**THE FIVE POINTS**

**1. One Team-One Goal**
We want to win three titles at the Section Championships, and win as one team. We support everybody. We warm-up together, we race together in packs, and we cool down together. We play together. We all have the same goal of running as fast as we can and giving our best effort. Like U2 sings in the song "One", "We need to carry each other, carry each other."

**2. Confidence**
We are confident that we can push our bodies when our bodies are telling us to slow down; that we will finish with the same effort and focus as we start with; that we can take a chance and race hard in the middle of a race or run our hardest in the middle of a workout. We need to look at every race and every workout as a wonderful opportunity to test ourselves and become even more confident.

**3. Respect**
We respect everyone. Respect everyone, respect everyone who races, respect race officials, respect coaches, and especially respect our parents who without their support none of this would happen.

**4. Humility**
We are confident, but we also need to be humble. We are very good, but there are better teams than us out there and better individuals who are putting in a whole lot of work to be good. We can't win every race and there will always be somebody out there who is faster.

We should also be humble to some of the courses. Running all the way to the top of some of those steep hills can be a humbling experience.

**5. Gratitude**
We need to thank everybody who helped make this cross country season an Experience. Thank the race officials for putting on the races. Thank other runners for competing against us. Especially thank our parents for supporting us and making this all happen. Thank your teachers when they work with us when you might miss a class. There are so many people to thank and be grateful for that the list goes on and on. Let's try to thank everybody.

* **Coach John**