

The Two C's--Commitment and Communication

Cross Country is a sport that takes quite a bit of time and dedication for students. 99% of our meets are held on Saturday. With the addition of daily workouts to this schedule, many of our athletes are busy all the time. As a staff we feel that the above two words are very important for any team member to abide by.

Commitment means doing what is expected of you as a team member. Practice every weekday is one of the commitments we expect. What we are eventually trying to accomplish is kids displaying a sense responsibility, consistency, and loyalty. We hope that you as parents understand this and support this. While I am aware that unplanned family problems come up, please keep in mind that we expect to see your son at practice Monday thru Friday plus all meets and if they are not there we expect that they will let us know why.

Communication-We expect every team member to communicate with their coaches. We have more problems when they do not do this. If a problem occurs and they must miss practice, we expect them to tell their coach about this, not relay the information through a friend who might not tell us. If a problem comes up regarding a scheduled invitational or meet, let us know when you find out, not minutes before or after the fact. A lot of problems can be solved with good attempts at communication.

Following the two C's takes work for all those concerned with our program, the athlete, the coach, and the parent. It is not a one sided issue, all of us need to keep working at it in order for both the athlete and program to be successful.