

2014 Vista Nation Girls XC

TEAM Goals:
Sweep the Continental League XC Championship
Top 5 at State
Qualify for the Championship Race at NXR
Everyone PR's
"Closing the Gap" to 60 seconds or Better

Perfecting the Process Daily to Achieve our Goals

- Have Fun
 - Enjoy what we are doing and what we are trying to accomplish
 - The ends justify the means
- Consistency
 - "No zeros"
 - Daily effort is consistent
 - Working at "Closing the Gap" daily
- TEAM Cohesion
 - Know everyone's individual goals
 - Know the kind of effort your teammates are giving
 - Positive with all teammates both at and away from practice
 - Everyone is included
 - The TEAM is "moving in the same direction"
- Work Ethic
 - Willing to push beyond what is comfortable
 - Understands how work ethic affects others
 - Confident enough to run fast
 - Running for improvement vs. running for social
 - The first person's effort is as important as the last
- Intelligent Training
 - Slow Gradual Improvement
 - 10% Rule
 - 20 runs in 21 days
 - Running appropriate paces on easy days and quality days
- Doing the Little Things
 - Hydration w/ water all day everyday
 - Sleeping 8 to 10 hours a night
 - Nutrition is taken seriously, food is seen as fuel
- Prevent Injuries
 - Working at Flexibility before and after practice
 - Effort in the weight room 2 days a week
 - Keeping up with injury prevention routines twice a week
- Communication w/Teammates and Coaches
 - Not talking negatively about teammates or coaches
 - Having the courage to have positive conversations w/ teammate and coaches when issues arise.
 - Consistently saying positive things to teammates
- Accepting Roles
 - Give the same effort no matter what position on the Team
 - Understanding that roles go beyond what # on the TEAM we are
- Vista Nation Pride
 - Gives the kind of effort the reflects Vista Nation XC positively daily
 - Understands that being a part of Vista Nation is special