



Cross Country Philosophy

To make each athlete excel at running through coaching techniques

Jr. High:

Distance/Sprint:

Correct Form

Endurance

Development of training (mental and physical stamina)

Good race starts and hard finishes

Competes to the best of your ability

High School:

Distance/Sprint:

Correct Form

Endurance

Development of training (mental and physical stamina)

Good race starts and hard finishes

Competes to the best of your ability

Increase mental strategy

Understand that every point matters