



St. Michael Academy

CROSS COUNTRY



The SMA High School Boys XC Team at Its First-Ever Regional, Oct '18

Building a Culture of Athletic Excellence

At SMA, we believe Athletics, properly and vigorously pursued, meshes seamlessly with our mission! We strive to model the fortitude of the saints as we learn essential life lessons such as teamwork, fair-play, and perseverance in the face of adversity. We embrace Paul's words that life is essentially an endurance contest: "I have fought the good fight, I have finished the race, I have kept the faith."



Who is Coach (Larry) Rudnicki?

- Athletic Director, Cross Country coach, and Track coach at St. Michael Academy.
- A quarter-century of experience coaching & competing at the HS & JHS levels.
- Prior to SMA, helped build a national-caliber HS distance program in Colorado.
- Believes XC instills essential virtues: discipline, leadership, sacrifice for team goals...
- Witnessed "ordinary kids" achieving "extraordinary things" and believes you can too!
- Knows Athletics aren't an end, but rather preparation, for God's plans for your life!

For More Information on 2020 SMA XC...

- ➔ Email Coach Rudnicki to get on the distribution list at... lrudnicki@stmichaelpetoskey.org
- ➔ Visit the XC page of the SMA website at... <https://stmichaelupnorth.org/athletics/cross-country/>

<https://stmichaelupnorth.org> | 231.881.9025