



2025 Tiger Girls Cross Country

TIGER GIRLS CROSS COUNTRY

FREQUENTLY ASKED QUESTIONS

WRITTEN BY THE ATHLETES

1. Is it hard to balance school and running?
-No, there are a ton of girls currently on the team who are in all honors classes. A majority of the girls on the team are able to keep a 4.0 or higher GPA on a 4.0 scale. The XC girls have a great reputation throughout the school and staff. XC motivates you to stay proactive with school and sports.
2. How far do you have to run?
-It varies based on skill level and the training day. The coaches understand and designate a workout plan for every type of runner. See weekly workout plan.
3. How often do you practice?
-Practice is every day after school from 2:45 to 5:15 Monday through Friday, and we have morning practice at 7:00 on Saturday unless there is a meet.
4. Are there tryouts?
-Nope! We welcome everyone!
5. When are meets?
-Most meets are on Saturday mornings, but we do have a few during the week,
6. How long are meets?
-It depends on the meet. Dual meets usually last 2-3 hours. Saturday meets are usually longer because there are more teams.
7. How long is practice?
-Practice is 2 ½ hours
8. How much does it cost?
-No additional fees! Just pay the general athletic fee.
9. Who's the coach?
-Coach Harvey was an all-American Runner and attended North Central College.
10. How many people are on the team?
-Last year we had about 40 girls on the team.
11. Are the girls nice?
-Yes! The girls are very accepting and we have a wide variety of girls on the team.

Wheaton Warrenville South High School

Tiger Girls Cross Country and Track & Field

1993 Tiger Trail

Wheaton, Illinois 60189

630-784-7200

www.tigerxctf.org | twitter - [@tigerxctf](https://twitter.com/tigerxctf) | instagram - [@tigerxctf](https://www.instagram.com/tigerxctf)



2025 Tiger Girls Cross Country

12. What type of people run?

-Anyone can run as long as you have a good attitude and come to practice with a smile on your face ☺

13. What if I'm not fast?

-No worries, Coach Harvey created a program that fits for everyone no matter what their skill level!

14. Is it hard?

-What you put into XC is what you get out of it. Honestly, it can be hard on days but it's all worth it to get better.

15. What if I didn't run middle school cross country?

-It doesn't matter! There are many girls on the team who didn't do cross country until high school.

16. How much of a commitment is it?

-XC is a commitment if you want to get better. You have to be at practice and meets; even if you aren't running we need girls to cheer each other on!

17. What do I need?

-Running shoes, a running watch & a water bottle. Racing spikes are optional – some girls run in their running shoes!

18. What is summer running?

-Summer running is a training program during the summer. It is 3 days a week & not only is there running, but fun activities too!

19. What are the benefits?

-Lifelong friendships, staying in shape, builds confidence, teaches time management, and how to push yourself to your limits.

20. Should I join?

-YES!

Robert Harvey
Head Girls Cross Country Coach
Head Girls Track & Field Coach
Wheaton Warrenville South High School
630.784.7006
robert.harvey@cusd200.org

Wheaton Warrenville South High School

Tiger Girls Cross Country and Track & Field
1993 Tiger Trail
Wheaton, Illinois 60189
630-784-7200

www.tigerxctf.org | twitter - [@tigerxctf](https://twitter.com/tigerxctf) | instagram - [@tigerxctf](https://www.instagram.com/tigerxctf)