

STORM XC

Welcome athletes; you are embarking on a great adventure and we are excited for you! As runners, you have the privilege of learning how your body works, challenging yourself, learning how to compete, and growing as a person better prepared for whatever the Lord brings into your story. Your goal is to embrace the identity of being a runner, an athlete. Are you ready?

A few things you should know: Athletes work hard, encourage one another, learn, experience and embrace discomforts, and have fun!

1. **Hard work:** As a runner, you will be asked to complete workouts that will test and challenge you physically and mentally. You will also be asked to compete with ambition. Paul writes in 1 Corinthians 9:24, "run the race so as to win the prize"...your goal should be to push towards the finish line, striving to give your best effort on each occasion.
2. **Encouraging:** Being an encourager is a non-negotiable. You NEED each other! When the days are hot or cold, the practice is long and uphill, and when you don't think you can finish, your teammates can help you get you to the end.
3. **Learners:** True athletes are curious. There is ALWAYS something to learn about yourself, the sport, your team, and in our case the God who made you!
4. **Discomforts:** Embrace the discomfort which comes with being an athlete. Running hills is full of discomfort. Running when you are sore is, yep, uncomfortable. Running when you don't feel like it, is a discomfort. Running when no one is watching is, too. But these types of discomforts lead to growth and as an athlete that's what we want for you, to grow!

So, what does it take to be a runner? Here are a few of the essentials.

- **Running Shoes:** Take good care of your feet. Find a good pair that is comfortable for you. Ensure it is the correct size, and style best for your running stride. Running shoes will be your #1 investment. Unless you find a good sale they will be \$90+. A running store that can help you find your best shoe is Fleet Feet (by North Raleigh Whole Foods and a location in the Village District). It is necessary to learn about the best shoe for you. Fleet Feet does offer a 15% discount if you say you run for New Life Storm!
- **Running apparel:** Just like you wouldn't show up to the swim team in your basketball shorts and jersey, running clothes help your body move freely. There are a lot of good brands: Check out Dicks Sporting Goods, Amazon, consignment, or even thrift stores, for good gear.
 - Shorts inseams for running should be no longer than 5". If needed, compression shorts can be worn underneath your running shorts.
 - Tops should be comfortable, slightly loose, and lightweight. (Tank Tops are acceptable)
 - Socks help with preventing blisters, allow your feet to breathe and support your foot. There are lots of good brands, but some of the more expensive ones provide extra support and lifelong replacements in case of holes. Even one good pair can be a worthwhile investment! Check out Smartwool or Darn Tough socks; both are superb companies.
 - Ladies. Please purchase proper support. After your shoes, this will be your second most expensive purchase. Please look for full support and the proper size which is tight, but not restricting.
- **Running watch:** The Timex Ironman is a good watch. Your watch needs a clock, a stopwatch, and a timer at the minimum. Want to have a more unique watch? Change out the band!
- **Water bottle:** A 32oz bottle that holds ice well is essential.

- Willing Spirit: Each practice you're to be all there-ready to learn, face discomfort, encourage your teammates, work hard, and have fun. You get to control your attitude and your work ethic!
- Team Contract: Each athlete will sign the XC Athlete Contract at the first practice.
- Uniform for meets: This will be purchased through NLC during the first weeks of practice, ~\$35.
- Team Shirts: We will order these the first week of practice, ~\$18.

XC Athlete Contract

- I will do my best to honor God through the sport of Cross Country.
- I will do my best to honor my teammates.
- I will embrace the identity of being a runner.
- I will be prepared for each practice and meet.
- I will work hard, encourage, learn, and have fun at practices.
- I will leave 'everything on the course' at meets, competing with excellence in every race.
- I will be at every practice and meet. If I will be absent I will fill out the Google Absence form 24 hours in advance of practices or 3 days in advance of meets.
 - I know where the Google Absence Form is located and how to submit it.
- I will use my words to build up and be positive in my speech with myself and others.
- I will strive to listen and implement lessons and instruction from my coaches.
- I will strive to grow as a leader and follower while on the team.
- I will learn the difference between being sore and injured.
- I have read and agree with the Storm XC description doc.
- I will speak well of the Storm Program. If I have a problem or conflict, I will work to resolve it in a pattern consistent with the Scriptures. I will bring it to the attention of the coaches within 2 days if it is unsolvable.

Athlete Signature_____