



Mission Statement & Team Philosophy

MISSION STATEMENT:

The mission of the Centerville Girls Cross Country Team is to provide an athletic program for female student-athletes interested in becoming competitive distance runners by developing the skills, attitudes, knowledge, and ethics needed to reach individual goals which will create a foundation for life-long fitness and to reach team goals through committed, active participation throughout the entire season.

TEAM PHILOSOPHY:

In conjunction with the Centerville City School athletic philosophy, the Centerville Girls Cross Country team will develop and promote:

- * the unique opportunity to participate in a sport that offers both individual and team challenges.
- * training that is designed to prepare the student athlete not only for the physical requirements but the mental toughness to be successful.
- * individual goal setting that allows for personal achievement based on talent, commitment, and desire.
- * knowledge of an appropriate training program, proper nutrition, suitable gear, and injury prevention-essential components of a successful life-long runner.
- * characteristics of a model student athlete including respect, integrity, sportsmanship, self-confidence, leadership, team loyalty, and Elk pride.