



"NRXC is a group of friends that have fun running together and are excellent in our integrity, teamwork, and fitness."

Coach Bentley & Coach Hutchinson
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NRXC TEAM STANDARDS

We want NRXC to be a positive, growth-filled experience for you and each of your teammates. This means that cross-country should be fun. It also means that we expect you to adhere to the high standards required for meaningful growth. The same is true for us as coaches.

Below are the team standards for our athletes and coaches. We want you to hold each other accountable, and we want our you to hold us, as coaches, accountable as well. If you're willing commit to abide by these standards, we'd love to have you on the team! Sign below. We will, too.

Standards for Athletes

- 1. Put first things first.**
I commit to put first things first, including completing my academic work on time (and to the best of my ability!) and being a good daughter, son, sister, or brother.
- 2. Be kind.**
I commit to being kind in my interactions with my family, teammates, competitors, and coaches.
- 3. Be honest.**
I commit to be honest with my family, teammates, coaches, competitors, and myself! I will compete honestly, not cheat, and won't take unfair advantage of another's weakness.
- 4. Attend each practice on time and ready to give your best.**
I commit to be at practice on time each day, ready to give my best.
- 5. Be a good teammate.**
I commit to being a good teammate, treating my teammates well, encouraging their efforts and celebrating their successes.
- 6. Communicate regularly and positively.**
I will communicate regularly and positively with my coach about my training and academic status.
- 7. Be willing to try hard.**
I commit to give my best effort each day.
- 8. Have fun!**
I commit to have fun and help keep NRXC fun!

Athlete

Standards for Coaches

- 1. Be kind.**
We commit to coaching in a positive way, not losing our temper, and being examples of kindness.
- 2. Be honest.**
We commit to being honest with all athletes. We will answer questions truthfully and never intentionally mislead or deceive.
- 3. Be at each practice on time prepared with a plan for the day.**
We commit to come to each practice on time, with a considered plan for the day.
- 4. Provide personal coaching to all athletes.**
We commit to devote attention and provide personal coaching to every athlete on the team.
- 5. Be excellent in our knowledge of and preparation to coach distance running.**
We commit to be well-versed in the philosophies and techniques for coaching distance runners. We will continually learn how to be better coaches.
- 6. Be willing to listen and learn from others.**
We will be open to, and willing to try, new ideas and philosophies and other ways to do things better.
- 7. Communicate effectively and positively.**
We commit to communicate regularly and productively with athletes and parents.
- 8. Have fun!**
We commit that fun will be foundational for NRXC.

Coaching Staff

