

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

2023 XC Theme: XChange (the idea of exchanging something so you can achieve...i.e. Sacrifice)

### **GREAT Character**

Traits such as Gratitude, Generosity, Grit, Respect, Responsibility, Ripple effect, Enthusiastic Effort toward 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.

### **2023 Reminders:**

- **Bring your own water bottle and refill it from a water squid or container.**
- **Do not drink from anyone else's water bottle and do not touch lips to the water squids.**
- **Have a towel and bathing suit (one piece or shorts and a dark tee for girls; swim trunks for guys) EVERY day for practice! We may use the pool any day.**
- **Parents may take their athlete to/from any meet (communicate), but athletes may not drive unless pre approved via parent and Coach Neal in writing ahead of time. PLEASE let us know when a parent is taking an athlete.**

**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. Commitment day is picture day. Do not get in the team picture if you will not continue as a dedicated, committed, necessary team member! From picture day forward, you are expected to honor your commitment.

What are your SMART goals? 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, 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 an 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 help you to perform better.

## **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 up strings in knots. TAKE ANY STICKY NUMBER OFF THE UNIFORM BEFORE WASHING!***

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 Big Peach Running Company (10-15% off and gait analysis), firsttothefinish.com, final-score.com, eastbay.com, bsnsports.com shumasports.com, dickpondathletics.com, anacondasports.com, runningwarehouse.com, or your local shoe specialty store) and the team package (\$50-\$60). Totally Running in Dahlonga may give you 10% or so off and will video your running gait and offer shoe

advice. Other stores in Gainesville and Atlanta do the same. We annually invite the Big Peach Mobile Unit to campus (natatorium); they provide a 15% discount. You can contact Sean Ngorny at [sean@bigpeachrunningco.com](mailto:sean@bigpeachrunningco.com) ahead of time if you know what size, brand, and name of shoe you want or just with your size. His staff can help determine what shoe may be best for you.

### **Team Leaders and Responsibilities**

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: TFS Gorge to Beach 3k, 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 runner will be required 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 Captains (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, or other more healthy bars). Please no chips. Pretzels are ok. Also, we are a Coca Cola school (PowerAde), so please do not donate Gatorade.

If a meet is canceled, I will send out a Renweb alert; otherwise I will communicate via Renweb email, typically Sunday nights. We will practice no matter the weather. We have plenty of indoor opportunities.

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

*Scott Neal*

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