



# ANTILLES CROSS COUNTRY



## MEET YOUR CROSS COUNTRY COACHES

Tuesday, September 12<sup>th</sup>, 2023

Welcome to the 2023 Cross Country Season Athletes and Families-

My name is Coach MacKelvey, an educator at Antilles School, educating fifth grade mathematics/science while also coaching cross country this season. With it being my seventh year coaching cross country (and first at Antilles), Coach Oram and I are very eager to put our athletic skills to the test this year in coordinating elementary, middle, junior varsity, and varsity cross country. Leading up to my role as cross country coach here at Antilles, I was a student athlete as well at the high school and collegiate levels—leading as Co-Captain of my cross country teams in both high school as well as in college. I also had the privilege of coaching cross country and establishing All Saints' first Track & Field team here on island back in 2017 before coaching stateside for six years. I hope my knowledge and love of the sport will allow you and your athlete to also create a love for cross country while learning the proper training techniques to a successful season. A successful season is not possible without a positive mentality, as well as the commitment and determination to succeed. My collegiate coach, John Papa, once stated "our goal is to have everybody on the team reach their potential. Not everyone can be a champion, but everyone can set a goal and be excited about hitting it. That's what we're all about-no one's left out." We will live by this motto in having every single athlete set an athletic goal they are excited about reaching so we can help them achieve it.

I am Christine Oram, and I am currently teaching second grade at Antilles. I am a parent to two Antilles kids—one who has graduated, and one that is currently a senior. My children have been a part of the Antilles cross country team for the past nine years. I am happy to have the opportunity to officially assist Coach MacKelvey in coaching. I started running when we moved here nine years ago. For me, running it is about living a healthy lifestyle and being active. I look forward to working with all the kids this season!

In order to make our season successful so our athletes can reach their athletic goals, we will be practicing three days a week on Tuesday, Wednesday, and Thursday from 3:20PM-5:00PM from now until the end of October. Athletes are expected to be responsible in bringing proper athletic shoes, water bottle, and a positive attitude to practice every day after school. Athletes will meet outside the lower school and head down to the field for practice, where we expect all family members to be responsible in being prompt to pick up their student athlete at the end of practice at 5:00PM. Please use the attached Remind Document to register for important information through @antillesxc. Our practice and competition schedule this season is also attached. Finally, we highly recommend viewing [mackelvey.weebly.com](http://mackelvey.weebly.com), where you may click on 'Athletics' on the top tab to access meet results and other important information as the season progresses. We are thoroughly looking forward to a successful season—where we will learn, grow, and succeed in the sport together!

Yours in Cross Country,

Coach Connor MacKelvey and Coach Christine Oram  
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Antilles Cross Country Coach and Assistant Coach

