

Dear Prospective Rowland Hall Cross Country Team Member and Their Parents:

Thank you for your interest in joining the 2022 Rowland Hall Cross Country Team. By distinguishing yourself as a student-athlete on our team, you are committing to both parts of that distinction—student and athlete. You are willing to balance the demands of your academic studies, your commitment to your running, and your loyalty to our team—not to mention all the other undertakings that make you the unique individual you are. Our coaching staff is committed to helping you balance your commitments over the course of our season, but can only do so with your help. Your proactive communication, well before the season begins, will help us to help you reach all your finish lines successfully.

Our expectations: as a team member, you must exhibit a desire for personal improvement in your running, and though there are not tryouts for our team, you are expected to enter the season with a base of training that allows you to run comfortably and consistently for at least 30 minutes. While cross-country running is both physically and mentally demanding, it's an activity all team members should enjoy. Those joining our team should not do so to simply fulfill a personal fitness credit. That said, if you want to join an athletic team at Rowland Hall and wish to explore the sport of cross-country running—which will offer opportunities to learn about, push, and expand your physical and mental boundaries with like-minded teammates and coaches—we do our best to make the experience a positive part of your school year.

The team disclosure will answer many questions you may have and may even inspire some questions that need to be answered before our season begins. Please read it carefully and let me know if you have any questions.

Parents: A mandatory parent meeting will be held Thursday 11 August from 6:30 to 7:30 p.m. via Zoom (an invitation will be sent via email to parents/guardians prior to that date). A parent or guardian must attend before a student can become a member of our team. For those unable to make this meeting, please contact me as soon as possible to arrange an alternative time to meet before 11 August.

I'm looking forward to the XC 2022 season!

My best,
Mark

Mark Oftedal
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