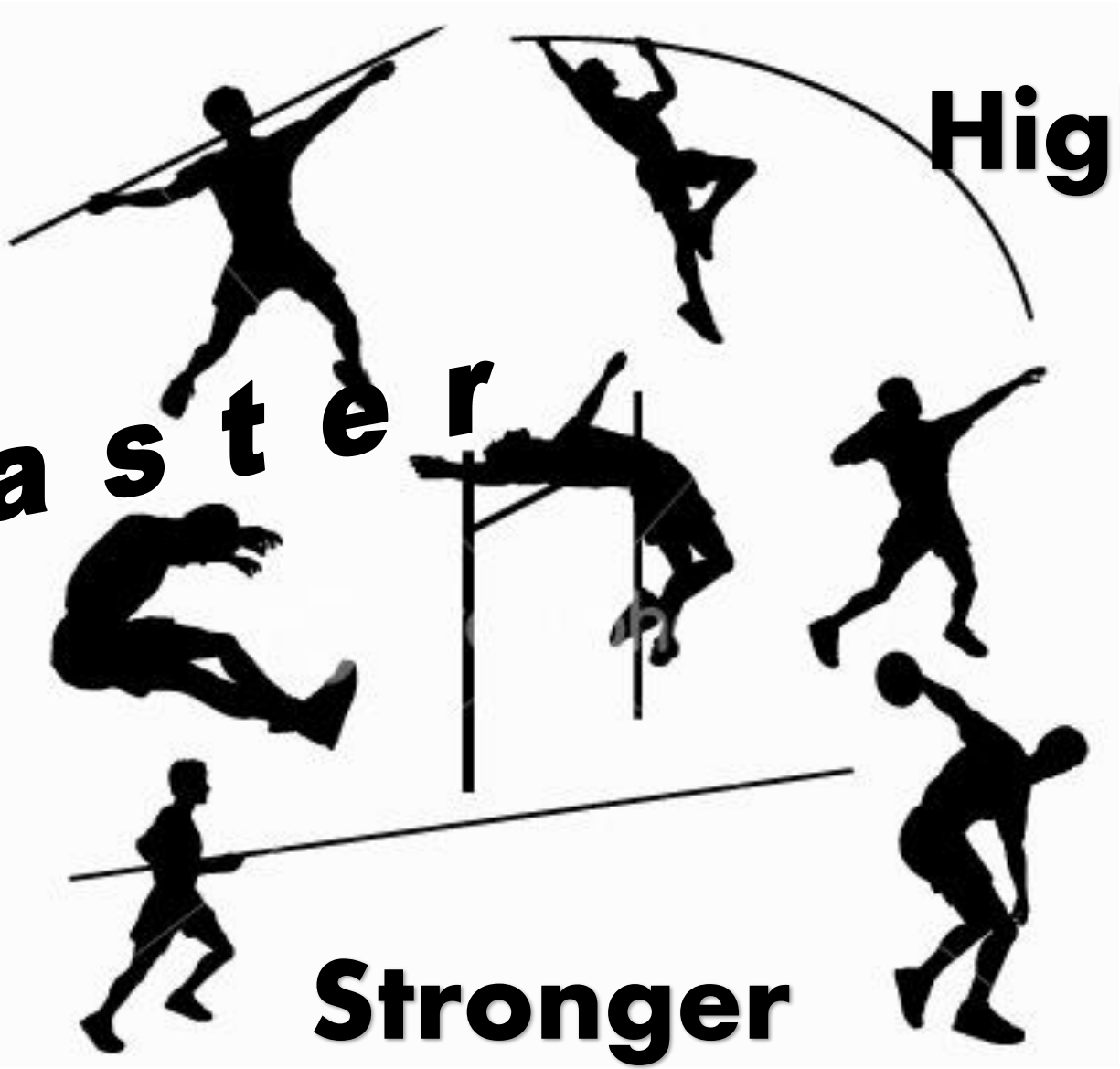


*Fordham Prep*  
*Cross Country/Track and Field*



**Higher**

**Faster**

**Stronger**

<u>Season</u>	<u>Dates</u>	<u>Activities</u>	<u>Transferable Skills</u>
Cross Country	Aug- Nov.3	<ul style="list-style-type: none"> <li>● Distance Running (1.5 mile races)</li> <li>● Plyometrics</li> <li>● Weight Training</li> <li>● Core Work</li> </ul>	<ul style="list-style-type: none"> <li>● Endurance</li> <li>● Core Strength</li> <li>● Discipline</li> <li>● Teamwork</li> <li>● Time-management</li> </ul>
Indoor Track and Field	Nov. 15-Feb. 15	<ul style="list-style-type: none"> <li>● Distance</li> <li>● Middle Distance</li> <li>● Sprinting</li> <li>● Hurdles</li> <li>● Jumps (High, long, triple)</li> <li>● Pole Vault</li> <li>● Shot Put</li> <li>● Plyometrics</li> <li>● Weight Training</li> </ul>	<ul style="list-style-type: none"> <li>● Core Strength</li> <li>● Speed</li> <li>● Agility</li> <li>● Flexibility</li> <li>● Upper and lower body strength</li> <li>● Discipline</li> <li>● Teamwork</li> <li>● Time-management</li> </ul>
Outdoor Track and Field	March 15-May 25	<p>Same as indoor track with the addition of the following events:</p> <ul style="list-style-type: none"> <li>● Javelin</li> <li>● Discus</li> <li>● Steeplechase</li> <li>● 400 intermediate hurdles</li> </ul>	<ul style="list-style-type: none"> <li>● Core Strength</li> <li>● Speed</li> <li>● Agility</li> <li>● Flexibility</li> <li>● Upper and lower body strength</li> <li>● Discipline</li> <li>● Teamwork</li> <li>● Time-management</li> </ul>

**COACHES:** The coaching staff has combined 150 years of coaching experience. The staff consists of:

- George Febles, Jr – Head Varsity Cross Country and Track (30 years)
- Ed Jennings- Assistant Varsity Cross Country/ Track (17 years)
- George Febles, Sr—Assistant Varsity Track- hurdles (43 years)
- Pierre Chavez- Freshman Cross Country/ Head Throwing Coach- (15 years)
- Brian Carney –Freshman Moderator and Pole Vault Coach (25 years)
- Gerry Sullivan '92- Varsity Distance Coach (16 years)
- Christian Roodal '13- Freshman Coach (2years)
- Mariano Parubi '17- Freshman Coach (2 years)

# **PARENT INFORMATION**

## **FORDHAM PREP CROSS COUNTRY (Fall)**

### Helpful information for parents of Prep "harriers"

THE SPORT: Cross Country is often seen as an individual sport. This is true to some extent. Athletes train to push themselves to new limits. It's not easy, but the rewards are great. A sense of self-discipline is fostered that most runners find invaluable. Cross Country is also an exciting team sport. Scoring is simple. Each "team" is composed of a school's best 7 runners. The top 5 finishers for each team are counted for scoring by simply adding their place numbers up. Thus the team with the **lowest** 5-man score is the winner. Meets can include anywhere from 2 to 40 schools in a race. So there is always tough competition.

CROSS COUNTRY AT THE PREP: Fordham Prep competes in the 35-team CHSAA, and the 18-team New York Archdiocese CHSAA. The team's philosophy has always been one of growth and inclusion. All team members compete in all races--there are no "benchwarmers". Success is measured by personal improvement from week to week, not merely victories and all-star times.

WHAT'S EXPECTED OF YOUR SON: Practices are held each day from 3:00pm to 4:30pm. Mondays are usually late days (ending between 4:45-5:15), Fridays usually short days (4:00). Your son is expected to make a commitment to attend each practice since that is simply how he, and the team, will improve. Runners not willing to take this requirement seriously will be cut.

MEETS: Are held on Saturdays at Van Cortlandt Park in the Bronx. There are also occasional meets during the week. Each athletic is expected to attend all meets. As a spectator sport, Cross Country is not the best. But the Freshman races begin at the flats near 250th Street and Broadway, and the best place to see the race is near the peppermint poles directly across from the Freshman starting line. Here you can see the halfway point and the finish line. Also, as a spectator, always dress as if it's 10 degrees colder. Those flats can be chilly!

EXPENSES: Cross Country is relatively inexpensive. Runners need a good pair of training shoes. Suggested brands are NIKE Pegasus, Windrunner, or Air Max Triax. These range from \$60 to \$80. There are more expensive brands, but the enhanced value is negligible. A \$100 participation fee includes the team uniform and warm-up suit. The fee covers up to 3 seasons if you choose to participate in all three seasons

# **FORDHAM PREP Indoor and Outdoor TRACK AND FIELD**

Helpful information for parents of Prep Runners.

THE SPORT: Track and Field offers something for everyone. Sprints, Distance, Hurdles, Shot Put, Long Jump, High Jump, Triple Jump, Javelin, Discus, and Pole Vault.

TRACK AND FIELD AT THE PREP: At the Prep, Track and Field has become one of the schools most successful sports. Built on athletes generally with no prior experience, we've gone on to win recent City and Archdiocesan Championships, and send student-athletes to top Division I colleges.

Fordham Prep competes in the 35-team CHSAA, and the 18-team New York Archdiocese CHSAA. The team's philosophy has always been one of growth and inclusion. There are no cuts save for the unmotivated athlete, all team members compete in all races--there are no "benchwarmers". Success is measured by personal improvement from week to week, not merely victories and all-star times.

WHAT'S EXPECTED OF YOUR SON: Practices are held each day from 3:00pm to 5:00pm. (Fridays usually short days (4:00). Your son is expected to make a commitment to attend each practice since that is simply how he, and the team, will improve. Runners not willing to take this requirement seriously will be cut.

MEETS: Are held on Saturdays or Sundays at various sites around NYC, but primarily at the 168th Street Armory and Fordham University in the winter season, and Iona Prep and Randal's Island in the Spring season. There are also occasional meets during the week. Students are expected to make a commitment to attend all meets.

EXPENSES: Track is relatively inexpensive. Runners need a good pair of training shoes. Suggested brands are NIKE Pegasus, Windrunner, or Air Max Triax. These range from \$65 to \$100. There are more expensive brands, but the enhanced value is negligible.

A \$100 participation fee includes the team uniform and warm-up suit. The fee covers up to 3 seasons if you choose to participate in all three seasons.

## FORDHAM PREP TRACK AND FIELD AND CROSS COUNTRY

### Frequently asked questions

1. If I don't make another sport I am trying out for can I still join Cross Country or Track and Field after the start date?  
YES, just let the coaches know you were trying out for another sport when you come out.
2. Will Cross Country conflict with tryouts for winter sports?  
NO. You will have the opportunity to try out for winter sports and successfully complete the fall season.
3. Do I need running experience to join Cross Country or Track and Field?  
NO. In fact most of our top varsity athletes never competed on an organized team before coming to the Prep.
4. What if I try out but decide it's not for me?  
Athletes are given a tryout period of two weeks. Only after that time do we ask them to make a commitment to entire season.
5. What if I am involved in another sport outside Fordham Prep during the same season?  
Talk to the coaches about whether or not doing both sports will work.
6. How far should I be able to run when I start?  
We start out assuming no running experience. We begin with a combination of walking and jogging (no more than 1 mile on day 1). As athletes show they can handle longer runs we continue to increase the mileage. Most athletes are capable of 3-5 mile runs by the middle of the season.
7. Is Cross Country just for distance runners?  
NO. While we have had some of the top Cross Country teams in the city, many athletes also use the season to get in shape for track and field and other winter sports.
8. Do events like pole vault or shot put require previous experience?  
NO. We will teach you everything you need to know and evaluate whether or not you can be successful in the technical events of track and field.
9. Where can I get more information about the team? [www.fordhamprep.org/track](http://www.fordhamprep.org/track)

## Recent Prep Cross Country/Track and Field Athletes Competing College



**Conor Lundy '16 (Crestwood)- Princeton**  
6 time Catholic State Champion,  
represented Team USA and world Cross  
Country  
Championship in 2017,  
3 time NCAA Championship Qualifier

**James Deutmeyer 14' (Harrison)- Villanova**  
New York State Public High School Federation Champion  
in the pole vault with 2<sup>nd</sup> highest vault ever by a New York State  
High school athlete. Catholic State Record holder.  
Big East Champions 2015.

Christian Doherty '13 (Crestwood)- **University of Buffalo**

Joseph Prunty '15 (Manhattan)- **College of the Holy Cross**

Michael Miano '15 (Crestwood)- **University of Miami**

Arthur Gooden '17 (Bronx)- **Fordham University**

Marc Guberti '16 (Yonkers) **Fordham University**

Eric Alimena '15 (Eastchester) **Johns Hopkins University**

Kyle Guzman '15 (Bronx)- **University of Massachusetts**

Arinze Uddoh '18 (White Plains)- **Amherst**

Colin Duignan '18 (Bronxville)- **University of Virginia**

Charlie Dillon '18 (Bronxville)- **Loyola Maryland**

Dillon Frawley '16 (Lakeland)- **Catholic University**

Connor Hughes '17 (Bronxville)- **Wake Forest**



# Freshman Cross Country Schedule 2018

(Tentative, please check website later in summer)

DATE	MEET	SITE	Report Time
<b>Mon. 8/25- Registration and Practice 10AM-12PM</b>			
<b>Tues- Fri 8/26-29 Practice - 9:00am to 11:30AM - each day at Prep - meet in the commons</b>			
Sat 9/13	CHSAA Practice Meet	VCP	12:00pm at VCP
Sat 9/20	Regis Invitational	VCP	12:00pm at VCP
Mon 9/22	Jim Scott Challenge	Fordham Prep	2:45pm at Prep
Sat. 9/27	Xavier Invitational	VCP	12 PM at VCP
Fri. 10/3	Fordham Prep Development Meet	VCP	2:45pm
Sat 9/28	Six Flags Wild Safari Invitational (top 21 Freshmen)	Six Flags, NJ	8AM to Prep
Sat 10/4	Mayor's Cup XC Invitational	VCP	9AM at VCP
Fri. 10/10	All Hallows Invitational - Frosh not in top 7	VCP	2:45 at Prep
Sat. 10/11	Manhattan College Inv. - top 7 Freshmen	VCP	AM (TBA)
Wed. 10/15	Bronx Champs	VCP	2:45 at prep
Sat. 10/18	Fordham Prep Freshman Relays	VCP	8:45am at VCP
Sat. 10/25	Archdiocesan Champs	VCP	12:00pm at VCP
Sat. 11/2	Frosh/Soph CHSAA Champs	VCP	8:30am at VCP
Sun. 11/9	Varsity CITY CHAMPS (invited freshmen)	VCP	12:45 at VCP

- Check the Cross Country and track website ([www.fordhamprep.org/track](http://www.fordhamprep.org/track)) under team news for weekly schedules, results, and schedule changes.
- Meets usually end 2 hours after the report times.
- Questions: Contact Coach Carney ([carneyb@fordhamprep.org](mailto:carneyb@fordhamprep.org))

Social Media links:

[twitter.com/fptrack](https://twitter.com/fptrack)

[twitter.com/fpvault](https://twitter.com/fpvault)

facebook: Fordham Prep Pole Vault

Fordham Prep Track and Field