

# The Higher Purpose

## Mission Statement

We are the South Lyon  
Men's Cross Country Teams.

We represent all that is good about our schools,  
our teams, and ourselves.

We are accepted into a family  
and a lifelong band of brothers.

As strong individuals, we choose to create a legacy  
of hard work, positive attitude, and team unity.

Running is our unifying purpose.  
We do it not because it is easy,  
but because it is hard.

We run on this team to show the power  
of our minds, bodies, and souls.

United at Heart. United to Inspire.  
United for Victory.

## Ten Commandments of Cross Country

### HARD WORK

1. There is no substitute for my summer miles.
2. The value I get from cross country is proportional to the effort that I put into it.
3. I strengthen my CORE to improve my form.
4. I make each workout an opportunity to be faster and stronger.

### POSITIVE ATTITUDE

5. I give 100% in a race--I have no regrets.
6. I am quick to praise and slow to criticize.
7. I stretch and use R.I.C.E to avoid serious injury.
8. I eat low fats, high carbohydrates, and drink plenty of water.

### TEAM UNITY

9. I respect myself, my teammates, my opponents, and my school.
10. I always focus on the higher purpose.

## 2011 Goals

*\*KLAAs Success & Respect*

*\*Stronger Team Bonds*

*\*States—Individuals attendance is a TEAM effort*

*\*Everybody Improves*

*\*Top 7 below 17:30*

## Principles of Cross Country Success

1. Hard work deserves reward
2. Friendships are built when equals spend time together working towards a common goal.
3. Commitment builds character.
4. Men excel only when they are challenged and they have purpose.

## Challenge Yourself

Cross Country is a highly individualized sport. Athletes compete not only against opponents from other schools, but also against themselves.

To recognize the value of individual accomplishment, the Lion & Cougar's Pride Point System values efforts made by individuals as they prepare themselves for the mental and physical challenges provided by the great sport of Cross.

Success in Cross Country is not an accident. There is value in God-given genetic talent, but innate ability is nothing without thorough preparation.

Today's world promises great fun, happiness, and fulfillment if you will only open up your wallet and pay for it. This is a false promise.

True fulfillment comes only through the attainment of worthy goals and through achievement of integrity and higher purpose.

## Team Rules

1. Be Other Centered. ASK and THANK
2. Be enthusiastic
3. Be On Time (buses won't wait)
4. Follow the Attendance Policy
5. See the Trainer BEFORE practice
6. See the Trainer BEFORE you tell your coaches about a problem
7. If you are unable to run, please be prepared for an alternative workout (bike & helmet)
8. Follow the Spirit Wear protocol at school
9. Wear the proper uniform for the bus, warm up, and stretches.
10. Wear your warm up pants and Performance T for all invitational awards
11. Train Hard or EZ when appropriate.
12. Focus during stretching
13. Give your captains, coaches, school, and teammates proper respect
14. Drive Safely
15. Don't Whisper
16. Don't talk when a speaker is presenting
17. Respect All
18. Church & Family, School, XC, then other
19. Team Rules must be followed for team good