



2019 TEAM

Top 20 Reasons to Join

- It helps you set and achieve goals.
- It helps you build positive character traits.
- It motivates you to give your best effort in order to improve.
- It gives you a sense of pride in yourself, your family, your school, and your community.
- It is fun to help a team win championships.
- It allows you to be a part of a team with a tradition of success.
- It is a way for you to earn awards and be recognized for your achievements.
- It gives you the opportunity to receive a Varsity letter and not just the most talented athletes.
- It has fun workouts and we play games.
- It develops and displays your athletic abilities.
- It gives you the opportunity to compete against athletes from other schools.
- It gets you in the best physical condition of your life.
- It prepares you for other sports.
- It has team breakfasts and dinners.
- It has coaches that are caring and qualified.
- It has many opportunities to make memories with friends.
- It is a diverse team with a lot of unity because it is an individual and team sport.
- It helps you earn college scholarships.
- It helps you keep good grades, which colleges prefer.
- It is a way for you to get involved at school, which colleges prefer.

History of Success

In addition to numerous top finishes at the State Meet, the team has attained 7 League Championships and 5 District Championships.

Furthermore, several of the team's athletes have gone on to compete at colleges across our nation.

So are you interested in helping an already fun and successful sport achieve even greater heights? That's right, you could possibly be the person that decides whether or not our school's Cross Country team wins a League, District, or even State Championship.

First, please let me introduce myself. I am the head coach of Washington High School's Cross Country team. For the past 20 years, I have led the significant growth of this program so that it is consistently one of our school's largest sports teams and is continually being recognized for its **many accomplishments**. Although I can't take all of the credit for guiding 410 athletes to **academic and athletic success**, I know that much of it is due to my coaching philosophy because I believe that Cross Country is for everyone, is rewarding, and is a family.

- **It is for everyone** because every athlete will be equally valued and contribute to the team regardless of their ability.
- **It is rewarding** because every athlete will be challenged to improve physically, mentally, socially, and emotionally.
- **It is a family** because every athlete will be involved in lots of different activities and extraordinary team camaraderie will develop over time.

Of course, the purpose of this flyer is to ask you to consider becoming a part of the **Cross Country family**. If you are interested in joining the team, then be sure to contact me as soon as possible so that you do not miss out on any of our team activities and the **season start on February 15th**. If you have any questions, then please feel free to contact me at any time. Thanks so much for your time.

Sincerely,
Coach Culp

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