

Lincolnton Central School Cross Country

Training Rules

1. Success is personal. Do not compare yourself to any other runner, teammate, or rival. Everyone progresses at their own pace. The only thing that matters is YOUR final result.
2. Do not become impatient. There is no time schedule for running competitive races. Continue to work hard and improvement will come. You might train hard for three years and see little improvement, but your day **will** come. Every mile you run today will help you in the future.
3. Train intelligently. Know when to push your limits and know when to rest.
4. Consistency is the key to success. To be good, you have to train five days a week.
5. Be as good as you can, both on the cross country course and **in the classroom**.
6. Eat well-balanced meals. You cannot train well if you do not fuel your body with the proper nourishment that it needs.
7. Get plenty of rest, at least eight hours every night. Fatigue will work against your best efforts to train and compete with intensity.
8. Anyone using or possessing tobacco, alcohol, or other drugs is not interested in being a member of the LCS Cross Country team and they will be subject to discipline.
9. You may run through discomfort, but not genuine pain. If you have serious pain or are genuinely ill, do not run, rest and let it get better. At the same time, the stress put on the body through training will cause minor aches and discomfort that should not bother the athlete to a great extent.
10. **Always warm up** and **cool down**, doing flexibility stretches before and after all runs, easy running before and after competition. **Never sit** or **lie** down after hard running. Keep moving until you have recovered adequately.
11. **Dress properly for the weather** and you will enjoy your running more. It will also help your performance. As soon as you are done with a race or hard workout, put on sweats immediately, not five minutes later.

Philosophy

1. We care about each other, not just as teammates, but as very close friends. Whenever possible, we help each other, because we care.
2. Running can and should be enjoyable for everyone!
3. If we do something, we want to make sure that it is done as well as we are capable of doing it.
4. It is possible to combine having an enjoyable time with developing into a better distance runner, even an excellent runner.
5. **Everyone**, with proper training, will improve as distance runners.
6. It is as important for an athlete to break twenty minutes for two miles for the first time as it is for another athlete to break fifteen minutes for the first time.
7. Winning is important, but finding personal satisfaction from running and the friendships that develop is more important.
8. Team success and accomplishments are more important than individual achievements.
9. Since we are runners and represent our teammates, we always act with **class** and **dignity**.

Etiquette

1. When you visit other schools, do not criticize their facilities, school records, equipment, etc.
2. Go on to the cross country course in a quiet group. Stay together during your warm-up and go to the start line as a team. When we are through competing, we return to our team area.
3. Be friendly and courteous to opponents, however do not be over-talkative. Do not compare times, workouts or other subjects runners often tend to over- or under-estimate.
4. Do not leave our team area after the meet without picking up all tape, paper, garbage, etc.
5. Be concerned with the performances of your teammates. Give them some words of encouragement.
6. Do not put on a display of emotion or temper tantrum following a poor performance. Act like a mature, intelligent human being. **Never** use **profanity** or heckle an opponent.
7. Be ready for your race. Do not keep others waiting. Allow yourself ample time for warm-up. You should be totally prepared to race, mentally and physically, before you are called.
8. Always address officials in a respectful manner. If there are ever any questions or problems, consult with your coach. Never argue or confront an official.
9. When you run good races, accept it and celebrate with dignity. There is no need to chant how good you are. If you are that good, everyone will realize it from your performance.