

# Butler Cross Country 2022 – Summer conditioning workouts – June 13<sup>th</sup> – August 14<sup>th</sup> - 2022

## ORGANIZED SUMMER XC CONDITIONING BEGINS

WHEN: JUNE 13<sup>TH</sup>

WHERE: INTERMEDIATE HIGH SCHOOL (Next to the Flag Pole)

TIME: 6:00-8:00PM

First and foremost, thank you for showing an interest in the Butler School District Cross Country Program.

The potential for both the Girls and Boys teams is extremely high. WE need to CONTINUE to prepare ourselves for the upcoming season. I HOPE TO SEE EVERYONE ON THE 13<sup>th</sup> – I'm so excited about the potential of our teams – hoping you are too! **CONSISTENCY** in all things is key to being the best you can be!!!

Your summer conditioning should begin immediately if you haven't been running. Run 3 days this week and 4 days next week flowing into May 31st. For those that have continued to train vigorously through April & May – I would like you to take a brief break (one week/May 16<sup>th</sup> to May 22<sup>nd</sup>) before resuming Regular Summer conditioning, that would begin Monday, May 23<sup>rd</sup>, 2021. (A little break will do a world of good and limit burnout & peaking early).

On the succeeding pages you will find the following Summer Conditioning Guidelines and Directions:

- Workout schedules for all experience levels. Follow the one ***you feel is appropriate for you.***
- Warm-up, Cool-down, Pacing Code Chart, Core Work, and Sandbag exercises.
- Sandbag Workout descriptions and routines (Only for those that have Sandbags will begin when the staff feels it is appropriate during Summer Conditioning).

A few things to keep in mind during this time:

Remember – **CONSISTENCY** in all things is the key to achieving your goals!

Be consistent in Training-get out and run, nutrition-eat right, & sleep-get 8-10 hours a night-it's where your body rebuilds itself even stronger than before.

- The following workout schedules are a GUIDE to help you prepare – if you can not do everything, do as much as you can! - Consistency
- Make working out each day a priority - Know that, in completing the workouts you help YOURSELF & the TEAM be the best you & we can be.

One last point – As I'm not in the school buildings daily - Access to recruiting new athletes to XC is extremely difficult – please give this to anyone you think would like to run or has the ability to run and encourage them to come out. You can have them join REMIND and I can take it from there. Or just bring them to conditioning. From Quantity comes Quality!!!

### Parents and Athletes:

**If you have any questions please don't hesitate to contact me.**

Via: REMIND

Email: [rdavanzati@zoomintern.net](mailto:rdavanzati@zoomintern.net)

Cell: 724-991-3664 (If I don't answer, please leave a voice mail).

In running,

**Coach Rick B. Davanzati**  
**Butler High Varsity XC Head Coach**

BUTLER AREA SCHOOLS

# Cross Country Information 2022

**PHYSICALS & FEES:**

- ALL SPORTS – MALE & FEMALE
- See School's Website: Athletic Fee Guidelines & All Athletic Physical Registration Forms
- (MUST be completed & turned in before Mandatory Practice begins on August 15, 2022)



## **\*\*2022 Butler High Varsity Cross Country**

### **Summer Conditioning Workouts**

**\* 9<sup>th</sup> thru 12<sup>th</sup> Grade Girls & Boys**

**Every Monday, Wednesday, Thursday & Friday**

Starts: First Conditioning: Monday June 13<sup>th</sup>, 2022 (Intermediate H.S. Flag Pole)

Mondays: after 6/13 @Preston Park Starts 6/20– (Off of Eberhardt Rd., Meridian)

Wednesdays: 6:00PM to 8:00PM @ IHS Flag Pole

Thursdays: 6:00PM to 8:00 @ Butler Freeport Trail -Kaufman Drive Trailhead

Fridays: 8:30AM to 10:30 AM @ Butler County Community College.

**(Meet at the Rear lot just off Old Plank Road)**

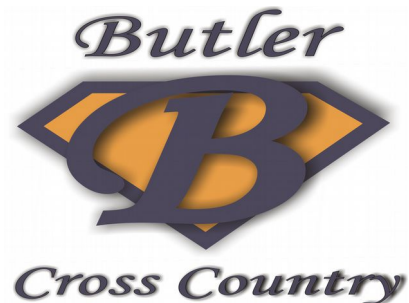
**OFFICIAL MANDATORY PRACTICE BEGINS: Monday August 15<sup>th</sup>, 2022**

### **Contact Information**

- Varsity Coach: Richard B. Davanzati  
Email: [richard\\_davanzati@butler.k12.pa.us](mailto:richard_davanzati@butler.k12.pa.us)  
School: 724-991-3664

Assistant Varsity Coach: Mr. Christopher Grooms

- Junior High Coach: Ms. Karen Nicodemus-Schreffler  
Cell Phone: 724-496-3300



REMIND VARSITY XC MESSAGING – Please join if you haven't.

### **Text the message:**

**BOYS = @bxc2022b to the Number 81010.**

**GIRLS = @bxc2022g to Number 81010.**

**PARENTS = @BXC2022p to Number 81010.**

SEE OTHER SIDE FOR ADDITIONAL INFORMATION



## 2022 BUTLER HIGH VARSITY CROSS COUNTRY

Varsity Boys & Girls Head Coach: Mr. Rick B. Davanzati

Assistant Varsity Boys & Girls Coach: Mr. Christopher Grooms

**WHAT:** Cross Country is a fall, co-ed sport for Boys and Girls in grades 7 - 12.

Cross Country is not Track! The official season begins in August and the Final Championships are in late October to early November. It is an excellent sport for any athlete interested in improving their own running, learning self-discipline, or simply getting in shape for another sport. We have a great deal of fun, and a tradition of success as well!!!

**WHERE:** A Cross Country meet is a super event to watch or in which to participate. The courses run through a variety of terrain; from grassy fields to shaded woods. It is a sport where everyone participates and can see improvement in themselves no matter where they finish. No one is cut from the team simply because of performance.

**WHEN:** Conditioning will be held four (4) days a week. Monday, Wednesday, Thursday, & Friday

First Conditioning: MONDAY June 13<sup>th</sup> – 6:00p.m. – 8:00p.m. - @ Intermediate High Flag Pole

WEDNESDAY -6:00p.m. - 8:00p.m. - @ the Intermediate High School Flag Pole Entrance

THURSDAY – 6:00p.m.-8:00p.m. @ Butler Freeport Trail – Kaufman Drive Trailhead

FRIDAY – 8:30a.m. - 10:30a.m. @ Butler County Community College.

(Meet at the Rear Parking Lot just off Old Plank Road)

MONDAY – 6:00p.m. - 8:00p.m. -@ Preston Park, Off of Eberhardt Road in Meridian (Starts 6/20)

*The first official practice is Monday, August 15<sup>th</sup> @ the Intermediate High – by the Flag Pole. Weekday practices will be held from 6:00-8:00 August 15<sup>th</sup> through one day before school begins -Starting- the day before the First Day of School for students, & all school days there after practice will be 3:10-5:30pm / We practice Saturday mornings too 8:30-10:30a.m.*

**WHAT TO WEAR:** T-shirt, shorts (running if you have them) and comfortable running shoes. Once school begins, practices will be held Monday thru Friday 3:10 to 5:30p.m. and Saturdays (usually in the A.M.) when the team does not have a meet.

\* You must have a physical and a parental permission form completed before you may practice. These can be obtained at the Senior High Athletic Office. (724-214-3232) or Online at the school website under Athletics. (<http://www.basdk12.org>)

Hope you enjoy your summer!!! We have a great season ahead & We are very excited about our prospects. We look forward to seeing you in June for conditioning or on August 16<sup>th</sup> for practice.

Bring a friend! - IT'S NEVER TOO LATE TO START RUNNING!!!!

Sincerely,

*Rick B. Davanzati*

Coach Rick B. Davanzati  
Butler High Varsity Head XC Coach



### Contact Information:

Mr. Rick B. Davanzati

Boys & Girls Varsity Head Coach

Email: [rdavanzati@zoominternet.net](mailto:rdavanzati@zoominternet.net)

Cell: 724-991-3664 (No answer, please leave a message)

Mr. Christopher Grooms

Boys & Girls Assistant Varsity Coach