



VERITAS COLLEGIATE  
— A C A D E M Y —



**Varsity**  
**Cross Country Running**  
Fall Sport



Welcome to the Veritas Cross Country Running Varsity team, where dedication and passion for the sport thrive on and around our Arlington campus. Our co-ed program is designed for athletes committed to excelling in distance running, featuring varsity-level meets that challenge and inspire our runners. Students will train on a scenic course through the Crystal City area of Arlington, preparing for 5-kilometer (or 3.1-mile) meets. Varsity-level athletes will also have the opportunity to earn a Varsity Letter, recognizing their hard work and achievements.

Under the guidance of our experienced coaching staff, who bring a wealth of knowledge and a supportive approach to training, athletes are encouraged to push their limits and achieve personal bests. Our coaches focus on developing not only physical endurance but also teamwork, sportsmanship, and a lifelong love for running.

Additionally, participation in our cross country program meets the high school PE requirement for graduation, allowing students to stay active while pursuing their passion. Join us in this dynamic and enriching program that fosters growth, camaraderie, and the pursuit of excellence in cross country running.

## WHAT IT TAKES TO BE SUCCESSFUL

More than anything else, success in Cross Country takes time... time to learn; time to train; time to sleep, rest, and recover. With the academic responsibilities of being a high school student, most student-athletes are busy all the time. The willingness to devote the time that success demands is called DEDICATION.

Being a member of the VCA Cross Country Team carries other expectations and responsibilities. Doing what is expected of every team member is called COMMITMENT. Attending team practices every day is one of the commitments we expect. Our goal is to develop team loyalty and individual responsibility and accountability among all our team members. High school sports are a wonderful vehicle for personal growth. We hope that you as parents will appreciate this and support our goals.

Another commitment we expect is COMMUNICATION with our coaches. If a problem or illness is to force your son to miss practice or a meet, we expect him to tell us about it personally and in advance. This does not mean relaying a message through a teammate or friend. Many such problems can be solved when there is an open line of communication between coaches, athletes, and parents.

Time: As a co-ed fall sport, cross country begins mid-August and runs through the end of October.