

Cloverleaf Cross Country

Mission Statement: To create an environment that promotes and fosters individual and team excellence. That each of us may strive to reach our full potential physically, emotionally, spiritually and professionally.

Goals:

Physically:

- Develop runner speed through speed, endurance and resistance based training while maintaining a “good, better, best” running mentality
- Emphasize to our runners that the quality of miles is more important than the quantity
- Incorporate individual data - such as heart rate and VO₂ max - to better personalize the workouts of each athlete. Coaches will use personal data (heart rate, VO₂ Max) to help personalize the workout for each runner.
- Re-establish Cloverleaf Cross Country as a respected distance running program in the State of Ohio.
- Educate each athlete about the benefits of distance running so that that information maybe used throughout their lifetime - competitive running and leisure exercise.
- Establish team and personal goals.

Emotionally:

- Provide positive support to teenagers to help them learn how to handle life’s challenges of peer pressure, self-doubt etc..
- Promote an attitude of accountability to my team and my teammates - report to practice on time, attend each practice as scheduled, be accountable and responsible to my coaching staff about my need to miss a scheduled practice or meet. "
- Surround student-athletes with positive role models.
- Establish team and personal goals.

Spiritually:

- Provide positive support to teenagers who may search for spiritual direction in their life
- Encourage student-athletes to make the right moral choices even when no one is watching
- Surround student-athletes with spiritually sound role models.
- Establish team and personal goals.

Professionally:

- Encourage student-athletes to be successful in the classroom and monitor their academic progress on a regular basis.
- Promote a positive image of our team at Cloverleaf H.S., Cloverleaf community and our state.
- Establish team and personal goals.

CLOVERLEAF'S BLOCK C

PURPOSE

PERSONAL
FAMILY

SPIRITUAL
MORAL

CARING
GIVING

C COLTS

RUNNING
FITNESS

TEAM
FAMILY

ACADEMICS
CAREER

GOALS

The Block C of Life: Goals

Goals Must Be Specific and Measurable

Name _____ Date: _____

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	General Thoughts	Short-Range Goals	How I Plan to Accomplish My Short-Range Goals	Dreams	How I Plan to Accomplish My Dreams
Personal Family	The family is the basic social unit of our society. My family is very important to me.	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.
Spiritual Moral	Above all else, I realize that my spiritual beliefs and my moral values will shape my life. I will do what is right!	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.
Caring Giving	How I function as a total person in society is important. I will give back to my community.	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.
Running Fitness	One of the greatest gifts we have is our health. My physical conditioning is a controllable commodity. I will develop lifetime fitness habits.	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.
Your Team	I am part of a great team. I count on my teammates, and they are counting on me. I will be a great teammate. I will achieve great things for the team.	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.
Academics Career	I am in school to achieve academically and obtain a valuable degree. I want to grow both productively and profitably in my career.	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.