

Seward Cross-Country Website

www.sewardpublicschools.org then to **High School tab - Teacher Pages – Mr. Holliday**
In there will be everything you and your parents need to know about Cross-Country. Meet Records, Athlete/Parent Expectations, Meet Schedule, etc. Please check it out!!!

Seward High's Cross-Country Objectives:

4 plus years of Athletic Development, Lifelong Enjoyment, Development as a Person and Team, Striving to do ones Best, and Running like a Seward High Bluejay!

Seward High's Cross-Country Standard

Being there everyday and striving to do your best!

Don't let your Teammates down! – Don't do anything that could hurt the team!

What is it to be a good teammate?

What is it to have discipline, character, effort, integrity, selflessness, mental toughness, (Teachable spirit)-coachability, attitude, and work ethic?

Lettering:

Cross-Country is the toughest sport to participate in and because of that I feel everyone (varsity and non-varsity) deserves the opportunity to letter. Generally the six varsity members who compete at districts and state will letter, but there could be some exceptions to this. Lettering is at the discretion of the coaches, but if the athlete meets all requirements more than likely a letter will be awarded. During the course of the year (starting in the summer and going to Oct. 5th) an athlete must earn 20 points to letter.

Earning Letter points:

- 5 points will be awarded to first time cross-country athletes.
- 1 point will be awarded to each day an athlete attended the camp.
- 1 point for every Wednesday evening run or road race attended in the summer.
- 1 point for every 25 miles an athlete ran over the course of the summer.
- 1 point for achieving a personal best at a meet.
- 1 point for earning an award at a meet (JV or Varsity).
- 1 point for being top 4 on the team at a meet.
- ½ a point for being 5th-10th on the team at a meet.
- 4 points for recruiting someone for cross-country.
- 2 points for bringing donuts to Saturday morning practice.
- 2 points for a school record.

Loosing letter points:

- 1 point for missing practice. ½ a point if excused by coach.
- Doing anything that will hurt the team will be loss of points depending on the severity of it.

Earning a Top 10 Shirt

For those that received a t-shirt last year. You will be required to finish top 10 on the team for 5 meets (if you attended camp at least 6 out of the 10 days) or 6 meets if you did not attend the camp at least 6 days).

For those that did not received a t-shirt last year, you will be required to finish top 10 on the team in at least 4 meets (if you attended camp at least 6 out of the 10 days) or 5 times if you did not attend camp at least 6 days).