TFS MS/HS Cross Country 2018 Team Standards

5-27-19

The mission of TFS athletics is to develop GREAT character, competence, and competitiveness, to create a Season of Significance, and to host GREAT events.

2019 XC Theme: "Significance"

GREAT Character

Traits such as Gratitude, Generosity, Respect, Responsibility, Effort, Enthusiasm, Excellence, Ambition, Accountability, Attitude, Trustworthy, Toughness, and Thinking critically will compel positive action - proactive choices and responses in various situations. GREAT character development is crucial and of utmost importance. It will guide all that the coaches structure for our team and should also guide your decisions and commitment. We will go out of our way to show appreciation, consideration, and service, to set an example, and to lead, no matter what adversities or obstacles we face.

Communicate tactfully and immediately. It is your responsibility to directly speak with Coach Neal concerning any outside of class practices that will be missed (or be late) or any meets that you will be unable to attend *beforehand* – SEE THE SCHEDULE AND CALENDAR! This communication should not come from a fellow teammate or from your parents, but from you directly either by way of an advance email or an advance telephone call or in-person. Emergencies may arise but out of respect for your coaches and the commitment you have made to the team it is your responsibility to make this conscious effort.

Doing your best in the classroom is of utmost importance. Nationally, XC runners typically have the best grades on campus as a group. We want to keep it that way.

Commitment Day. There is a "try out" time period in which you can decide whether to stick with it or do something else. After the commitment day, you are expected to honor your commitment.

What are your SMART goal? What do you want to be able to say when the season is over? The plan and expectation is for everyone to stay healthy, improve, and compete well as a team.

SAFETY

Safety is a continual underlying focus. You are to never place yourself or teammates in danger.
When crossing a street, ALWAYS look both ways and make sure no vehicles are approaching. NEVER try to beat an oncoming car! Run/walk against traffic; bike with traffic. When running in an environment you are unaccustomed to, run within sight or sound of a buddy. Know the trails and landmarks BEFORE the run (ask until you understand). If you get lost, stay backtrack if you can; otherwise stay where you are. We will find you!

Hydration – Drink water throughout the day! Do not wait until thirsty to drink. ***THIS IS CRITICAL!*** Sports drinks may be beneficial – energy drinks are NOT.

Heat - Temperature and humidity (cold towels, run with a water bottle, run with ice cube in your hands, "feel the breeze"). Walk if necessary. Talk to Coach IMMEDIATELY!

Nutrition – Whole. Natural. Colorful. Variety. Specifically, nutrient dense foods such as dark colored veggies, lean meats, legumes/nuts, raw fruit, whole grains all help the body develop and you to perform.

Other Information
School issued apparel (uniform, team warm ups, heart rate monitors, bags, rollers, bands, etc.) are to be returned before you may start another sport. Lost or damaged items will be billed to you and must be paid in full. Spending or snack money may be brought on team trips. TFS supplies food or money for meals FOR THOSE WHO RETURN TO CAMPUS.

On meet day, EVERYONE must be dressed THE SAME to school in shorts/pants and team t-shirt.

Do not bleach uniforms or school issued warm ups. ***Do not tie uniform or warm ups strings in knots.***

There are no boyfriend/girlfriend relationships during cross country practices or meets or in route. We ask that boys sit with boys on the bus and girls sit with girls.

You may go on any school trip that does not conflict with practices or meets. If a trip leaves earlier than practice is over, plan on NOT going on that trip. The exception is to speak with Coach Neal well ahead of time to see if a different workout time would be ok. We practice daily after school and on some Saturday's (see calendar).

Estimated costs include shoes (you may find less expensive shoes/shoes on sale at firsttothefinish.com, final-score.com, eastbay.com, bsnsports.com (we receive a discount of apx 30%), dickpondathletics.com, anacondasports.com, runningwarehouse.com, or your local shoe specialty store) and the team package ($35). Totally Running in Dahlonega will give you 10% or so off and will video your running gate and offer shoe advice. Other stores in Gainesville and Atlanta do the same.

Team Leaders
We are looking for Team Leaders to emerge from our runners that will help be an integral part of the success of our team. Each of these leaders will help support the team by taking on additional responsibilities. If this is of interest to you please meet with Coach Neal so that we may share with you the expectations of these positions. "To handle yourself, use your head; to handle others, use your heart." — Eleanor Roosevelt

Home Meets
We will host a total of four home meets, plus we will host the Area 2 A-Private XC Championships. TFS Relay Carnival, TFS Cookies 'N Quotes XC Festival, TFS Heroes Invitational, and TFS Harrier Harvest. To our parents and students these home meets are not only a competitive challenge for our runners to assess their progress throughout the season, but they are also a wonderful community outreach for us to show GREAT hospitality to other teams. As a team we will own these meets and each of you will be expected to assist with the set up, follow through, and clean up. Do NOT ask to leave early from a home meet.

GREAT Service Project
We proudly commit to at least one service project that will be up to the Team Leaders (and team) to decide.

The Tribe
We need a Team Parent Coordinator to assist with our team activities and meets, snacks, etc. We always need smaller bottles of PowerAde (please not red - it stains!) and snacks (small/mini Cliff Bars, Lara Bars, pretzels, Nutrigrain, o rother more healthy bars). Please no chips.

If a meet is canceled, I will send out a Renweb alert; otherwise I will communicate via Renweb email (MS on Sunday nights).

If you would like to donate to the cross country FUND please contact me or send your donation to:
Tallulah Falls School, Cross Country FUND Attention: Coach Scott Neal, PO Box 10, Tallulah Falls, GA 30573

Scott Neal
Scott Neal, Head Coach 706-839-2004 office, scott.neal@tallulahfalls.org 706-968-9879 cell
Tim Corbett, Assistant Coach tim.corbett@tallulahfalls.org