo, Ben and Matt Guillory, Jude Hopewell, Quint McMickens, and Gabo Peterman). Paid \$250 (Trey Brown and Kent Milton). Paid \$180 (Brandon Corcill and Carstens McConville).

### TURN IN UNIFORMS!

Track is over, please put your Menard track uniform items in a bag with your name on it and turn it in to Coach in his classroom THIS WEEK. Cleaned, of course! Uniform bandits as of today: Paige Aldridge, Ali Bordelon, Sarah Branton, Deanna Hirschak, Brooke Jones, Mallory Robichaux, Gabi Romero, Caroline Upton, Grace Webb, Adam Brown, Brik Hazel, Tazmer Roberts, Cole Robichaux.

### PARENT COORDINATOR FOR BOX LUNCH FUND RAISER NEEDED!

Last year we were forced to charge each runner a \$100 participation fee as our very successful over the years box lunch fund raiser fell through. We very much want to reinstate the box lunch fund raiser this year! Interested? Contact Coach for details.

### NOT RUNNING THIS YEAR!

If you got this newsletter, it means Coach assumes you are running this season. If that's not true, please let me know soon!

### SHOES, LOGS AND WATCHES!

All runners are required to keep their running log book up to date DAILY and to turn it in every Monday - even in the summer! Once the races start, runners are also required to complete a race review for each race (see back of log book). Parents - check out your runners' logbook from time to time!

All runners are required to wear a digital watch at every practice. You can get fancy and spend a lot of mooney, or you can spend around \$6.00 - both keep the same time!

The only big expense a runner has are running shoes (and possibly racing flats and spikes). Runners have a wide variety of feet issues (arches, pronation, supination, etc) that require the correct shoe to avoid possible injuries. The wrong shoes can have disastrous results. Coach's recommendation: go to Run Wild on Jackson Street (in front of Mac's) where they will put you in the proper shoe.

### Last year's state meet:

Here's what it took to make the state team last year:

Place			Mile 1	Mile 2	Mile 3	Finish		PR +/-	Last Yr
5	Vaughn	Claire	6.30	6.44	6.34	19.48	All-State!	+54	
7	Ahrens	Grace	6.33	6.58	6.46	20.17	All-State!	+62	20.09
8	Robichaux	Mallory	6.33	6.59	6.47	20.19	All-State!	+122	19.13
12	Bowman	Merrick	6.48	7.11	7.00	20.59		+80	21.07
20	Rouvro	Gabi	6.48	7.31	7.31	21.50		+85	
26	Vaughn	Katharine	7.07	7.49	7.35	22.31		+117	
37	Rabie	Alyssa	7.17	8.20	8.21	23.58		+210	

Place			Mile 1	Mile 2	Mile 3	Finish		PR +/-	Last Yr
36	Robichaux	Cole	5.50	6.28	6.29	18.47		+74	18.23
41	Milton	Kent	6.05	6.35	6.27	19.07		+68	20.13
48	McMickem	Quint	6.20	6.52	6.39	19.51		+98	19.07
62	Rogers	Taylor	6.25	7.10	6.58	20.33		+62	21.00
63	Dufrene	Nick	6.34	7.09	6.52	20.35		+62	
73	Schneider	Bradley	6.13	7.55	7.07	21.15		+196	19.16
81	Luke	Acher	6.40	7.41	7.17	21.38		+128	

### SUMMER RUNNING

LHSAA FORMS ARE A REQUIREMENT FOR SUMMER RUNNING  
NO FORMS NO RUNNING WITH TEAM - NO EXCEPTIONS!  
TAKE CARE OF BUSINESS NOW!!!!

EITHER TURN IN FORMS THIS WEEK TO ME OR BRING THEM TO PRACTICE MONDAY, JUNE 1.

Running on your own (OYO) should be well underway (MERC????). Summer running as a group starts Monday, June 1<sup>st</sup>. We will run every Monday, Wednesday, and Friday. We run from Coach's (303 Tanglewood Dr - down the service road from Menard, one block past Heyman Lane) every Wednesday, and Friday at 7 AM SHARP. Summer running is not - by LHSAA standards - is not required, but if you're in town, try hard to be there. No summer running means out of shape in August - NOT GOOD! The runs will be based on ability - no one will be asked to run more than he/she can. This is for 6 year vets and brand new rookies and everybody in between. Be at Coach's by 6:45 AM to stretch. On Mondays we meet in the Menard track parking lot at 6:45 AM to take the bus to Kincaid.

### RUNS WILL START PROMPTLY AT 7 AM!

Here's the schedule for the first few weeks. Variations and changes will be posted by email as they occur:

Mon	June 1	6:45	Menard	Bus to Kincaid - back at 9 AM (bus will depart AT 6:45 PROMPT)
				Bring log book with you
Wed	June 3	6:45	Coach's	Tempo run
Friday	June 5	6:45	Coach's	800's and pacesets
Mon	June 8	6:45	Menard	Bus to Kincaid - back at 9 AM (bus will depart AT 6:45 PROMPT)
				Bring log book with you
Wed	June 10	6:45	Coach's	Tempo run
Friday	June 12	6:45	Coach's	800's and pacesets

### THE 2015 CROSS COUNTRY SCHEDULE

The preliminary CC schedule is attached to this newsletter - check it out! There will be some changes - stay tuned! We will have three "swim & ests" again. Two have been spoken for, leaving one opening. Any relatively close to Menard CC family with a pool is eligible! Contact Coach.

### CONTACT COACH?????

Contact Coach Smith ANYTIME!  
Home 487-8887 Cell 446-8887 Email wcmernard@suddenlink.net



# Summer Runs Started!

We're into our second week of summer running already! Lots of vets and lots of new faces. If you're in town (seems to be a pretty rare occurrence this summer for many of our runners!) I expect to see you MWF. If you're not in town - run wherever you are! No excuses. Summer is all about running miles (not walking or riding miles). Summer is the get-in-shape season of CC. In August we want to worry about getting fast! So wherever you are - run!

The first week: no one got lost at Kincaid on Monday; lots of good tempo runs (and only a couple got lost!) on Wednesday, and we ate a record number of pancakes on Friday (and lots of high quality 800's also).

CC is a very unique sport. So much depends on the individual runner. There's no court or field where a coach watches your every move. YOU must make most of the moves OYO (on your own). So be with us MWF and get out the door OYO on at least a couple of the other four days. Here's two "secrets" to getting better fast: run lots of miles ("lots" has a lot to do with your running experience), and run those miles at the best pace you can. You rookies will be AMAZED how fast you improve! Of course, that works for the vets also.

Mondays	6:30	Menard	Bus to Kincaid - back at 9 AM (bus will depart AT 6:45 PROMPT)
			Bring log book with you
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Pay attention to emails - I will be out of town some of these days and will give you a heads up through email notices.

### SUMMER GOALS SHEET

Most of the vets have turned in their summer goal sheet. CC, being a close image of life itself, is best accomplished by setting goals AND THEN WORKING HARD TO MAKE THEM HAPPEN. I invite all our rookies - many have already done this - to also fill out a summer goal sheet. You can pick one up at my house Wednesdays or Fridays or see attachment.

### MENARD CAMP OF CHAMPIONS #3

Menard runners have gone to summer running camps every year since forever. This includes our top runners and also our rookie runners. ALL will benefit from the experience. And the experience is far more than just the running. There's lots of team building, bonding, play, and learning that goes on. Three years ago we decided to do our own camp instead of going to a commercial camp. It's much cheaper, and we get to do our own thing. Our camp happens at Chicot State Park, about an hour south of here. To reserve a place at camp, Coach needs a deposit of \$100 (make checks out to Coach, not to Menard). The total runner cost will be \$250. Dates are Sunday, July 26, 2015 thru Thursday, July 30, 2015. This is a varsity requirement, but all Menard runners are HIGHLY encouraged to attend! Again, make out your check to Coach, not to Menard, and take care of at least the down payment soon! Payment status: Paid \$100 (Abigail and Avery Long, Jackie Mathews, Grace McCain, Faith Michiels, Regan and Cole Robichaux, Gabi Romero, Victoria Vaughan, Claire and Katharine Vaughan, Will Carbo, Jude Hopewell, Quint McMickens, and Gabe Peterman). Paid \$180 (Carsten McConville). Paid \$200 (Matt Guillory). Paid \$250 (Trey Brown, Brandon Corell, Kent Milton, and Martha Voltz).

Again - ALL runners - brand new rookies on up - will benefit from this experience.

# Good Running Summer = Good Running Season!

I know lots of you are out of town and/or at camps. BUT when you're in town you should be at our MWF get-togethers. If you can't for whatever reason (other than wanting to sleep in!) make it - RUN OYO!!! By the way, getting less than 10 miles a week by this time is - unless you're a brand new never have run before rookie - is NOT ENOUGH! This is a running sport and miles is our summer goal - JUST DO IT!!! No excuses! Summer is all about running miles (not walking or riding miles). Summer is the get-in-shape season of CC. In August we want to worry about getting fast! So wherever you are - run!

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TAKE CARE OF BUSINESS NOW!!!!  
BRING THEM TO PRACTICE, NOT TO MENARD  
NEED BLANK FORMS? I HAVE THEM.  
JUNIOR HIGH = 4 FORMS (MED, DRUG, PART, JH)  
SENIOR HIGH = 3 FORMS (MED, DRUG, PART)

Check the attachment (X's are good!)

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Again - ALL runners - brand new rookies on up - are HIGHLY encouraged to attend.  
Veterans who have no conflicts are EXPECTED to be there.

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# It's half over ☺!

School – and afternoons practices – start in less than 6 weeks. Our running camp is in 3 weeks. Like every summer – where is the time going! Lots of you are doing our MWF thing – lots of you aren't. Hope the miles are happening wherever you are! **IT IS NEVER TOO LATE TO GET STARTED OR TO PICK IT UP IF IT'S ONLY SORT OF BEEN HAPPENING!!!!** Both the guys and the girls teams have statements to make this coming season. Being up to that task **REQUIRES** a good summer. The ultimate CC satisfaction is being the best you can be in November. That starts NOW!

For those of you who cannot be here MWF, email me your weekly mileage every Monday. The logging miles requirement is for all runners, whether you're with us or not.

CAMP: All runners should come to camp, period. Family vacations aside, you should be with us the last week of July. Rookie or multi-year veteran – all should make plans to be there. Questions, call me.

Mondays 6:30 Menard Bus to Kincaid – back at 9 AM  
**(bus will depart AT 6:45 PROMPT)**  
**Bring log book with you.**

Wednesdays 6:45 Coach's Tempo run (done by 7:45)

Fridays 6:45 Coach's 800's and pancakes (done by 8:30)

Pay attention to emails – I will be out of town some of these days. The only notice of changed practice schedules will be through email notices.

### BOX LUNCH FUND RAISER!

Thanks, Beth Vaughn, for taking on this task!!! The almost for sure date is October 16 – put it on your calendar! In years past we have sold over 1000 lunches. Of course, we can set a PR in 2015!

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### FROM THE COACH

It's amazing how fast the summer goes by, and also amazing how fast our next season is upon us! Like every year, we have lots of veterans and lots of rookies. How will we do? Come state, we will definitely have some new faces on both the girls' and the guys' teams. There's a lot of ground to cover and a lot of miles between now and then. CC is the ultimate team sport, but also the ultimate individual sport. Individually, I hope all our runners see great improvement. That requires another kind of teamwork: parents, runner, and coach. It's a simple sport, but for a runner to reach their best requires much dedication, discipline, sacrifice, pain, sweat, patience, humility, and plain old hard work – day in and day out. Simple but hard!

Hard for the next weeks means HOT! We really have no business running in this heat – but we do it every year. Of course we'll be careful, but the single most important to-do to be safe is DRINK WATER ALL DAY LONG. To not do this is just plain stupid. Drink when you brush your teeth; at breakfast, lunch, and dinner; at all breaks; in class if the teacher lets you – all day long! Not an option.

Practice starts Monday, August 10. **It's will first meet in my classroom, then change and run.** We have a lot of names on our roster right now, many I haven't seen all summer. It's OK! Let your journey begin now! See you Monday.

### KICK OFF THE SEASON POT LUCK SUPPER THURSDAY, September 3, MENARD CAFETERIA, 6 PM

Put it on your calendar! Thursday, September 3, 6 PM in the cafeteria. This is mandatory for all runners and families, especially our new runners and their families. This is where you can meet the other runners and parents, learn something about this sport called cross country, and have a great meal. We will have lots of information to pass out that night, so try hard not to miss this important get together. **It is not luck, so please bring your favorite dish.**

### SHOES, LOGS AND WATCHES!

All runners are required to keep their running log book up to date DAILY and to turn it in every Monday. Once the races start, runners are also required to complete a race review for each race (see back of log book). Parents – check out your runners' logbook from time to time!

All runners are required to wear (and use!) a digital watch at every practice. You can get fancy and spend a lot of money, or you can spend around \$6.00 – both keep the same time!

The only big expense a runner has are running shoes (and possibly racing flats and spikes). Runners have a wide variety of foot issues (arches, pronation, supination, etc) that require the correct shoe to avoid possible injuries. The wrong shoes can have disastrous results. Coach's recommendation: go to Run Wild on Jackson Street (in front of Mac's) where they will put you in the proper shoe.

### AFTER SCHOOL PRACTICE

Practices start at 3:15 (don't be late!) beside the Alumni Center. For scheduling, count on practice lasting until 4:30 to 5 PM. We practice Monday thru Friday (and Sunday for some) no matter what the weather. Groups 1 and 2 will meet in the track parking lot at 7 AM Sundays to run at Kincaid.

### PRACTICE DRESS CODE

The practice uniform (black shorts and gold shirt) is required attire at every @ campus practice. New practice shirts are available – \$20. You are on your own to purchase black shorts.

### TRAINING GROUPS

Not everyone is on the same page when it comes to CC training runs. We have 6 year veterans and brand new rookies, and lots in between. To deal with this we have 5 different training groups (levels). Group 1 might do 6 or even 8 miles on long run day, and Group 5 might do 1 or 2. Runners, as they progress, are encouraged to move up to higher groups. By the end of the season we'll probably only have 2 or 3 groups! See the attachment for your initial group assignment.

### CROSS COUNTRY TEAM AND FAMILY T-SHIRTS, DUFFEL BAGS, AND SWEATSHIRTS ORDER FORM!

One of our traditions is to provide a team t-shirt (free) to every runner. It's also a tradition that our parents wear these same shirts to the meets. Runners must purchase at least one practice shirt (they are the same as last year). Family team t-shirts, sweatshirts, and duffel bags are optional purchases. Many of you have already taken care of this. Check out the attachment for the current status of orders. DEADLINE FOR ORDERS IS MONDAY, AUGUST 17. All additional orders must be paid for (practice shirts, additional team t-shirts, sweatshirts, duffel bags).

PLEASE EMAIL COACH YOUR DESIRES TODAY IF POSSIBLE!!!!

### LHSAA FORMS

Three forms (Participation, Drug, and Medical – plus the JH form for 7<sup>th</sup> and 8<sup>th</sup> graders) MUST be on file at Menard for any athlete to be eligible to participate in sports. Coach needs stuff from a number of runners. Check out the attachment to see your status.

Contact Coach with questions. **THESE MUST BE COMPLETED AND TURNED IN TO COACH ASAP!**

### TRACK AND CC PATCHES ARE IN!

The CC patches are covered by Cross Country. The track patches are \$20 each. This amount per each runner who ordered patches was sent out during the summer. Any questions, Coach has amounts and patches in his classroom.

### MENARD CAMP OF CHAMPIONS #3

We spent 4 days at Chico State Park for the third year, running lots, eating lots, and playing lots. Great time was had by all 37 attendees. Thanks again to all parents who pitched in to make it all a great success. Check out the schedule for the 2016 dates.

DOWN PAYMENT \$100 DUE NOW FOR THE 2016 CAMP. The full payment to Chico State Park must be paid this September. The down payment will cover the reservation costs. This will be a refundable payment if you end up not being able to attend.

Menard Camp of Champions #4 Chico State Park Sunday, July 24, 2016 through Thursday, July 28, 2016  
SAVE THESE DATES – COME TO CAMP!

### CONTACT COACH?????

Contact Coach Smith ANYTIME you need to!  
Home 487-8887 evenings, weekends  
Cell 446-8887 whenever!  
Email wcmenard@suddenlink.net anytime!



**RUNNING IN THE MEETS**

We want all CC runners to participate in the races, but the reality of race day with its 4 to 6 races means a runner must be able to complete the 2 or 3 mile race in a reasonable amount of time or the next race will be held up. Here's the criteria for us:

Girls 2 mile sub 22 minutes Boys 2 mile sub 19 minutes

Look at these times as goals – goals to be reached ASAP! Any runner, any day, can request a time trial at practice to see if they have improved to the point they can join the races.

Runners who aren't ready for the races should still come! We need lots of help with water, spit times, cheering our other runners, etc – and the races are always exciting! And Cross Country is a TEAM SPORT!!

**UNIFORMS**

Uniforms mean two things in CC. We have our practice uniforms and t-shirts that you buy and keep forever. We also have race uniforms that we wear at competitions. Menard CC has race shorts and singlets and warm-ups that we will distribute before the first race day. Runners will keep these thru the season and turn back in when it's all over.

**ST MICHAEL THE ARCHANGEL (Saturday, September 5)**

This is our first meet of the season. The meet is at Highland Park in Baton Rouge, where we've raced many, many times. Details and a schedule for the day will be available soon. Fair warning – it will be very early!!!!

**SWIM & EAT's**

We have at three S & E's this year – check the schedule. The first is at the Norem's, Wednesday, August 19. We will practice after school as we normally do. Then we'll take the bus to the Norem's, and – you guessed it – swim and eat! Parents can pick runners up there (4703 Whitehall Blvd) no later than 5:45 PM or meet us back at school at 6 PM. Our host parents do a lot of work preparing food and getting ready for these events, so attendance is MANDATORY for all runners. The second S&E is at the Vaughn's August 26. At this point we do not have a family for S&E #3 – any volunteers?

**COORDINATOR NEEDED FOR ARRANGING FAMILIES TO BRING SPORTS DRINKS TO MEETS**

What we need: Coordinator to arrange volunteers (2 or more families per meet) to bring sports drinks in coolers for our runners. Contact Coach if interested in doing this.

**MEET SET UP CREWS NEEDED!**

We bring tents, coolers, flags, tables, tarps, cups, medicine bag .... to every meet. This year we have the softball trailer available for the season, so we will be able to leave all the equipment in the trailer week to week. The job: take all the above to the meets and set it all up. It would be nice to have four families working together to get all this done. This is a big need! Contact Coach if interested.

**SOME CC TEAM RULES...**

All varsity letters will be earned on the basis of ATTENDANCE, ATTITUDE, EFFORT, MILEAGE, and PERFORMANCE.

**To earn a varsity letter:**

- 1) Attend all practices; have no more than three unexcused absences from practice.
- 2) Attend all meets; have no unexcused absences from meets whether you are running or not. Cross Country is a team sport.
- 3) Make a real and consistent effort to improve performance at practices and meets.
- 4) Maintain a training log.

**Plus at least one of the following:**

- 1) Run as a member of the primary varsity team (top 10 for Menard) in at least three meets.
- 2) Qualify for the Menard Eagle Running Club.
- 3) Participate for 2 years

**To earn a Letter Jacket:**

- 1) Any athlete who earns a varsity letter may purchase a Menard letter jacket during the spring of his/her 9th grade school year.

**A. ATTENDANCE** Within reason, attend all practices and meets. Three unexcused absences from practice during the season will cause an athlete to lose varsity letter eligibility. One unexcused absence on the day of a meet will cause an athlete to lose varsity letter eligibility. The athlete should contact the coach personally **BEFORE NOON** when he/she cannot be at practice. Everyone has emergencies and schedule conflicts, but the courteous and responsible thing to do is to inform the coach of your conflict. **NO EXCUSES ACCEPTED AFTER PRACTICE.** Missing a regular practice DOES NOT mean missing a regular run. The athlete is expected to do the scheduled workout on his/her own time that same day.

**B. TRAINING LOG** Maintain a training log. Quality training and peak performance must be planned, not haphazard. A log is an essential tool in this process. The minimum amount of information should be the date, day of week, length of the run, and the pace. The training log is a varsity letter requirement.

**C. UNIFORMS AND EQUIPMENT** All equipment and race uniforms belong to Menard High School and must be returned to the coach at the end of the season. The athlete will keep all t-shirts earned or awarded during the season.

**D. MENARD EAGLE RUNNING CLUB** Each year one or more Menard runners reaches a degree of excellence, either in dedication to the training program or in competition, that deserves special recognition. The Menard Eagle Running Club, started in 1987, is made up of these individuals. Entry into this group is limited to those runners who attain one of the following levels:

<p>Training *</p> <p>7th/8th Grade - 400 miles</p> <p>9th/10th Grade - 500 miles</p> <p>11th/12th Grade - 600 miles</p>	<p>Competition</p> <p>Top 10 finish in at least one major meet as designated each year by Coach Smith, plus run at least 1/2 of the required miles.</p>
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\* Mileage must be run and entered in the runner's logbook between the end of the previous track season and the district Cross Country meet. For veterans, at least half of the mileage must be run before the first day of school.

**THE 2015 CURRENT CROSS COUNTRY SCHEDULE** (There will be minor changes week to week – look closely!) Almost all the dates are finalized. The current schedule will be published in this newsletter each week. Dates with asterisks are confirmed. The schedule for each race day will be posted here the week before the race. The weekend races will be after school. The Saturday races will see us leave Menard early and be back in the early afternoon.

DAY	DATE	EVENT	LOCATION	FIRST RACE
MONDAY	*August 10	School Start	Meeting, ices practice	
THURSDAY	*August 13	One Mile TT	Menard Track	3:30 PM
WEDNESDAY	*August 19	SWIM & EAT #1	Norem's	(After Practice)
THURSDAY	*August 20	Two Mile TT	At Menard	3:30 PM
WEDNESDAY	*August 26	SWIM & EAT #2	Vaughn's	(After Practice)
WEDNESDAY	*September 2	SWIM & EAT #3	??????	(After Practice)
THURSDAY	*September 3	POT LUCK SUPPER	Menard Cafeteria	6:00 PM
SATURDAY	*September 5	ST MICHAEL	Highland Park, Baton Rouge	8:30 AM
SATURDAY	*September 12	EPISCOPAL	Highland Park, Baton Rouge	8:20 AM
WEDNESDAY	*September 23	MENARD OPEN	Fort Buhlow Recreation Area	3:00 PM
SATURDAY	*September 26	BATTLEFIELD FESTIVAL	Jackson, LA	9:00 AM
SATURDAY	*October 3	PINEVILLE	Ward 10, Pineville	9:25 AM
SATURDAY	*October 10	Homecoming Dance		
SATURDAY	*October 10	CATHOLIC	Highland Park, Baton Rouge	8:30 AM
FRIDAY	*October 16	Box Lunch Fund Raiser	Menard Cafeteria	
SATURDAY	*October 17	MENARD INVITATIONAL	Fort Buhlow Recreation Area	9:00 AM
WEDNESDAY	October 21	JOHN MILLER	Fort Buhlow Recreation Area	3:00 PM
SATURDAY	*October 24	NSU	Natchitoches	11:00 AM
TUESDAY	October 28	PARISH CHAMPIONSHIPS	Fort Buhlow Recreation Area	3:30 PM

YEARBOOK PICTURES WILL BE TAKEN BEFORE WE LEAVE FOR THE PARISH CHAMPIONSHIP MEET. WE WILL BE IN JEANS AND TEAM T-SHIRTS. (OUT OF UNIFORM DAY FOR CROSS COUNTRY.)

SATURDAY	October 31	ST THOMAS MORE	Acadiana Park, Lafayette	
MONDAY	November 2	SPAGHETTI SUPPER	Brocato's (\$7.00)	6:00 PM
TUESDAY	November 3	DISTRICT	Fort Buhlow Recreation Area	
SATURDAY	November 7	NATCHITOCHE CENTRAL OR LAKESIDE		
MONDAY	*November 16	STATE CHAMPS	NSU Boys ??? Girls ???	
MONDAY	*November 16	Post State Race Meal	Nicky's	
THURSDAY	*November 19	28 <sup>th</sup> Annual CC Banquet	Menard Cafeteria	6:00 PM

\* Date confirmed

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**Holy Savior Menard Cross Country 2015!**

**FROM THE COACH**

One (very hot) school week accomplished! The roster has been – as it does every year at this time – some major adjustments. There shouldn't be too many revisions now. We have a record number of runners: 34 girls and 33 guys. This is the biggest guys team in history!

The big news of the opening week was the one-mile time trials. Almost all returning runners saw great improvements from last year – some saw fantastic improvements! We also have a greater number – guys and girls – of solid times. The coach is pretty excited! Here's some highlights. We have 9 girls under 7 minutes and a whopping 18 under 7 minutes! The guys have 7 under 6 minutes and 16 under 7 minutes! Those lists include 8 rookies!!! How important is a good summer program? Here's the list of 60 plus second improvement runners: Alyssa, Victoria, Emille, Seth, and Jonathan. Claire and Kent make the all-time top ten mile time trial list! Check out the attachments.

Friday was order day for practice shirts, team shirts, sweatshirts, and duffel bags. The word is all will be available in 10 days or so – stay tuned!

It looks like it won't be as hot this week as last, but the need to **DRINK WATER ALL DAY LONG** is still a necessity. Also, a daily vitamin should be a must. Girls should make sure your vitamin includes lots of iron.

**Next week's highlights:**

Log Books due	Monday
Running those hills!	Monday (Compton – Buhlow still closed)
Swim & Eat	Wednesday at Norem's
2-mile time trial	Thursday at Menard

**KICK OFF THE SEASON POT LUCK SUPPER THURSDAY, September 3, MENARD CAFETERIA, 6 PM**

Put it on your calendar! Thursday, September 3, 6 PM in the cafeteria. This is mandatory for all runners and families, especially our new runners and their families. This is where you can meet the other runners and parents, learn something about this sport called cross country, and have a great meal. We will have lots of information to pass out that night, so try hard not to miss this important get together. It is pot luck, so please bring your favorite dish.

**AFTER SCHOOL PRACTICE**

Practices starts at 3:15 (don't be late!) beside the Alumni Center. For scheduling, count on practice lasting until 4:30 to 5 PM. We practice Monday thru Friday (and Sunday for some) no matter what the weather. Groups 1 and 2 will meet in the track parking lot at 7 AM Sundays to run at Kinsaid.

**PRACTICE DRESS CODE**

The practice uniform (black shorts and gold shirt) is required attire at every practice.