

Cross Country

All forms are due to the rec department on Monday, September 10th or you are not able to practice.

Practices 3:15 to 4:30pm

- We will have practices Monday - Friday unless there is a meet.

What to bring to practice/meets

- Tennis shoes
- Workout/athletic wear (shorts/leggings, tshirt)
- Water Bottle
- For a meet wear your jersey

Team Standards

- For The Team (support, encourage, celebrate together, group goals before you)
- Character (kindness, helpfulness, selflessness, always doing the right thing, always being you)
- No Complaining (trust the coaches, listen to teachers, want to be better, belief, max effort)
- No Excuses (control what you can, do your best to be your best, focus less on outcomes)
- Find A Way (expect obstacles, get in that run, finish that essay, pass that guy, be a leader)
- Be Accountable (always at practice, communicate)
- Max Effort (do everything you can to be better, everything for the team)

Team Expectations

- Keep your grades up. I monitor grades closely, so I can make a call to sit you from a meet, if I feel there is a lack of effort or I hear of problems in the classroom.
- Talk to a coach if you are hurt and be in communication with the trainer. Many “injuries” can be managed early and even avoided!
- Try your hardest, every practice, and every meet. Push yourself further than you think you can go; there is no bar.
- No phones at practice. This is a time to be away from that. Be an 80’s child.
- Act with class. Don’t ever talk down to a teammate or competitor. Be competitive, but respectful to competition and others. This goes back to our standards.

Meet Conduct

- Always act with class. Remember the team standards/expectations
- Uniforms are “uniform”. We will bring the same attire, so we match.
- Warm up and cool down together. As a team, begin the warm up when coach asks, then take care of personal things (use bathroom, put on spikes, etc), and finish with walking to the line, as a team, 15 minutes before the race begins.
- Be at awards, both on time and all sitting together.
- Thank the host coaches and the officials.
- Relax and smile, but no games and horseplay. Be with the team.
- Take the bus home.

Remember: We don’t have to run, we get to run!