



## 2024 Valor Leander Cross Country Information Letter

Welcome to our Valor Cross Country family! We are excited to have you join us as we continue to build our Valor Leander Cross Country program.

Our sport enjoys some unique benefits among other team sports. For one thing, runners of all abilities and experience levels can find their own success and make valuable contributions to the team through hard work and dedication. We can set personal goals, work to achieve them, and push our teammates to achieve theirs. As we are intentional about challenging our teammates and ourselves, it strengthens the team as a whole. Another major benefit is that running is a “life sport.” There is a wide variety of competition opportunities that exist even for adults and “older” (over 40/master’s division) runners. But even if life obligations don’t allow for competing in a given season, runners can still set personal goals and work to achieve them. And there is much to be said for the simplicity of putting on some running shoes and heading out the door for a workout, with friends or even solo. There is, however, extra joy in being part of a team.

Dedication and hard work are required in order to have a successful season and a strong Cross Country program. Holding each other accountable, we pursue excellence both on the field and in the classroom. *We want the athletes to have fun, while learning how to push themselves to their limits.*

The goals of our Cross Country program are to develop well-rounded athletes through teaching sportsmanship, running and pacing fundamentals, and team cooperation. We will concurrently educate the athletes on the science behind our drills, practices, and recovery so that they not only can perform well this season but can continue to improve after the season ends.

### **Expectations:**

Our expectation for members of the Valor Cross Country team is that this team is the priority during the season. The expectation is that our runners are at every practice and every meet.

- Practices are not optional.
- Meets are not optional.

We'd ask that if you are planning vacations or going to be out of town, that you work around the team schedule. If your runner is going to miss a practice or meet due to illness, we ask that you'd let the coaching staff know as soon as possible. The primary reason for this policy is that our time together as a team is more than running. The coaches desire to create a team that feels like a family. We're not individual runners meeting up at a set time to run individually. As a team, we value discipline, dedication, commitment, and togetherness. We are a team growing and striving together. We understand that this means that runners may have to choose between Valor XC and other activities, but we believe this will create the best team experience for Valor XC runners.

### **Expectations of Parents:**

1. Read the Valor Athletic Handbook.
2. Ensure your child arrives on time to practice and early for meets.
3. Pick up your child from practice on time or make arrangements for their supervision.
4. Provide encouragement before, during, and after practices and races.
5. Address any concerns with the head coach first.
6. Remember that this is not a premiere club team. We are in the building years.
7. Cheer for your child and the entire Valor Leander team!

### **Expectations of Players:**

1. Read the Valor Athletic Handbook.
2. Be at every practice and meet.
3. Have a teachable spirit.
4. Bring your running gear.
5. Drink water every day.
6. Stay focused on schoolwork.
7. Remind parents to arrive on time to pick up from practice and early for meets.
8. Remember Cross Country is a team sport - cheer your fellow teammates on!
9. *Be ready to have fun and give it your all!*

### **Equipment:**

Runners need to have the following at all practices:

1. Weather-appropriate athletic clothes
2. Running Shoes
3. Water Bottle – FULL, as we may not be able to refill once practice starts.

Uniforms for meets will be provided by the school. Racing shoes (flats) are optional. It is not necessary to purchase racing flats, especially for new runners. Also, be aware that it takes time for runners to adjust to using them.

### **Communication:**

1. BAND app: The primary means of communicating with parents will be via the BAND app. This is also where our practice and meet schedule will be located. Be on the lookout for

an invitation to the Valor Leander XC group. Please download the app, create an account, and TURN ON your notification settings.

2. **Email:** Parents will also receive emails from the coaches. In the meantime, if you have any questions, you can contact Mr. Visy at [svisy@valoreducation.org](mailto:svisy@valoreducation.org).

### **Registration, Physicals, and Fees:**

Parents must complete the online registration, upload their child's physical, and provide payment at least one week before our first practice (HS: Aug. 5; MS: Aug. 19).

1. **Registration:** sign up on [FamilyID](#), create a profile, and add Valor Leander as your home team. From there, you are ready to add athletes to your account and register for specific sports.
2. **Physicals:** Please upload the physical on the online registration site rather than turning in a paper copy. The physical exam must be less than a year old by the end of the season (so October 26<sup>th</sup>, 2023 or more recent) and should be on the UIL physical forms provided on the online registration site.
3. **Fees:** There is a \$310 fee for student athletes. Fees are discounted for families who apply and qualify for Free (\$155) and Reduced Lunch (\$205). Preferred payment method is on the registration site but alternately, cash or check payment may be submitted to the front office in person. Please notify Mr. Visy if you pay in person rather than online.