

ANDERSON CROSS COUNTRY PHILOSOPHY

2019

- 1. PASS ALL CLASSES EACH SIX WEEKS.**
- 2. REPRESENT YOUR SCHOOL, FAMILY, AND CROSS COUNTRY PROGRAM WITH CHARACTER. IF IT IS NOT RIGHT, DO NOT DO IT!**
- 3. PRACTICE HARD AT ALL TIMES. COMPETE AT EACH PRACTICE AND EVERY CROSS COUNTRY MEET.**
- 4. WORK TO IMPROVE YOUR PERSONALTIMES DURING PRACTICE AND AT CROSS COUNTRY MEETS EVERY WEEK.**
- 5. BE POSITIVE! ENCOURAGE YOUR TEAMMATES.**