

## **A Parents Guide To Cross Country**

Welcome! Your son or Daughter has joined the Rossview Cross Country Team.

### **Expectations and protocol for parents/guardians:**

1. Support your student-athlete's efforts to success.
2. Work to promote a positive environment that is conducive to the development of your student-athlete.
3. Treat all coaching personnel with courtesy and respect.
4. Assure that your student-athlete will attend all scheduled practices and athletic contests, and be picked up promptly.
5. Promote and model mature and sportsmanlike behavior at all athletic contests.

Our philosophy is fairly simple:

- \* RESPECT the coaches, parents and athletes
- Everyone is important, unique, and contributes
- To strive for excellence is as worthy as achieving it
  - Everyone can reach for their personal best
  - We can have fun, train hard, and race well
  - We want to inspire a love of running
- \* Expect to be here to do the work

### **TEAM AND INDIVIDUAL SUCCESSES**

Rossview's Cross Country Team has had a good deal of success in the 15 years the school has been open. Over the years, Rossview has qualified several teams to the state meet on both the boys and girls side. This included a handful of Regional Championships over the past years. We have had numerous individual runners make All-Region, All-Midstate and All-State.

### **What it Takes to be Successful:**

More than anything else, success in Cross Country takes time...time to learn; time to train; time to sleep, rest and recover; after school time; weekend time; time away from family and friends; and time away from other interests. With the academic responsibilities of being a high school student, most student-athletes are busy all the time. We try to achieve a balance between all things while aspiring to do well in Cross Country. We emphasize strong academic excellence: The Cross Country team compiled a 3.9 GPA for the girls and a 3.9 for the boys! The willingness to devote the time that success demands in the classroom and the sport of Cross Country is called DEDICATION.

Being a member of the Rossview Cross Country Team carries other expectations and responsibilities. Doing what is expected of every team member is called COMMITMENT. Attending team practices EVERY DAY is one of the commitments we expect. At the start of each school year, each student will receive a packet of the schools rules and policies. All Rossview athletes are expected to meet and hopefully exceed these expectations. Our goal is to develop team loyalty and individual

responsibility and accountability among all our team members. High School sports are wonderful vehicles for personal growth. We hope that you as parents will appreciate this and support our goals. Another commitment we expect is COMMUNICATION with our coaching staff. If a problem or illness is going to force your son or daughter to miss practice or a meet, we expect him or her to tell us about it personally in advance. (This does not mean relaying a message through a teammate or friend.) Many such problems can be solved when athletes communicate with us.

**How can you help your son or daughter before the season starts?**

Any athlete engaged in intensive training and competition can be subject to injury. We can prevent most injuries when our runners tell us about their aches and pains before they become disabling, so we can have them treated by our athletic trainer Carrie.

**Appropriate concerns to discuss with coaches:**

1. Situations involving your child.
2. Ways to help your child improve.
3. Your child's attitude, work ethic, and eligibility.
4. Concerns about your child's behavior

**Lettering:**

You need to compete in at least one Varsity Race during the Season (Top 7 runners). And finish the season in Good Standings.

**We are looking forward to the 2018 Cross Country Season!!**