

# **MESA VERDE CROSS COUNTRY**

## **TEAM MISSION STATEMENT**

To create a supportive and positive environment that encourages growth in each individual as they develop the skills, knowledge, attitude, and work ethic necessary to reach individual and team goals. Each athlete will be provided the opportunity to create a foundation for life-long fitness and develop positive character traits that will allow them to meet challenges outside the athletic realm.

## **TEAM PHILOSOPHY**

- Provide an extracurricular opportunity that will enhance the overall academic experience.
- Provide the opportunity to participate in an athletic endeavor that offers individual and team challenges.
- Establish individual goal setting strategies that allow for personal achievement based on talent, commitment, and desire.
- Provide training that is designed to challenge the student-athlete physically and mentally.
- Model and promote the characteristics of self-confidence, leadership, loyalty, discipline, respect, integrity, and sportsmanship desired in a student-athlete.

## **TEAM GOALS**

- Establish team cohesion that will promote the success of all team members.
- Establish a system that encourages a student-athlete to continue to run and compete after high school.
- Diligently strive to better a student-athlete's physical strength and fitness level primarily through daily running, and to promote a lifestyle and attitude of physical fitness.
- Make every effort to contribute to an environment of pervasive caring for others and themselves, so that each athlete's mental and social well-being is improved.