



Del Rio --- Eagle Pass --- Uvalde

LEADERSHIP
COMMITMENT
INTEGRITY

Landra Fowler
8/25/2017

Mission Statement:

To provide the Southwest Texas Junior College Cross Country program with the tools to create a supportive and positive environment that produces growth in academics and athletics for each student athlete. The focus of our daily actions is to promote success and achievement for every student athlete while providing them with the opportunity, skills, knowledge, and understanding that is necessary to become successful and productive in the classroom and outside of the classroom.

Qualities for Success:

Consistent Training: to become a good student athlete, consistency in the classroom and at each practice session is essential. Attending practice and attending each academic class will help develop a pattern needed to acquire a good work habit that will help foster success for the athlete as an individual and also as a leader in the classroom.

Be Competitive: work hard to improve yourself as a student and an athlete. This does not necessarily mean winning a race or making the highest grade, but improving individual performances by pushing yourself in the classroom and your athletic ability.

Be Committed: make academics and cross country a high priority in your life. In addition to the training, eat well, get your rest, and do what you can to become a better student athlete.

Have Fun: to become a life-long distance runner you must see distance running as a generally pleasant experience. Hard work, good performances, supportive teammates and coaches, and a variety of running experiences will help you and everyone else on the team have fun.

Goals and Expectations

Our goal is to develop a successful and character driven program for athletes at Southwest Texas Junior College. The SWTJC Cross Country Program has four primary goals:

1. To be consistently competitive in the Division League.
2. To allow each runner the opportunity to reach his full potential as a student and as an athlete.
3. To use cross country to learn and practice the character qualities that lead to success in life experiences.
4. To provide a rich team environment in which our athletes can develop life-long friendships and meaningful connections to Southwest Texas Junior College and the surrounding community.

Team Dynamics

1. Cross Country Travel Team: -
 - a. Men's Team: 5 – 10 athletes
 - b. Women's Team: 5 – 10 athletes
 - c. Travel team consists of athletes meeting the student athlete expectations for representation of SWTJC Cross Country.
 - i. Maintaining good standing in all academic classes.
 - ii. Attending tutoring hours weekly
 - d. Competition Meets: Students attending classes on the Eagle Pass or Dell Rio campus will be bussed to the Uvalde. In some cases student athletes will be picked up the day before an A.M. scheduled meet. The team travels as a group in a college vehicle.
2. Meet Schedule: 6-8 meets.
3. SWTJC Cross Country Travel Team Criteria:
 - a. Complete and submit Academic Progress Reports as requested by Head Coach. Passing all SWTJC enrolled classes. During a season athletes will be responsible for completing a progress report, failure to complete report can result in suspension from a meet travel or the team.
 - b. Attendance/Participation: Maintain good standing with all SWTJC academic classes. Attendance in all SWTJC registered classes will be monitored. Athletes violating attendance policy will not be allowed to travel for competition and may be subject to removal from team.
 - c. Athletic Practice/Participation: Maintain attendance for scheduled Cross Country practices and Student Athlete Tutorial sessions at the Student Success Center. 3 hours per week must be documented at the center.
 - d. Student Athlete Tutorial sessions: Athletes will be required to attend tutoring sessions with Student Support Services. Scheduled Lab use will be monitored. 3 hours per week must be documented at the support service center.
 - e. Athlete performance/work ethics: Athlete evaluations are based on student athlete academic success and practice performance. This evaluation determines the "SWTJC Cross Country travel team".
4. Coaching – a training program and practice schedule for each campus will be distributed to each individual.

Contact Information:

Head Coach: Landra Fowler --- Cell 830-275-3182 Work: 830-591-7241

LEADERSHIP

COMMITMENT

INTEGRITY

SWTJC Cross Country Athlete Acknowledgement of Rules

I have read the SWTJC Cross Country Athlete information packet and understand what is expected of me as a SWTJC Student Athlete. I understand that it is my responsibility to follow all the specified requirements for participation in the SWTJC Cross Country Program.

I have read, understand and agree to accept the responsibilities and consequences as outlined in the SWTJC Cross Country Program and Student Athlete Handbook. I also understand that each individual sport has additional rules and regulations that must be followed.

Student Athlete Signature

Date

Student Athlete Meet Entry Information

First name: _____ Student ID #: _____

Last Name: _____

Age: _____ Date of Birth: _____

Address: _____

City: _____ Zip: _____

CELL PHONE: _____

What is the best way to reach you: Phone Text Email

Uniform Information:

Jacket:	Small	Medium	Large	XLarge
Pant: Small	Small	Medium	Large	XLarge
Race Singlet Red:	Small	Medium	Large	XLarge
Race Short Red:	Small	Medium	Large	XLarge
Run tight:	Small	Medium	Large	XLarge
Shoe size:				
Men Jammer:	Small	Medium	Large	XLarge
Sweat shirt Size:	Small	Medium	Large	XLarge
T-shirt Size:	Small	Medium	Large	XLarge
Ankle Reflector Number:				
Garmin Watch Number:				
Team Shirt:	Small	Medium	Large	XLarge
Red Tam Backpack:	Small	Medium	Large	XLarge
Long Sleeve shirt:	Small	Medium	Large	XLarge
Sling Bag Number				

What school are you interested in transferring/attending after SWTJC: _____

Why did you choose to join the Cross Country Team?

What are your running goals for the season?

What can I do to help you succeed?

Information I need to know about you: