

Expectations of Olney Cross Country Club Participants

The goal of the club is to promote running for youth as part of a healthy physical, social and mental lifestyle. We hope that all participants enjoy the workouts and competition. In order for all participants to derive the greatest benefit from coming to practices, we ask that all runners and parents comply with the following expectations.

For all:

Runners in both practice and meets must exhibit good sportsmanship, follow the coaches' directions, and support their fellow runners and teammates. Our goal is for everyone to get fit and have fun in the process.

For parents:

If you bring a younger sibling of the runner(s) to the practices, you must supervise them. Younger children often want to run with the group during warmups but are at risk of getting trampled by runners. They are safest when they are kept to the side of the group.

If you bring your dog to the farm park, please keep it on a leash at all times.

If your child has special needs, either emotional or physical, please make the coaches aware of them. We will try to accommodate them within our ability to do so.

Please be sure that your child wants to participate. It serves no one's interest if a child is coerced into running.

Make sure that your child comes to practice with a water bottle for hydration and well-fitting, running shoes. Also, a bath towel or mat are useful to have during the post-workout stretching sessions. Please ask the coaches if you have questions.

For runner participants:

All runners are expected to put out effort to complete the workout. If a runner decides they are unable or unwilling to run, they will be returned to their parent or directed to return to the start area to wait for their parents to pick them up.

During distance runs, runners are expected to run continuously, without walking. If running in pairs or a group, they should be able to talk and run at the same time. Coaches cannot keep track of stragglers.

Runners who are acting aggressively towards other runners will be asked to leave practice.