

10 Reasons Why Incoming Freshmen Should Join Mt. Spokane Boys Cross Country

1. Develop a deep sense of fellowship and bonds with teammates while building lifetime meaningful friendships similar to that of brothers,
2. Fun events with the team such as team dinners, overnight trips, camps, and retreats build on friendships and are fun experiences that often are highlights of the school year for members of the team.
3. Cross country runners hold themselves to a high standard academically and are among the top students and most involved in their class.
4. Distance runners develop a valuable trait in mental toughness that reaps rewards in all aspects of life, including academics, careers, life choices, and relationships.
5. You will be in the best shape of your life at the end of the season! This contributes to better performance in other sports you may be involved in.
6. It's a perfect setting for incoming freshmen to meet upperclassmen and witness good role models and leadership amongst older teammates.
7. The cross-country guys are some of the most fun people in the school to hang out with! Lots of good memories and experiences are made in this group. The probability of making the poor choices made by other teenagers are eliminated because of an atmosphere of positive peer pressure and a commitment to being a responsible teammate.
8. It's possible and fairly common for a cross country athlete to earn a varsity letter all four years.
9. All ability levels participate together, do the same workouts, and go to the same races. Workouts are ability based and time dependent, not distances, so everyone starts and finishes at the same time (e.g. a 40-minute run as opposed to a 6-mile run).
10. The life principles of being a man built for others instead of a man built for himself are worked through, developed, and obtained.

Distance Running Summer Program

May 28 - June 12 Cross country camp. From 3:00 to 4:15 at Mount Spokane High School. All middle school and high school students interested in running cross country in 2019 are encouraged to attend this camp. It is a great opportunity to get to know current team members, learn the running routes around Mount Spokane High School and experience what distance running the Wildcat Way is all about. There is no cost to attend this camp.

June 23 - June 26 Northwest Montana Distance Running Camp - A camp open to all students that will be in high school in 2019. Mount Spokane distance runners are encouraged to attend the 3rd session from June 23 to 26. Information and registration for the camp can be found on their website. <http://www.mtrunningcamp.com>

July 2019 Mount Spokane Team Camp – Dates and location have not been determined but we will leave on a Monday morning and return on a Wednesday afternoon.

Summer 2019 – Daily runs from Mount Spokane High School and other locations in the community. A schedule will be provided of locations and times for each day of the week we are meeting during the summer. That schedule will be provided during the after school cross country camp in June.