



**Bri Palazzi**

[bpalazzi@pmsd.org](mailto:bpalazzi@pmsd.org)

Head Cross Country Coach

Head Track & Field Coach

Kelsey Pietrafesa – Asst. CC Coach

**Tara Bray**

Head Jr. High Coach

[tabray@pmsd.org](mailto:tabray@pmsd.org)

# Cross Country



**2018 Boys District Team**

G. Mattis, 4-year member

A Tieszen, Alumni

R. Valentin, 2-year-member

J. Silva, Alumni

D. Lawrence, 4-year member

J. Kidney, Alumni

S. McCarroll, 2-year member

## We want you to join our team!

If you want to get fit, make new friends, set goals and find success then join us Monday through Fridays after school! We will even have some cool t-shirts and other prizes for you!



E. Bray, 3-year member

*“Hustle and heart  
set us apart”*

*“There is no bench in XC”*

## “I want to join, so what do I do next?”

After you decide to join our awesome sport, you will have to get a physical and sign up for familyID ASAP before you can participate. We need to make sure you are safe for physical activity! If you have any questions on how to do this, talk with your coach!

## “I’m all set!”

Bring your completed physical to coach, lace up your sneakers, and get ready to get in shape. We know you will find success, meet your goals and make yourself proud every single day!

*“Cross Country is a sport,  
all the rest are games.”*

### Varsity Race Schedule

9/8 @ DeSales Invite

9/11 @ Freedom

9/18 @ PV

9/25 @ Northampton

10/2 @ Wm Allen

10/9 @ PM East

10/16 @ EPC Championships

10/24 @ District 11 Championships

11/3 @ PIAA State Championships

### Jr. High Race Schedule

9/8 DeSales Invite

9/11 @ JTL

9/13 @ PM West

9/18 @ Lehman

9/25 @ PM West

9/27 @ PM West

10/2 @ PV

10/4 @ PM West

10/11 @ PM East



E. Buczek, 4-year member

2018 Team Captain





# POCONO MOUNTAIN WEST HIGH SCHOOL

**Michael Delgrosso**

*Athletic Director*

181 Panther Lane

Pocono Summit, PA 18346

phone: (570) 839-7121 x 81373

fax: (570) 839-0974

athletics email: [irefolo@pmsd.org](mailto:irefolo@pmsd.org)

**Bri Palazzi**

[bpalazzi@pmsd.org](mailto:bpalazzi@pmsd.org)

*Head Cross Country Coach*

*Head Track & Field Coach*

**Kelsey Pietrafesa** – *Asst. CC Coach*

**Tara Bray**

*Head Jr. High Coach*

[tabray@pmsd.org](mailto:tabray@pmsd.org)

## What is Cross Country?

- High School Varsity Cross Country is a competitive sport, typically run on a 5k course, which is 3.1 miles in length. We usually compete at least once, maybe sometimes twice a week at meets and invitationals. We practice/run the remaining days of the week.
- Jr. High Cross Country is typically run on a 2.1 mile course in length. We usually compete at least once, maybe twice a week at meets and invitationals. We practice/run the remaining days of the week.
- Cross Country is both an individual sport, as well as a team sport. Runners place as individuals and points are scored for the team.
- We run on many different surfaces, including grass, gravel and asphalt. We also often conquer monster hills!
- It takes dedication, discipline, requiring determination and motivation daily.
- It requires very little specialized equipment—just a little heart, a watch and a comfortable pair of running sneakers!
- We don't like to hear the excuse, "I can't run." Everyone can run; it gets easier by the day and the results will be rewarding!

***"Running is the greatest metaphor for life,  
because you get out of it what you put into it."***

*- Oprah Winfrey*

## Why should you run Cross Country?

- It's the sport for everyone! Running is a sport that you can do at any level, at any speed, at any distance for the rest of your life. You don't have to worry about playing-time and everyone contributes to the team.
- Everyone has the opportunity to reach for their personal best.
- Play another sport in the winter or spring? XC is a great way to get in shape and ready to go for other sports like wrestling, basketball, swimming or track & field.
- West coaches strive to inspire a love for running, while teaching valuable skills not just for competitive fitness, but also for good health, stress relief, valuing the outdoors and being part of a team.

If you should ever need additional information, feel free to contact me with your questions or concerns via email at [bpalazzi@pmsd.org](mailto:bpalazzi@pmsd.org) for grades 9-12 and [tabray@pmsd.org](mailto:tabray@pmsd.org) for grades 7-8.



**STAY CONNECTED WITH THE TEAM!**

[remind.com/join/westxc2018](https://remind.com/join/westxc2018)

**2018 West Cross Country**

