

Bonneville High School Cross Country Mission Statements, Goals & Philosophy

Team Mission Statement:

Bonneville Cross Country is committed to developing champions both on and off the field. We believe a Champion is one who lives by high ideals, knows how to set realistic goals, and to dedicate them selves toward achieving them.

Every athlete we have has a unique God-given ability. We ask that every athlete work hard to maximize that potential. It is also our desire as coaches that our athletes go on and continue to maintain a level of fitness as part of their lifestyle. To have alumni want to come back and give back to the kids in our program is the greatest reward.

Coaching Philosophy:

Being a member of a team is a privilege not a right. All athletes must be academically eligible at the start of the season and maintain that eligibility. All athletes deserve the best coaching that we can provide. All athletes deserve a chance to compete at every possible meet. Coaches and athletes have a responsibility to be a role model and ambassador for their school. Coaches and athletes have the responsibility to live a healthy lifestyle, void of drugs, stimulants that detract from athletics. Coaches and athletes must at all times use appropriate and non-abusive language.

The statement "Playing time is earned, not given" is the foundation of our coaching philosophy. Our team has Varsity and JV athletes. However, no athlete will receive any special treatment. Everyone on the team is expected to put the best interest of the team first, before any thought is given to individual accomplishments. No individual, coach or athlete, is more important than the team.

What specifically does "Playing time is earned, not given" mean? We will try to allow every athlete to compete at every meet possible throughout the season. The meets, events, relay teams that each athlete receives will depend on his/her attitude, skill level, and commitment to the team, absences, injuries and meet/invitational situations. There are no guarantees, only opportunities.

Team pride is another cornerstone of a competitive athletic program. Winning builds pride, but so does hard work and commitment to individual and team goals. As coaches, we will work to instill in each athlete the belief that hard work pays off, and the harder he/she works, the more he/she will achieve. While winning is a goal for everyone, at the same time each athlete should focus on his/her effort - not the outcome.

Teaching and repetition are two of the tools used to prepare each athlete to be the best they can be. Start with getting in shape, fundamentals in field events, work on techniques and individual skills. Take every opportunity to teach and demonstrate teamwork, sportsmanship and respect for everyone, starting with the coaches. Believing that "Perfect practice makes perfect." athletes should properly practice the skills being taught, on a repetitive basis both in-season and off-season, so that these skills become as natural as walking and talking.

Finally, our coaching philosophy includes the fact that Cross Country should be **FUN**. We strive to make practices and games enjoyable experiences that will both develop skills and provide positive life long memories for every athlete.

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Team Goals:

1. Our Main goal is to make the athletic experience enjoyable, educational, and enriching.
2. Maintain a safe, healthy and caring environment, which stresses excellence, dedication, sacrifice and hard work as the basis for success, both in the sport and in life.
3. Support the academic goals of the student athletes as established by the head coach, school administration, school board and IHSA.
4. Support a healthy lifestyle, which doesn't involve tobacco, drugs and/ or alcohol.
5. Truly believe in the concept of "student-athlete and in the ancient Greek philosophy of a **"Strong mind and strong body"**.
6. Support the concept: that "All" team members deserve and require competent and meaningful coaching, which also takes into account individual strengths and weaknesses.
7. Help to develop a life long love of physical fitness, athletics, and staying fit.
8. Never use abusive or inappropriate language with other coaches, parents or athletes.
9. Support the idea of coaches and student-athletes, as role models, and that sportsmanship and appropriate behavior, even in the most trying circumstances, is a valued trait to have at Bonneville High School Athletic Programs.
10. Remember the age old adage **"As ye practice so shall ye compete."** Always give your best effort.
11. Athletes should set goals for themselves and the team. These goals should be challenging enough to require each athlete to extend himself/herself beyond their present skill level.