

GPHS



# Cross Country

## Compete for us!

The Program emphasizes teamwork, discipline, and personal goal setting while fostering a positive, supportive environments.

Earn PE credit

Earn Varsity letterman status

Develop good work ethic

Learn a sport you can play for life.

### Skills

Endurance

Mental Toughness

Pacing

Team Management

## Future Careers

With the skills and experience that you can obtain during Cross Country at GPHS you may want to pursue a career related to: Coaching, Military, Law enforcement, Heathcare.

