

Andrew Linhares

3/24/03

I want to be a captain next year for the SLUH cross country team because I care about what happens to the team and I want to be an effective part of shaping its success. SLUH cross country has meant a lot to me so far, and as a captain I would want to ensure that runners younger ~~than~~ than me could feel the same excitement and commitment toward something bigger than themselves. Our team enjoys each other's jokes and spirit, ~~to~~ and I think ^{this} ~~it~~ is something that must be carried on in our program. However, I want to bring an element of seriousness to the team, especially during summer and early season training. I am very committed to accomplishing high goals this season, as well as making sure that SLUH high always maintains their best class around other teams. I hope to lead by example through my training and seriousness toward running, through my support of fun and spirit on the team, and through working with the coaches to find exactly ^{what} needs to be said or done for the team.

Dear Father

I would like to be a captain. I think that I would make a good captain. A good cross country captain needs to be respected by his teammates as a runner. I think I have earned this respect. Although I wasn't on the top 7 last year I was the top junior for three or four ~~times~~ races. A good captain must also be respected as a person. Ryan Hatch and Tipper were both respected by everyone. They were great captains. I ~~am not~~ am not respected like they were, but I am liked by everyone as far as I know. I for one am much more inclined to listen to someone I like than somebody I don't like. Friendship turns into respect. I try to be a friend to everyone on the team, especially the freshmen and sophomores. There is no reason that they should feel inferior to the Juniors or seniors. It helps build team unity.

I am going to be a presence this summer in Forest Park, captain or not. I want to win this ~~year~~ year. I want to get a trophy at state. That's not going to happen if we don't put in the miles. Those miles aren't going to happen without leaders telling people to get off their ass and run. I will do that. I think people will listen to me.

Dear Coach Linhares,

I think that I would be a good captain because I love running. I love the competition, intensity, and comradery among our team. I remember how Tipper and John acted their senior years as captains and that is how I hope to be. I know the responsibility that goes along with being captain. The extra hours, the phone calls nobody knows about, and the example that you have to set for the rest of the guys, I can handle all of it. I want to become the standard of Tradition, Class, and Pride at St. Louis U. High. I didn't realize how much XC really meant to me until I got mono and couldn't run for most of the season. Now I am 110% committed to running and **I want to win**. It is my personal goal to see our team take home a trophy at the state meet next year. I feel like I have a great relationship with my teammates and I think that they respect me. Being a President Ambassador has given me a taste of leadership and I am ready to step into that role in cross-country. I would like the opportunity to become a leader on this team.

- Chris Arb

Dear Coach Linhares

I would like to be a captain on the St. Louis University High's Cross Country team. I feel like I have shown that I am dedicated to this team. The last year and half has been extremely hard for me in terms of running and racing. I have not been able to do much of either of those. I have gone through a good number of injuries and setbacks, but I have not given up. I cross trained and worked out anyway I could think of during those times.

I believe in this team. I feel that we can do almost anything. Looking at this team on paper from the state meet most would say that next year will be a down year. That's the truth. You look at any other team ahead of us and except for West Plains every team is bringing back more runners. This just shows how hard it will be for us next year to succeed, but I feel that we have the men willing to work that hard and more.

We can make ourselves champions, but it will take a large amount of drive. It will take sweating the details to the greatest degree. We need to run faster and longer. We need to get stronger. Most importantly we need to stay together. This group of guys gets along well together. We have the right chemistry for a great team we just need to keep it going.

I feel like I can help this team to win a state championship by being a captain. I have shown I am dedicated, knowledgeable, and driven for this team. This is a quote that I feel deals with next year's team. "What matters is not necessarily the size of the dog in the fight - it's the size of the fight in the dog." - Dwight D. Eisenhower

John Oliver

A handwritten signature in cursive script that reads "John Oliver". The signature is written in black ink and is positioned below the typed name.