

## Why Would Anyone Join Cross Country???

1. It looks awesome on a college resume
2. Everyone competes, no sitting on the bench!
3. To get cleared for all of their sports for the whole year
4. To get faster & stronger
5. To get in shape for their winter sport
6. To meet new people and make new friends
7. To make friends with upperclassmen (Juniors and Seniors) before school starts
8. It is a great way to impress the track coaches to help you make that team in the spring
9. Keeps you fit and looking healthy (great tans!)
10. Fun trips and lots of travel
11. We are one of the best programs in the Nation!
12. It is one of the most positive/team oriented sports available to high school athletes!
13. It is a huge team with big races so you don't stand out if you are not the fastest on the team
14. It is a great stress reliever after school
15. There are lots of medals and awards to win
16. It helps build character and confidence in young athletes
17. It is a team focused on academic and athletic success
18. It is part of Great Oak's SPIRIT – Involvement
19. It is a ton of fun!!!
20. Many of our top varsity athletes end up with college scholarships!



## How Do I Join?

- Step 1: Sign-up on the Google Form on the XC website to be added to the roster.  
Step 2: Get your physical & fill out and complete your online athletic form on the athletics website.  
Step 3: Make sure you have the clearance completed so you can start practice.  
Step 4: Follow the Training Calendar to work on your base running fitness.  
Step 5: Attend practice asap (Starting July 11<sup>th</sup>)!

**Then you are on the team!**