

2014 Field Cross Country  
Be True, Fly High, Go Field

Welcome to the 2014 Cross Country team!! We all look forward to having a FUN and successful fall XC season. As your coaches, we are especially looking forward to helping you achieve success not only as an individual athlete, but as a TEAM. As we begin, we want to emphasize that EVERYONE has a role in making this team successful. Yet, in order to achieve both team and individual success, we all need to be committed and focused on our goals EVERY day. This will ensure that in October, we will run our best. The following are guidelines we all must follow in order to be at our best throughout the season:

Health and Nutrition:

1. Think about what you eat and drink. A pack of Sour Patch Kids, however tasty, is not the best choice when you have a meet or hard workout in the afternoon.
2. Sleep, Sleep, Sleep. We all know it is hard to get to bed early but cutting out an hour of Twitter and Facebook a night, among other things, will ensure that you are well rested for the school day and practice.
3. Breakfast - Eat it. It will pay dividends at practice time.
4. Water, Water, Water. The better hydrated you are, the better you will perform.
5. Listen to your body. If you are sore or hurt, TELL US!

Practice Schedule and Expectations:

1. Practice starts at 3:00. This means that we meet on the blacktop at 3:00 dressed and ready to go. Being late impacts your teammates. BE ON TIME!!!
2. If you have two unexcused absences (absences without a note) you will be off the team.
3. Attendance is mandatory and essential to success. When we miss days, it not only exponentially increases the chance of injury but limits our possibilities to succeed at our highest levels.
4. Try your best. We will not accept anything less.
5. Be Prepared. Rolling up with a T-Shirt and Shorts when it is raining and 40 degrees will not make for a pleasurable experience. Proper clothing is KEY!

After School Expectations:

1. No Drugs or Alcohol. These will not only SEVERELY inhibit your progress and success, but as a team, our individual actions directly affect our teammates. Drugs and alcohol do not contribute anything to our program.
2. Try to avoid sports that have different movements than your events. This is a time to be sport-specific. You are trained to run straight and then take a left every one hundred meters, not run around the bases or the basketball court.

Final Thoughts:

We are all looking forward to this season. This is YOUR team. Not last year's team, not next year's team. We will be successful with hard work and dedication. Have Fun and Work Hard!!