



CHAMINADE  
CROSS COUNTRY

## Chaminade Cross Country

### Runner Information and Handbook Acknowledgement

Runner Name: \_\_\_\_\_

Grade: \_\_\_\_\_ Birthday: \_\_\_\_\_

Mother's Name: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Father's Name: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_

*Please sign below to acknowledge that the Chaminade Cross Country 2019 Handbook has been read and understood.*

Runner: \_\_\_\_\_

Parent: \_\_\_\_\_

## **Chaminade Cross Country Program Philosophy**

The spirit and philosophy of the Cross Country Program at Chaminade, from sixth grade through a runner's senior year, are defined by the three words that have become our cornerstone: Commitment, Heart, and Brotherhood.

Our runners are expected to commit to the program from the moment they join our team. They will commit to the training and the wisdom shared by coaches, trainers, and invited professionals. They will adhere to the rules and expectations of the program. They will cultivate discipline in their lives, in and out of season, so that they can compete at their highest potential. And most importantly, they will commit to their health and wellbeing. They will do this by ensuring they take in proper hydration and nutrition; they will sleep to recharge their bodies; they will train in a way that promotes general, lifelong health; and they will never corrupt their God-gifted body with substances which diminish its wellness.

Our runners are expected to train, race, and live with heart. Cross country is an extraordinarily difficult sport. Runners in the Chaminade Cross Country Program are asked to live, perform, and compete at a level beyond the average student. They can rise to, and even surpass, these lofty goals when they believe in themselves and they never allow the difficulties to defeat their will and spirit. Unless continuing would create injury or illness, our runners will never quit: on themselves, each other, or the team and its values.

Our runners are expected to honor the Chaminade Cross Country brotherhood through their choices, actions, and behavior. They will put the team before themselves. They will promise to uplift one another on all occasions and through all of their endeavors. This brotherhood begins the moment they join the team and continues long past graduation.

We believe that by training, racing, and living with Commitment, Heart, and Brotherhood, Chaminade Cross Country runners do far more than perform well in races and improve the team. We believe that they transform their lives, carrying these values with them into everything they do far into adulthood. We believe that this sport, our team, and these values, are the very essence of what it means to *Esto Vir*.