



Youth Cross Country Fitness Expectation Contract

Grades 4-6 | Season Start: June 2

Purpose

Our Cross Country (XC) team is built on **commitment, effort, and improvement**. This contract helps each athlete—and their family—understand the fitness expectations that will help everyone have a fun and successful season.

Pre-Season Fitness Goal

To ensure every athlete begins the season safely and ready to train:

✅ **By the first practice on June 2, each athlete must be able to run ½ mile without stopping.**

This helps us start the season strong and reduces the risk of injury.

Tip: Practice running a few times per week in May. Start with shorter distances and add a little more each time!

Season Meet Expectation

By meet season, every athlete should be prepared to:

🏅 **Run one full mile continuously** during a meet or race.

Coaches will provide training plans and guidance to help all runners reach this goal.

Let's make this a fun season full of teamwork, progress, and pride! 💪