

# ***Coaching Philosophy***

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***-We coach because we love it.***

***-We believe that being the member of a team is a privilege not a right.***

***-All student athletes deserve the best coaching.***

***This team is a reflection of its coaches. A team may only be as good as its coaches.***

***-All athletes deserve a chance.***

***Every student athlete should feel important.***

***-Both coaches and athletes should serve as role models on and off the field.***

***We serve as a mentors, role models and a teachers.***

***-Cross Country is a team sport that has values that will last a lifetime.***

***These values are seen physically, mentally and socially.***

***-We are optimists. We believe that through hard work and sacrifice that anything is possible.***

***-The time spent in this program should serve as a stepping stone for future endeavours.***

***-This program must be enjoyable and constructive.***

***-Honesty, Sportsmanship, Discipline and Organization are crucial.***

***-We care.***