



## BAPTIST HIGH SCHOOL

### Cross Country Guide

Based on Gloucester Catholic High School's guide

#### Guiding Principals:

We are a team.

We work hard.

We learn.

We have fun.

We display good sportsmanship.

We represent Baptist and wish to bring honor to our school and our faith.

#### Foundation of the program:

One of the fundamental keys to success for a cross country runner is summer training. These daily summer runs are supplemented with organized team practices; but all good runners have to train on their own. All returning runners should run at least 200 miles.

A second fundamental is Strong Team spirit- our running philosophy at Baptist stresses team goals and team unity. Support your teammates. Be at every meet and practice. Cheer your teammates on during their races.

The third fundamental is Goal Setting. Each runner sets personal goals within the team goals. Runners can discuss setting new goals with the coach.

A fourth fundamental is Education- we believe in educating our runners. Runners should take time to learn more about running and training techniques and share with the team their experiences.

Another fundamental is Consistency. The only way to reach your potential as a runner is through consistent training. This is why it is so important to run on a daily basis and to attend practice.

Finally, we see Running as a life time sport. We believe running cross country is the start of a life time of running enjoyment. Running is one of the few lifetime sports.

#### Varsity Letter Requirements:

Attend Practice. Runners should be at every practice. Occasionally something will come up where the runner has to miss practice, (Dr's appt, family events). For these occasions please provide a parental note to the coach in advance and a substitute workout will be provided. Having a job is no excuse for missing practice. The team only practices for two hours, three days a week. Runners need to plan their work schedule accordingly.

Athletes under consideration for a varsity letter CANNOT have unexcused absences.

Be at every meet. One of the great things about cross country is everyone usually can run in every meet. No one sits on the bench. Meets are mandatory and excused meet absences are extremely rare. Please plan your schedule accordingly. Unless the coach considers a meet optional, there is no excused meet absence for work.

Tri State Christian Athletic Conference Meet is on the second Saturday in November. This is the last meet of the season and is the hallmark of the all hard work performed in the prior months. All runners must attend to support the team

Team Spirit. As mentioned above team spirit is essential to team success.

## **Special Awards**

Baptist awards two special individual awards at the Fall Sports Night: Mighty in Spirit and Most Improved. These awards are determined by the coach near the end of the season in November. They are based on rankings for each runner. The top ranked runner in each category will be nominated for the award. These are not senior only awards; everyone on the team has an equal opportunity to win an award based on objective standards. For example, the Mighty in Spirit award will go to a runner who has made all of the practices and meets, promotes the sport of running, demonstrates team unity and was a help to the coach through their dependability and leadership. The most improved award will go to the runner who has improved the most through hard work and dedication.

## **Physicals**

All athletes will have a current physical in order to participate in sports at Baptist Regional. Physical forms to be signed by a physician are located on the school's website [www.baptistregional.org](http://www.baptistregional.org) or from the school's office. The school nurse does a review to ensure athletes meet this requirement and has the authority to deny participation until the physical has been performed.

## **Equipment Needed**

There are only three pieces of mandatory equipment needed: a sweat outfit, a good pair of running shoes and a digital runner's watch. The watch is usually inexpensive, and must have the ability to get splits. The Timex Ironman series is one example of a good watch that meets these criteria. Besides shoes and sweats, a watch is a runners' most essential piece of equipment for training. We will use them frequently in practice, for pre-meet warm-ups and they can also use them while practicing on your own.

Light weight racing shoes and/or spikes (for grass courses) are examples of *optional* equipment that some runners may choose to buy.

## **Athlete Conduct**

Runners will show proper respect to the coach, meet officials, parents and fellow athletes of other teams. Disrespectful behavior will be reported to the school administration and may be grounds for dismissal from the team. Athletes who have multiple unexcused absences may need to reassess their desire to participate in Cross Country.

For the latest information of team events, contact the coach or check our website:  
<http://baptistrunners.blogspot.com>

Parental support is one of the major reasons for the success of our cross country program.

***“Hard work can beat talent if talent does not work hard”***