

HELENA XC

2025 STUDENT-ATHLETE LOG/JOURNAL

SCHEDULE

2025 SEASON

- **Friday, Sept. 5:** 11 a.m., Flathead Invitational, Rebecca Farms, Kalispell
Bus leave time from HHS at 5 a.m.
- **Saturday, Sept. 13:** 4 p.m., Bozeman Invitational, Bridger Creek Golf Course
Bus leave time from HHS at 12 p.m.
- **Saturday, Sept. 20:** 9:30 a.m., Mountain West Classic, UM Golf Course
Bus leave time from HHS at 6 a.m.
- **Thursday, Sept. 25:** 12 p.m., Butte Invitational, Highland Golf Course
Bus leave time from HHS at 9:30 a.m.
- **Friday, Oct. 3:** 3 p.m., Great Falls Invitational, Anaconda Hills Golf Course
Bus leave time from HHS at 12 p.m.
- **Thursday, Oct. 9:** 12 p.m., Capital City 7 vs. 7, Bill Roberts Golf Course
Release at 10 a.m.; JV arrive by 10:30 a.m., Varsity by 11:30 a.m.
- **Wednesday, Oct. 15:** 4 p.m., Crosstown, Bill Roberts Golf Course
Release at 2 p.m.; arrive by 2:30 p.m.
- **Saturday, Oct. 25:** 11 a.m., State Championship, UM Golf Course, Missoula
AA Boys race at 1:30 p.m. and AA Girls race at 2:30 p.m.
Bus leave time TBD
- **Saturday, Nov. 13-16:** Nike Cross Regionals, Location and Travel TBD

GEAR NEEDED

1. **Running shoes.** You should have two pairs you can rotate, a daily trainer and a lighter more responsive workout shoe; ask a coach for help.
2. **Watch.** Does not have to be GPS. A simple digital watch is enough.
3. **Yoga Mat.** We start all training sessions with rope stretching and finish with post run strength or stretching. This will make it more comfortable.
4. **Running (or athletic) gear.** Represent HHS with a Bengal top at practice, and always wear clothing appropriate for running.
5. **Personal Water Bottle.** Make sure it's full and with you whenever possible.
6. **XC Racing Spikes.** These are strongly recommended for all team members, except in some unique cases; ask coaches for guidance.

WHO WE ARE

3 PROGRAM PILLARS

1. **EXCELLENCE:** Deliver your greatness every day.
2. **CURIOSITY:** Be open minded.
3. **UNITY:** Love your teammates.

7 SUPPORTING PRINCIPLES

1. **Team** = How can I be a giver and make my team better? XC is a team sport.
2. **Training** = Strengthening the mind and body through work AND recovery.
3. **Competition** = Opportunity to strive together – me vs. me WITH you vs. you.
4. **Reliability** = Consistency above all. Are you someone we can count on?
5. **Responsibility** = Taking ownership of our journeys. ‘I make things happen.’
6. **Adventure** = Seeking (process oriented) vs. showing (outcome oriented).
7. **Process** = Focusing on what you’re going to do, not what’s going to happen.

EXPECTATIONS

COMMUNICATION

We use GroupMe for weekly updates and day-to-day alerts. You can text/call coaches at the numbers above as well, always starting with the head coach. Don’t assume your coaches know what you’re thinking or feeling. Help us, help you.

PRACTICE IS MANDATORY

Practice is mandatory during the season (and of weekends!). All athletes are expected to participate every day for the full duration of practice. Check-in starts at 3:15 p.m. every day after school and ends at 3:25 p.m.

- Missing practice will impact your opportunities to compete and travel.
- Tardiness is also unacceptable and will be addressed if it becomes a problem.
- If you are unable to attend practice, you must request approval before practice.
- Excusal requests will not be granted during or after a missed practice.

FUN

Cross country is innately a hard sport. You are a very special person if you are a member of this team, and your teammates are, too. We do things most people consider a little crazy. But amid all the miles and other hard work we do, it’s important to have fun. And fun is defined differently for everyone. For some, fun is competing well, for others it might be hanging out with friends at pre-meet team meals, for another group it might be working hard in training and challenging assumptions of their own abilities, for many it might be celebrating team success, and for others it may be contributing to the team in other ways beyond performances. Whatever each team member’s definition of fun is, our expectation is that we respect and value each definition equally.

CONTROL THE CONTROLLABLE

1. **ATTITUDE** – Everything starts and ends with attitude. A positive, winning attitude helps you succeed and impact those around you.
2. **EFFORT** – How hard you work is up to you and no one else.
3. **FOCUS** – Focus is relaxed concentration. Your focus must be on the here and now in training and competition.
4. **PREPARATION** – The work you put into your physical and mental conditioning, preparation, and recovery will directly affect your ability to make a positive impact.
5. **REST** – Sleep enhances performance and recovery. You need 8-10 hours per night to function your best in the classroom, in training, and in competition.
6. **NUTRITION/HYDRATION** – It is important to fuel your body for success. No matter how big your engine is, it won't function without a full tank of fuel.
7. **COACHABILITY** – Your ability to receive, accept, and apply input from coaches will play a key role in your growth. Keep an open mind and accept challenges.
8. **HONESTY** – Choosing to be honest is truly the best policy and it helps build trust. It fosters better relationships with others and with yourself.
9. **COMMUNICATION** – Positive, sincere, assertive, and clear communication with your coaches and teammates will give you and your team an edge.
10. **BODY LANGUAGE** – How you carry yourself is contagious and can lift or sink a team. Be aware of how your body language affects those around you.

COMPETITION PACKING LIST

Please wear your uniform (jersey and spandex shorts) on the bus under your HELENA XC t-shirt and warm-up gear.

You must board the bus with your running shoes on. Once you're on the bus, you may change into sandals or something more comfortable. When we arrive at the meet, running shoes must be worn off the bus.

All of the items below should be in your team-issued backpack.

Other items to pack:

- Racing spikes
- Extra clothing: socks, underpants, shorts, t-shirt, raincoat, hat, gloves (be prepared for anything ;)
- Sack breakfast or lunch
- Water bottle (we will bring water for refills), electrolyte drink, snacks
- Phone, earbuds (optional)
- Pillow, small blanket (optional)
- Dinner money

2025 TEAM GOALS

SHORT-TERM GOALS: What do we want to achieve in the process/training?

1.

2.

3.

What support can I provide as a teammate to contribute to this goal?

LONG-TERM GOALS: What do we want to achieve by the end of the season?

1.

2.

3.

What can I contribute to the success of the team? What can I focus on?

DREAM BIG GOAL: What is our BIG goal for the season? How do we get there?

How can I help the team achieve the BIG goal?

2025 PERSONAL GOALS

SHORT-TERM GOALS: What do you want to achieve in the next 2-3 weeks?

1.

2.

3.

What things can you focus on to achieve these goals?

LONG-TERM GOALS: What do you want to achieve by the end of the season?

1.

2.

3.

What things can you focus on to achieve these goals?

DREAM BIG GOAL: What is our BIG goal for the season? How do we get there?

How can your coaches and teammates help you get there?

PERSONAL MISSION

MY MISSION STATEMENT FOR THE SEASON

List 3 strengths you have. What do you most admire about yourself?

1.	2.	3.
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List 3 things you are passionate about. What do you love to do?

1.	2.	3.
----	----	----

Create a mission statement using the information from above. What drives you to be successful?

What you like to do + why you do it + who you do it for + what you want to achieve

How can this mission statement help you find success during the season?

STRENGTHS AS A TEAMMATE

HOW I BRING VALUE TO MY TEAM

Enter 3 things you do well as a teammate. How do you add value to the team?

1.	2.	3.
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Write down something you admire about one of your teammates and why:

What is something your teammates can do to help support you?

What would you like to improve on to be the best teammate you can be?

TEAMMATE AFFIRMATIONS

YOU'RE AWESOME!

Name:

Grade:

KALISPELL – Friday, September 5

RACE GOALS AND REFLECTION

Goals for this race:

1.

2.

What does success look like for this meet?

Race Reflection:

1. Reflect on your performance. How did it go? What are you proud of?

2. What would you like to focus on to improve in your next race?

3. What did your team do to be successful at this race?

BOZEMAN – Saturday, September 13

RACE GOALS AND REFLECTION

Goals for this race:

1.

2.

What does success look like for this meet?

Race Reflection:

2. Reflect on your performance. How did it go? What are you proud of?

2. What would you like to focus on to improve in your next race?

3. What did your team do to be successful at this race?

MOUNTAIN WEST – Saturday, September 20

RACE GOALS AND REFLECTION

Goals for this race:

1.

2.

What does success look like for this meet?

Race Reflection:

3. Reflect on your performance. How did it go? What are you proud of?

2. What would you like to focus on to improve in your next race?

3. What did your team do to be successful at this race?

BUTTE – Thursday, September 25

RACE GOALS AND REFLECTION

Goals for this race:

1.

2.

What does success look like for this meet?

Race Reflection:

4. Reflect on your performance. How did it go? What are you proud of?

2. What would you like to focus on to improve in your next race?

3. What did your team do to be successful at this race?

GREAT FALLS – Friday, October 3

RACE GOALS AND REFLECTION

Goals for this race:

1.

2.

What does success look like for this meet?

Race Reflection:

5. Reflect on your performance. How did it go? What are you proud of?

2. What would you like to focus on to improve in your next race?

3. What did your team do to be successful at this race?

7 VS 7 – Thursday, October 9

RACE GOALS AND REFLECTION

Goals for this race:

1.

2.

What does success look like for this meet?

Race Reflection:

6. Reflect on your performance. How did it go? What are you proud of?

2. What would you like to focus on to improve in your next race?

3. What did your team do to be successful at this race?

CROSSTOWN – Wednesday, October 15

RACE GOALS AND REFLECTION

Goals for this race:

1.

2.

What does success look like for this meet?

Race Reflection:

7. Reflect on your performance. How did it go? What are you proud of?

2. What would you like to focus on to improve in your next race?

3. What did your team do to be successful at this race?

STATE – Saturday, October 25

RACE GOALS AND REFLECTION

Goals for this race:

1.

2.

What does success look like for this meet?

Race Reflection:

8. Reflect on your performance. How did it go? What are you proud of?

2. What would you like to focus on to improve in your next race?

3. What did your team do to be successful at this race?

NXR – Saturday, November 15

RACE GOALS AND REFLECTION

Goals for this race:

1.

2.

What does success look like for this meet?

Race Reflection:

9. Reflect on your performance. How did it go? What are you proud of?

2. What would you like to focus on to improve in your next race?

3. What did your team do to be successful at this race?

AUGUST TRAINING LOG

KEEP TRACK OF YOUR WORKOUTS AND TRAINING

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15 <i>First Official Practice</i>	16
17	18	19 <i>Team Camp</i>	20 <i>Team Camp</i>	21 <i>Team Camp</i>	22	23
24	25	26	27	28	29	30
31						

August Summary: How did training go this month? What went well?

SEPTEMBER TRAINING LOG

KEEP TRACK OF YOUR WORKOUTS AND TRAINING

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	1	2	3	4	5 <i>@ Kalispell</i>	6
7	8	9	10	11	12	13 <i>@Bozeman</i>
14	15	16	17	18	19	20 <i>@Mtn West</i>
21	22	23	24	25 <i>@ Butte</i>	26	27
28	29	30				

September Summary: How did training go this month? What went well?

OCTOBER TRAINING LOG

KEEP TRACK OF YOUR WORKOUTS AND TRAINING

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
			1	2	3 <i>@ Great Falls</i>	4
5	6	7	8	9 <i>7 vs. 7</i>	10	11
12	13	14	15 <i>Crosstown</i>	16	17	18
19	20	21	22	23	24	25 <i>@State in Missoula</i>
26	27	28	29	30	31	

October Summary: How did training go this month? What went well?

NOVEMBER TRAINING LOG

KEEP TRACK OF YOUR WORKOUTS AND TRAINING

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15 <i>NXR Trip to Boise</i>
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

November Summary: How did training go this month? What went well?

NOTES