AVON LAKE CROSS COUNTRY'S

"Meet Cheat Sheet"

Upper Sandusky
9.25.14

FOUR WORDS MAKE THE DIFFERENCE BETWEEN A FEAR OF FAILURE AND THE COURAGE TO TRY:

I BELIEVE IN YOU

Belief is one quality a team can often overlook, or is a quality often substituted with another variation of this phrase: *I love you*. Those are powerful words as well, and something you want to say to teammates and friends you've made over the course of a season. But belief is a little different than love. You can love a good friend or a teammate, and you can say that to that person (you should, everyone needs to hear that every now and then), but saying someone's a good friend is a lot different than saying you ***believe*** in that friend.

Telling your teammates that you believe in them means you not only care for them, but that you truly think they are capable of accomplishing the goals they want to accomplish for themselves and their team. This sounds almost too simplistic, but think about it for a moment: athletes have to overcome an incredible amount of fear when they are competing. We talked about fear of pain earlier this season. We all battle fear, and you are battling it on a weekly basis when you race. Fear is a powerful emotion that you have to overcome as an athlete. It's very easy to back down from a challenge, or not to give your best effort, because of fear. Fear is a powerful, powerful emotion. Fear of failure, the fear that you might not succeed, is probably more powerful than the fear of pain. Fear of failure is the reason people choose not to do something, or choose not to do their best at something.

But what if you realized, despite the anxiety that comes as a result of feeling alone as an athlete, that you weren't really alone? What if you realized that your teammates wouldn't allow you to take the journey all by yourself? What if the courage to try your best was greater than the fear of failing at something? What if the difference between those two was simply having one teammate say they believed in you?

When someone else believes in you, you as an individual become stronger, and the team as a whole is that much stronger. When you believe in each other, you share in the successes together, and you shoulder the losses together. Belief in each other allows everyone to overcome their own anxieties, conquer their own fears, and gives them the courage to try.

This is not something you can do for one final race. It must be practiced, worked at, and said many times. You cannot say this lightly. You cannot lie when you say it. You have to mean it. You have to look each other in the eye and tell them you believe in them. Belief is important because it is the foundation for bringing out the best in yourself and your team.

"Team Racing Goals"

1. **Communicate with your teammates.**
   We have one more hard week of training left. That's it. Then we're resting for SWCs. It's time to start talking more about what our goals as individuals and as a team are. What's more, it's time to start talking about the belief in each other and in what we are capable of. It's time to tell each other that we believe in each other!
2. **Stay healthy.**
   The cold & flu season is upon us. It's time to be aware of our health as we get ready for these last 2 weeks of the season. Wash your hands thoroughly, avoid sharing water bottles, and make sure to get enough rest these last 2 weeks! This is incredibly important.
3. **Start eating & drinking healthy!**
   Even if you've ignored our instruction to eat healthy and to stay hydrated, now's the time to start. Athletes will tell me (swimmers, football players, track/cc runners) that they ate a dinner rich in carbohydrates the night before a competition. This is good, and helpful. But really, it's not what you do the night before a competition, it's what you do *two weeks* before it. Given two evenly-matched athletes, the one who's better rested, healthy, properly hydrated, and who's eaten healthy for the past 2 weeks, will defeat the athlete who has done none of those things.

"Team Racing Goals"

- **Get a good start, practice good form, and finish through the chute!**
- **Pack running is good, as long as you talk to each other to let each other know how you feel!**
- **Surge!**
- **Stretch all week, at home, on Sundays, and after each practice!**
- **Stay positive in all thoughts and actions—keep this up!**
- **Reflect on our racing! Talk about racing with your teammates! Tell each other you believe in each other. That makes all the difference.**

"Keep our SEASON GOALS in mind"

#1 Promote a healthy lifestyle

Healthy diet, healthy choices, positive outlook

#2 Ownership

Take care of myself, my team, and let my team take care of me

#3 Collective Responsibility

Two are better than one when two can act as one