

Introduction to the Sport of Cross Country

Cross Country is a unique sport in several ways. It is a 3-mile running event that takes place on varied surfaces and terrain. Although our home course is in Polliwog Park, many Cross Country meets are held on dirt trails, park grounds, and sometimes golf courses. Cross Country is a team sport where the team's top five individual finishers places are added up and the team with the lowest score wins. Every member of our Cross Country team gets to compete in all of our dual meets, invitational meets and in the Bay League Championships. While the top five are involved in determining our scoring, the 6th and 7th runners can "push" up opponents scores. The hard work and effort of each and every runner is important to our team.

Competitive groupings vary depending upon the type of meet. Invitational meets we attend organize competition in the following way: the Varsity team consists of the seven fastest runners regardless of grade, the Junior Varsity team includes all non-Varsity juniors and seniors, and the Frosh/Soph team is comprised of non-Varsity freshmen and sophomores. For Bay League meets, the Junior Varsity team includes sophomores and a Freshmen-only team replaces Frosh/Soph.

Cross Country is special in another way because it is a place where all students who are dedicated and committed can find a valuable place to grow as an athlete and as a person. More than anything else, success in Cross Country takes time...time to learn; time to train; time to sleep; time to recover; time after-school; time away from family and friends; and time away from other interests. With the academic responsibilities of high school students, most student-athletes are busy all the time. The willingness to devote the time that success demands is called ***dedication***.

Being a member of the Mira Costa Cross Country Team requires ***commitment***. It is expected that each athlete will attend every practice and will work hard. Our goal is to develop team loyalty and individual responsibility and accountability among all of our team members. High school sport is a wonderful vehicle for personal growth. We hope that all parents and runners will appreciate this and support our goals.