

Dear Parents and athletes,

**No guts, No Glory**  
**Let the competition begin**  
**All glory to our God!**

We had some outstanding performance at the Embry Riddle meet this past Saturday! Our hearts were heavy as we towed the line for our races. We ran all of the races in dedication to Erik Hatch. The boys tattooed his football number on their bodies in dedication to him. Erik is doing fine but will be in the hospital for the rest of this week. We as a team will be doing something for him and his family. I am in contact with some of the football parents to see what would be best that we do. Our practices this week will be dedicated to him.

Our schedule this week-Monday and Thursday we will be on campus. Tuesday we will be at New Smyrna Beach for a meet. See below, and Wednesday will be at Embry Riddle.

Any parent that has a van that could possibly help out with transportation on Tuesday please let me know. I believe the teams will have to leave school no later than 3:30. After the meet we may want to go somewhere to eat as families.

YOU ARE INVITED!

New Smyrna Beach Home 5K

Date: Tuesday, September 28

Location: Flagler Ave. Beach Access Ramp in NSB, FL

Directions: Park in the parking lot next to the Flagler Ave. Beach Access Ramp

Race Times: ALL Girls – 4:45pm; ALL Boys – 5:25pm

Course: The course begins in front of the central life-guard tower and goes ½ mile south. Then, the athletes head north for 1.6 miles. Then, they return south for 1 mile. The course is very coach friendly because the start, 1 mile and finish are all in the same general location.

Goodies: We will have Gatorade, water and snacks on hand for ALL athletes.

Awards: This year the top 10 individuals in both races will receive a top 10 certificate. The winning team in each event will receive trophies hand made by our wonderful art students.

This is one of the toughest courses in the state of Florida. It is about a minute slower than most of all the other courses. Here are the results for Father Lopez at the Embry Riddle Asics Cross country meet:

Girls Varsity-fifth overall  
Lauren Gillespy 7th overall 22:34  
Tiffany Larsen 30th 27:21  
Olivia Storch 32nd 28:01  
Lia DelGuercio 37th 28:21  
Kelsey Lansberry 41st 30:24

Girls JV-4th overall

Madeline Muscante-3rd overall 25:44

April Panaggio-14th 30:37

Isabella Napolitano-18th 31:18

Alyssa Husbands-22nd 31:43

Katie Batchelor-27th-34:04

Boys Varsity-4th overall

Billy Young-3rd overall 18:19

Matt Wright-29th-22:29

Austin MacIntyre-30th 22:30

Matt Panaggio-31st-23:12

Andrew Eadas-33rd 23:15

Joey Muscante-36th 23:52

JV results-

Andrew Pinerio, Garrett Graham, Jackson Bush, Kyle Epping, Ben Marelo and Sam Macintire competed in the boys race. No official times were available yet. Sam pulled his quad muscle during the rest but is expected back in action sometime this week.

Results from UF. We never received final results so some of our athletes names are not mentioned in the results. Girls were led by Lauren Gillespy, followed by Tiffany Larsen, Lia DelGuercio, Olivia Storch, Isabella Crimmins Katie Reed and Kelsey Lansberry. JV girls were: Madeline Muscante, Alyssa Husbands, Isabella Napitolono and April Panaggio.

Boys were led by Billy Young followed by Matt Wright, Andrew Eads, Austin MacIntyre, Matt Panaggio, Jackson Bush and Austin Schatz. The boys Jv team was: Kyle Epping, Joey Muscante, Sam Macintire, J.C Jeanty, Andrew Pinerio and Ben Marelo

Thank you to all of the parents that donated water and Gatorade. Thanks for all the goodies. I am so touched by all of the families generosity towards our teams during our meets and practices. Thank you so much! Mrs. DelGuercio will be donating the water and Gatorade for the Flrunners meet this weekend.

Athletes of the week were Alyssa Husbands, Isabella Napitolono and Sam Macintire. Congrats to them and all of their hard work!

his weekend we will be at the Flruuners Invitational Meet. This is the biggest Invitational in the state of Florida and one of the biggest in the U.S. I am attaching directions. The Park is actually in the property of Brevard Community College. I am advising all of the athletes to get there early because parking does become an issue. Please have your athlete at the race before 7:15. Please bring money for a t-shirt if you would like one. The cost is \$15.00.

### **Saturday, October 2, 2010**

6:00AM Gates Open, Course Preview Begins

6:30AM Team Packets Available for Pickup

7:00AM Coaches Meeting at Start Line

7:20AM Middle School Boys/Girls 2 Mile

7:40AM Opening Ceremony for Elite Races

7:50AM Girls Race of Champions 5K

8:15AM Girls Invitational 5K

8:40AM Boys Race of Champions 5K

9:05AM Boys Invitational 5K  
9:30AM Girls Varsity Open 5K  
9:55AM Boys Varsity Open 5K  
10:20AM JV Girls White 5K  
10:45AM JV Boys White 5K  
11:15AM Awards Ceremony

I have yet to receive the brochure from Coach Butler. Som please contact him below to let him know if you are interested in this trip. It is truly a wonderful experience and a lot of. I do go as a coach and chaperone.

## **East Coast Trip: The O.G. of Foot Locker South Bus Trips**

Coach Doug Butler of Holy Trinity Academy in Melbourne has been hosting the bus trip for eight years now. His bus will leave from Melbourne at 5:00am on Friday November 26 and will make various stops along I-95 headed north along the way to Charlotte. There is room for 52 people on the bus and the limited seats will go to the first 52 paid people.

The cost of \$160 includes the race entry, bus, motel, team t-shirt, Foot Locker T-shirt, and "world famous" trivia and prizes on the bus.

Anyone interested contact Doug via email at [coachdbutler@gmail.com](mailto:coachdbutler@gmail.com).

Reflection for the week:A Perfect Time- A time for the fastest courses! A time to prepare for our post season.

He has made everything appropriate in its time. He has also put eternity in their hearts,but man cannot discover the work God has done from the beginning to end. Ecclesiastes 3:11

Of this you can be sure:God's sense of timing is without error. God's timing may not concide with your preferred timing-which, by the way,is perfectly fine with God because He knows precisely what He is doing,even if we may not. I know we as a team are getting a little impatient with the tough courses we have been running and all the hills and distance runs we have been doing to prepare for these tough meet. Even more so we grow impatient with God to reveal His plan for your life. But Solomon's word sin Chapter 3 of Ecclesiastes remind us that there is a time for every purpose under God's heaven and that includes our purpose.God's timing is so different form ours. When you achieve something after a few near misses or after some disappointments, it makes it much sweeter that if it comes right away. So let's remember that these next few meets of our season.

Have a blessed week!

Sincerely,

Our heavenly Coach Jesus and Coach O'Malley