

# Cactus Shadows High School - Falcon Cross Country

**COACH CONTACT:** Jeff Powell, [jpowell@ccud93.net](mailto:jpowell@ccud93.net) (614) 935-9180

**Description:** Cross Country is a non-cut competitive Fall Sport. Boys and girls are separate teams, but we train together. Any CSHS student is welcome to join regardless of grade level, experience, or ability. If you're willing to commit to and follow the team and school expectations, we're excited to have you. The season is August - November. Boys and Girls race 5K distance, all regular season meets offer an open (non-varsity) and varsity race giving all athletes an opportunity to compete.

The team is social, dedicated, and supportive of all team members. It's a great way to meet other grade levels, and it's a lot of fun! We become a family over the season and throughout the years.

## **How to get involved:**

- Summer Off Season Training – Starts early June and will runs about 10 weeks. Two sessions one in June and one in July.
- Stay in touch with Coach Powell [jpowell@ccusd93.net](mailto:jpowell@ccusd93.net).
- Frequently visit the Cross Country Page <https://www.ccusd93.org/site/Default.aspx?PageID=4531>
- Join the email list and keep checking your email for updates – email Coach Powell with your contact information.

## **FREQUENTLY ASKED QUESTIONS and why you should still choose to join the team ☺**

- ***It's hot in August...***You're right, and we can't control the weather, but most practices and races are in the morning to get a little break from the heat. Plus, you can always run with water, and we encourage you to.
- ***I play club sports in the Fall...***So do some of the current team members. Early morning practices allow for open afternoons. We are willing to work with multi-sport athletes to minimize conflicts.
- ***Morning practice is early...***Early but worth it. We get to train in nice conditions, we have team breakfast following practice, time to shower and get to class. You'll have time after school to focus on academics and family. If transportation is an issue, I'll reach out to teammates to see if carpool is an option. Now that we've followed this schedule a number of seasons the team actually prefers morning practices.
- ***I can't run that far...***We approach training and the season one day at a time and build our base. I'm confident with some consistency you'll exceed your expectations and enjoy the experience. If you're willing to work, you can get faster. Our training approach follows a gradual progression. You'll only be asked to train at a level appropriate for you and will slowly build mileage, run faster, and feel stronger. You can do hard things.
- ***I need to focus on high school academics, especially multiple honors classes...***I need to take this opportunity to brag about the team's academic achievements. Most team members are in multiple honors/AP classes. The class valedictorian was a multi season XC Runner for the last (4) graduating classes! They consistently achieve a strong team GPA and we rarely have academic eligibility issues. It's well supported that being involved in a sport helps with time management. Plus, most practices are in the morning, so you have all the time you need after school for homework, studying, and office hours
- ***I don't know anybody...***Trust me, that's not a problem. This is a very social, inclusive, and supportive team. Running together is a great (technology free) way to get to know new people. We are confident you'll find your place in a couple weeks – plus knowing a handful of upperclassmen can make the high school transition easier.
- ***I've never run track or cross country...***That's OK, you're in good company. We have team members with zero experience every season. Running is a lifelong sport you just need to get started.

**If you have any other questions, comments, concerns, etc. please don't hesitate to contact me. I look forward to having you on the team!**

*Coach Jeff Powell*