

MTMS CROSS COUNTRY



What is Cross Country?

Cross-country is running across varied terrain. If you like to run, this is for you! We run on our school campus and on the trails around school. Our daily runs are varied to prepare us for competition in our meets.

Running Variations used in practice:

- Hills
- Trail Run (2-3 miles) on the various trails around the school.
- Timed Runs – done prior to first meet.
- Sprints

Conditioning runs:

- o hills
- o 1 mile
- o core strength
- o sprints

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Where do cross-country meets take place? How do we get there?

For meets, we run in local community parks and on school grounds.

Bus transportation is provided to and from meets. Every runner must ride the bus to the meet but can be checked out by a parent to ride home with them.

How far do we run in a meet?

7th – 2 mile course

8th – 2 mile course

What do I need to bring for Cross Country?

You need to bring a t-shirt and shorts for practice, a good pair of running shoes, and a water bottle!

Runners will wear school-provided tops and bottoms in competition.

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Coaching Philosophy

All coaches and players will be expected to...

1. Be prepared. I expect you to be at practice each day and dressed properly. (Running attire, running shoes, water bottle.)
2. Work hard each and every day. I expect your full effort each and every day. Put forth your best effort in running and conditioning - **NO WALKING!** This is cross-country - we **RUN!** Effort is something you control. By the first practice on August 19, all runners should be able to run at least 2 miles without stopping.
3. Attitude is key. We expect you to come with a positive attitude each day. You decide if you are going to have a positive or negative experience. We are here to build you up, not break you down. Running is more fun when you practice with a positive attitude.
4. Academics come FIRST. Your grades are most important, you are a student first and an athlete second. We follow the KSHSAA guidelines for probation and ineligibility.
5. Attendance. You are expected to be at **ALL** practices. If you miss a practice you must be in contact with your coaches prior to the absence. More than 2 unexcused absences can result in dismissal from the team.
6. We are a TEAM! You may play on other teams but from 3:15 - 4:15 pm each day and at meets, you are a MTMS Timberwolf Cross Country Member. We expect you to be here and participate as such.
7. Have FUN! We want to make this experience fun as running is a life-long sport.