

### Navs Top Ten Knows

Navs Knows #	Navs Knows Name	Navs Knows Comments
1	Be On Time	Punctuality is important in all aspects of life. There will be times when arriving late is not avoidable, but many more opportunities exist to prevent being late. Athletes that are late will run on their own and not with the team. The team deserves the respect that is shown when you are on time.
2	Be At Practice	Seems simple enough, but the reality is that you will be challenged on days when you are tired, bothered, or have school work and other conflicts. The key is to prioritize and plan ahead; and recognize that being at practice is the the best thing for you and part of your commitment. Missing the last workout before a meet means not running in the meet, and more than one absence in a week means not running in the meet. Otherwise, any negative pattern of attendance will be subject to coach's decision.
3	Focus Start to Finish	Once you start practice, you are on team time and should maintain constant diligence and focus on all activities. Keep moving through all activities - no one wants practice delayed. There is no place for lingering at practice - use the "airport walk" to move from place to place. Don't make the team wait for you to start the workout. Levity and being relaxed are fundamental to success as an athlete, but there is a time and place. If you can not maintain proper focus, you may be asked to work out on your own, and repetition will have reprisals.
4	FFSS is a Guide	Our priorities are Faith, Family, School, Sport. However, that is a guide for you when being proactive and planning your time appropriately; and not a tool to create an excuse. For example, if you spend the weekend doing frivolous things (e.g., video game or Netflix binge) rather than studying; it does not hold water for you to say to me you need to miss practice to study and "school comes before sport". You must learn to meet all your obligations.
5	XC has Equipment	We may not have helmets, gloves, sticks, etc. that are required to practice and compete, but we do have watches, lights, water bottles, and proper shoes that you need to always have; to ensure the most efficient and safe practices. You are measured by time and every result is feedback for you and coaches...always have that watch - and be smart about charging it the night before and when preparing for the morning. If you put your watch in your shoe the night before, you will not forget it.
6	Know Your Paces	Every work out we do ties to your race pace, and includes specific distances run at specific times (e.g., easy run at race pace plus 90 secs per mile, or 400 at 5k race pace). The more you listen and learn, the better you manage your own workouts, the better your running foundation is; based on intelligence, not just physical activity. You must learn to "negative split".
7	Respect the Easy Run	You will race, run hard, run comfortably hard, and in general do numerous miles at fast paces that make you breathe and strengthen your body. However, the most miles will be done easy, not hard. It is important to run easy when you are afforded the opportunity and told to do so. It allows the body to recover and relieves fatigue. We all have a tendency to run faster on easy days than we should and this only means your next work out will suffer. Remember, if you can't carry on a conversation or sing a song, then you are running too fast. On flip side - don't slog
8	Form is Fundamental	Every action at practice requires a specific form (body position during movements), and adhering to proper form gives you the most benefit from that action (running, strides, fence drills, acive stretch, form drills, hurdle drills, passive stretch). Proper form increases running efficiency and prevents injury by creating greater flexibility. A runner's stride frequency (steps per minute) stays the same regardless of how fast you are running. It is stride length that determines how long it takes you to cover the distance you are running. If flexibility gains you 1 inch per step, at 166 steps per minute, imaging how much further you get each minute and how much less time you spend running a 5k.
9	Dress for Success	Clothes can be all about comfort and making a personal statement, but on Creekside Cross Country we make team statements. Our team is respected for a history of success, courtesy, intelligence, professionalism, and integrity. Your obligation is to respect that history and improve the team for the next generation. On Fridays before meets we wear our Red Cross Country ties (provided to each runner to keep) and this is required to run in the meet the next day. Walk around school with pride.
10	Body Mind Heart the secret to being a champion	Your coaches tell you how to train and you are responsible to execute that training to get your <i>body</i> to the start line in proper condition. Your coaches teach you how to run, race, and strategize for competitions. You are responsible for keeping your <i>mind</i> in the workout and races to execute the proper approach and strategy. Your coach makes all attempts to motivate the team and you as an individual, but a coach can never teach "heart". You are responsible to put your <i>heart</i> into the race, and there will come a time when only heart can make the difference.