

1968 POWER CROSS COUNTRY



Kevin Bulger

John Lovett

Anthony Larios

Pete McCann

Tom McGoldrick

Ken Rosaly

Andy Walsh

James Boland

Pete Woods

Anthony Colon

Jim Kelly

Frank Hanley

James Desmond

William Moss

Pat McMahon

AND
OTHERS...

Coach
Brother
Bielen

CITY
CHAMPIONS

1965

1966

1967

"...let's be great
EVERYDAY
so that our
POTENTIAL
is turned into
the PRODUCTION
of
excellence"

POWER MEMORIAL ACADEMY
CROSS COUNTRY 1968

Brother J.G. Bicien C.F.C. (Coach)
161 West 61st Street
New York, New York 10023

Summer Program

1. Every runner is expected to do some summer running. A schedule is included which should be carefully followed. "Every competitor wants to win; only a few have the will to win. The will to win is as much the will to train as it is the will to compete."
2. Calisthenics are a must before doing your workout. Fartlek is really better than straight running.
3. Weight-lifting of fast light repetitions...no weight lifting for legs. The running should strengthen them.
4. The number of hours given are only a minimum...
5. Before we return for school...please have your medical forms filled out. This will avoid the missing of practice once school begins in September. Ask the doctor about the possibility of a flu shot also.
6. Do NOT run during the heat of the day. Best times... 7 in the morning and 7 in the evening.
7. If possible, get into competition...A.A.U. etc.
8. Check weight during summer often...watch your diet...keep weight up.

Next year's competition

September: Several dual meets

October: Providence Rhode Island Meet

Manhattan Prep Frosh Meet

N.Y.U. Meet

Iona College Spiked Shoe Club Meet

Sophomore Cross Country Meet

St. John's University Meet

Fordham University Meet

November: C.H.S.A.A. Sectionals

Private Schools

C.H.S.A.A. Intersectionals

C.H.S.A.A. Frosh-Novice Meet

Christian Brothers Meet

Archbishop Molloy 4-mile Relay

Weight Training

Strength is a very important prerequisite for good athletic performance. An increase in strength will help prevent muscular injuries and when injuries do occur aid in their recovery.

1. When doing your fartlek practice over the summer. Try running with 2 lb. weights in each hand. This will help arm action and strengthen the arm action. Don't give it up just because it is harder to run with them...that's the idea.

2. If you are going to use other weights...use them every other day. The time spent need not be long. *(HAND BARBELLS MAY BE ALL YOU NEED. \$5.00)*

3. Weight-lifting Program for Distance Running and Sprinters:

(Do not do any leg exercises!) (If you wish...you may increase the number of sets but not the weight.)

(a) Shoulder rolling:

Standing feet astride, toes to front--barbell (10²⁰ lbs.) resting on thighs). Lift shoulders as high as possible--keeping arms straight--and circle them backwards and down. Continue the movement 10 times, then repeat, but circle shoulders forward. Do this 3 times. (10 back, 10 front, rest, 10 back, 10 front, rest, 10 back, 10 front, rest.)

(b) Rowing:

Standing feet astride, trunk leaning forward--5 lb. dumbbell in each hand, arms hanging down. Keeping back flat, pull bells to touch shoulders, keeping elbows close to sides. Let the arms do the work in bending and stretching down again. 3 sets of 10 each.

(c) Double Curl:

Standing, feet about 18 inches apart, toes to the front, with palms of hands away from body, grasp 10²⁰ lb. barbell. Curl bar until it touches the chest, return bar to starting position. Elbows should be always at the sides of the body and the body held upright. Arms should be flexed and extended as fully as possible. 3 sets of 10 each.

(d) Straight-arm Pull-Over:

Lying on back, arms fully stretched behind head--grasping 10 lb. barbell). With straight arms swing barbell to thighs and back again. Keep back flat on ground throughout. 3 sets of 10 each.

(e) Push-ups: Keep back straight. Try to increase the number of sets of 10 during the summer months.

Sit-ups: Hands behind head and touch elbows to knees. Do not slam back on your back...could cause injury.

(f) Some of our smaller runners could use some bulk:

Military press: Start with bar held at shoulder height, palms facing outward. The arms are extended overhead. Put as much weight on the bar as you can handle. Increase the weight by 5 lbs. each week. (At some point you may not be able to do this...then do not increase it.) Lift this weight a total of about 10 separate times.)

Curl: The barbell is grasped shoulder width apart ~~from~~ ^{with} the palms facing outward. The lifter stands straight up with the bar resting against upper thighs. Same as (c) above but add more weights from time to time.

Bench Press: The lifter lies in a flat position on a bench with the bar lying on his chest. Hands about shoulder width apart. Lift bar to full arms extension. Put on most weight you can lift safely. Increase weekly a little. (10 lifts.)

Incomplete list of phone numbers:

Try to work in groups or at least in two's whenever possible.

Ambrose, Richard - Re 7-2305
Boland, James - Wn 6-0964 (201)
Dulger, Kevin - Py 1- 5353
Cella, Thomas - Ha 6-2246
Colo n, Anthony - Ci 5- 3134
Conlon, John - Un 5- 2462
Desmond, James - Wa 8- 3793
Diego, Emilio - 784- 0281
Hanley, Frank - Ki 9- 7722
Horton, Brian - La 5- 0570
Jackson, Robert - Wa 9- 9240
Jakimetz, John - 545-4389
James, Stephen - Tr 6- 2922
Kelly, James - 261- 0578
Larios, Anthony - no phone
Lovett, John - In 9- 1987
Marcial, Basil - Wi 2- 3324
McCann, Peter - Rh 1- 2896
McMahon, Patrick - 831- 7357
McGoldrick, Thomas - Ci 5- 9262
Moss, William - 369- 0630
O'Boyle, Joseph - Il 8- 5808
O'Boyle, Charles - Il 8- 5808
Petioni, James - Lo 9- 7847
Rice, David - Tr 4- 5749
Roberts, Raymond - Sw 5-1860
Rosaly, Kenneth - Co 5- 2989
Searles, Raymond - 928- 2089
Vega, Armando - 242-4328
Walsh, Andrew - Sw 5- 3642
Woods, Peter - Ta 7- 2958

Sophomores

Daguias, Philip - 782-6981
Barbary, Paul - Wa 8-9406
Boresky, Peter - 871- 3447
Dressant, William - OR 7- 4596
Brockstedt, Charles - Ch 2- 6329
Cashin, Terrence - Te 6- 2049
Chanelli, Thomas - Lo9- 2227
Conlon, James - 865- 2462
DeSantis, Anthony - SH 8-2558
Danlon, Thomas - Tu 2-3748
Driscoll, Kevin - 927-0436
Gallagher, James - Rr 2- 7659
Geoghegan Michael - OI 2- 4151
Gettens, David - FI 9- 7203
Green, Albert - Ad 4- 3970
Gugliucciello, Roger - Or 5- 3639
Hack, John - Lo 9- 2238
Harris, Michael E. - Wa 6- 1613
Jones, Robert - Mo 6- 2264
Kelly, James - Sw 5- 1432
Kiely, William - 562- 7537
Larios, Richard - No phone
Lisk, Thomas - Or 3- 9318
Lovett, Thomas - So 8- 6365
McCoy, Keith - De 5- 5315
McDermott, John - Ci 6- 3527 (?)
McGuire, Sean - Ma 1-1845
Naudain, Raymond - Cy 2- 7636
Neira, Joseph - 728- 0996
O'Connell, Pat - Tr 9-7473
Schubert, Thomas - 932-5940
Touhey, Thomas - Wi 2- 1422
Vint, James - Or 7- 3869
Walsh, Edward - Sw 5- 3642
Wisniewski, Martin - St 6- 4499