



Middle School Athletics

Cross Country

Program Goals and Plan

The Cross Country program is designed to improve fitness, learn to run correctly, and compete. The team is built on a daily regimen of warm ups, cardiovascular conditioning and speed work. There will be games and activities during the program to keep the program diverse. Students will run on campus and off campus as part of their workouts.

Goals of the Program

- Teach Sportsmanship and respect of the game, team, opponents, and officials
- Learn Leadership skills and follow direction skills.
- Learn skills of the sport and how to transfer those skills to other activities
- Improve physical fitness
- Learn to compete and do your best.
- Learn to accept responsibility as an individual and a team

Sample Practice Format

- Meet team at assigned meeting space. Walk team out to activity area. (Track, Field)
- Take team through a dynamic warm-up. (Include stretching, calisthenics, strength training, and cardiovascular fitness.)
- Go through daily activity – Light running, timed 1-mile run off-campus, running/fitness games-tag, Capture the Flag, maybe some sport games like soccer, etc.

Game Format

- Have all necessary equipment to run (running shoes, shorts, t-shirt)
- Warm-up using dynamic stretching and calisthenics
- Have a planned activity