

The Cross Country Team

at Phoenix High School

WHAT IS THE CROSS COUNTRY TEAM?

Cross country running is a sport in which teams and individuals run in open-air courses over natural terrain. Rain or shine, we run through woodlands, grass, dirt pavement, mud, on hills and flat terrain, and through creeks.

This sport allows for success to be measured in both individual and team efforts.

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WHY SHOULD YOU CONSIDER JOINING THE TEAM?

- This is a tremendous amount of fun.
- Everyone will have a chance to improve in measurable ways
- All grade levels – even freshmen – have a chance to earn Varsity (this does not happen on other teams or sports.)
- Running is a healthy, lifelong activity which can be done anytime, anywhere.
- In recent years our trips have included the Oregon coast, waterfalls near Portland, hiking at Crater Lake, and running across the Golden Gate Bridge in San Francisco.
- The sense of team and support is unparalleled.
 - ↳ It is the only sport in which teammates, competitors, coaches and spectators of all teams will cheer and support you.
- Phoenix HS Cross Country has a history of success...become a part of its tradition!
- National studies are clear, and demonstrate that . . .
 - ↳ Grades improve when students take up running.
 - ↳ Exercise (and running is the best form of exercise) contributes directly to longer life, more efficient brains and strengthened long-term memory.
- You can build your employment resume due to the volunteer experiences we do.
- You can earn PE Credit and Capstone Hours for high school graduation each season.
- You will learn about nutrition and healthy habits.
- Do you do a winter sport? If so, then Cross Country will get you in great shape for it.
- Just want to feel good about yourself? Then you need to run Cross Country!

PHILOSOPHY AND GOALS FOR THE SEASON

- Have fun !
- Honor improvement at all levels.
- Compete and practice with effort.
- Develop a goal-orientated approach toward your preparations.
- Workout in practice with purposeful intent.
- Celebrate “team”.
- Recruit...a large team is the key to being successful and competitive in this sport.
- Create the tradition you want this program and your legacy within it to be known for.
- Outreach to the Talent Middle School XC team...they are the future of our program!
- Celebrate volunteerism and community by helping at other runs.
- What team finish are we working toward?
 - Varsity Girls and Boys: qualify as a team for the Oregon State Championships
 - Jr.Varsity Girls and Boys: finish among the top-two teams at District



“A tradition of distance running excellence, since 1964.”

Honor – Integrity – Discipline – Sportsmanship
Purposeful Training and Effort

PHOENIX HIGH SCHOOL CROSS COUNTRY
2022 COACHING STAFF

(years of experience include this 2022 season)

Coach John Cornet	31 st year	Head Coach (also coached at Ashland HS & Jesuit HS)
Coach Sean Grunwald	8 th year	Assistant Coach (also coached at Hedrick MS)
Coach Devin Rodman	6 th year	Assistant Coach (also coached at Crater HS)
Coach Nathan Watt	5 th year	Assistant Coach
Coach Lupita Alegria	4 th year	Assistant Coach
Coach Shayla Potratz	2 nd year	Assistant Coach

Other coaches tba

RUNNING SAFETY TIPS

The Cross Country program is committed to providing a safe environment for all participants. Some pointers...

- Run on the sidewalk whenever possible.
- If no sidewalk, then run on the side of the road facing oncoming traffic.
- Do not listen to music when you run.
- Do not run alone too early in the morning or at night. Run only with who you trust.
- Shin splints – this is a discomfort on your lower legs. It is usually caused by either too short a stride length or old/worn/heavy shoes. If you feel this, speak to a coach.
- Recognize there is a difference between soreness and pain.
 - ↳ If you are sore, then you can run through it; if painful (very rare), it's ok to take a day off from running. Contact your coach if necessary.
- Food – Drink sips of water throughout the day; don't eat within an hour of running.



To Join the Cross Country team,
or to get more information, Contact Coach Cornet
541-535-5232 (cell) John.Cornet@Phoenix.K12.Or.Us

- TYPICAL PRACTICE SCHEDULE
- 3:50p Attendance, announcements and instructions.
 - 4:00p Running workout begins
 - 5:45p Most practices are done about this time, although some may be over as early as 5:30p or as late as 6:00p.

EQUIPMENT NEEDS

- A good pair of running shoes
 - ↳ Avoid 'Nike flex', 'five fingers' and minimalist shoes
- Comfortable running clothing
 - ↳ Loose, lightweight
- A water bottle
- (*For girls only) A sports bra
- (*Recommended) A wristwatch
- (*Recommended) Racing spikes

COST

- We strive to minimize costs for students participating in Cross Country. You receive a free team shirt when you finish your first race. This is the cheapest sport to do at Phoenix High School.

WHEN IS THE SEASON?

- ↳ Summer Training is voluntary-but-encouraged. We will start in mid-June and continue in the mornings until the season officially begins in mid-August.
- ↳ The Official Season goes from mid-August to late-October, with those who qualify for the Oregon State Championships competing a little into November.

Join our teams Facebook page: **"Cross Country at Phoenix High School, Ore."** to see photos of prior seasons and news about the program.



HISTORY OF THE
PHOENIX HIGH
CROSS COUNTRY PROGRAM

Phoenix HS girls' teams have qualified for the Oregon State Championships in:
2021-2018, 2016-2009, 2007, 2005-2003, 1974

Phoenix HS boys' teams have qualified for the Oregon State Championships in:
2020c, 2016-2013, 2010, 2008-2007, 2005, 2003-1999, 1996-1993, 1989, 1987-1983, 1980

Best team finishes for a girls' team at State:

- 1st – 2014.....*Oregon State Champions!*
- 2nd – 2013
- 3rd – 2010
- 4th – 2007
- 5th – 2015, 2011
- 6th – 2020c, 2012, 2005

Best team finishes for a boys' team at State:

- 1st – *(not yet...soon...!)*
- 2nd – 2015, 2014, 2008, 2005, 2001, 1995
- 3rd – 2016, 2013
- 4th – 2002, 1986, 1985, 1984
- 5th – 2010
- 6th – 2020c, 1996, 1994, 1987

- The 2019 varsity girls team had the BEST gpa (3.96) of all 4A teams, and the 6th best overall gpa of all Oregon teams regardless of size. The boys varsity were ranked 6th (3.54) in the 4A. In 2020c the girls (3.92) were ranked 3rd in the 4A and the boys (3.5) were ranked 8th. In 2021, Phoenix girls were 3rd (3.96) and the boys were 8th (3.55)
- Since 2010, Phoenix has qualified more teams than most other local programs to the State Championships
 - ↳ Girls – Phoenix (11), St.Marys (9), Crater (8), Ashland (6), South Medford (5), Cascade Christian (3), North Medford (2)
 - ↳ Boys – Crater (9), St.Marys (7), Phoenix (6), Cascade Christian (6), Ashland (5), South Medford (5), North Medford (1)