<table>
<thead>
<tr>
<th>Season</th>
<th>Dates</th>
<th>Activities</th>
<th>Transferable Skills</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cross Country</td>
<td>Aug- Nov 3</td>
<td>● Distance Running (1.5 mile races) ● Plyometrics ● Weight Training ● Core Work</td>
<td>● Endurance ● Core Strength ● Discipline ● Teamwork ● Time-management</td>
</tr>
<tr>
<td>Indoor Track and Field</td>
<td>Nov. 15-Feb. 15</td>
<td>● Distance ● Middle Distance ● Sprinting ● Hurdles ● Jumps (High, long, triple) ● Pole Vault ● Shot Put ● Plyometrics ● Weight Training</td>
<td>● Core Strength ● Speed ● Agility ● Flexibility ● Upper and lower body strength ● Discipline ● Teamwork ● Time-management</td>
</tr>
<tr>
<td>Outdoor Track and Field</td>
<td>March 15-May 25</td>
<td>Same as indoor track with the addition of the following events: ● Javelin ● Discus ● Steeplechase ● 400 intermediate hurdles</td>
<td>● Core Strength ● Speed ● Agility ● Flexibility ● Upper and lower body strength ● Discipline ● Teamwork ● Time-management</td>
</tr>
</tbody>
</table>

**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 (2 years)
- 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.


TRACK AND FIELD AT THE PREP: At the Prep, Track and Field has become one of the school's 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 Filed?
   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
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 2nd 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)

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

- Check the Cross Country and track website ([www.fordhamprep.org](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
twitter.com/fpvault
facebook: Fordham Prep Pole Vault
Fordham Prep Track and Field