

# KING HIGH CROSS COUNTRY

## Thinc Diph~~run~~t

xc4life ~ learning, integrity, faithfulness, excellence

August 1, 2017

*“What were you thinking?!”*

That was usually a question I was asked by my parents back in the day after I had beautifully pulled off Being Stupid or said something mean or dumb to my sister. It was meant what it sounded like: *Could you have come up with a different plan than that one?*

But the question doesn't always have to have negative connotations. “Thinking differently” is also about a path to success, to overcoming adversity, to rising to the challenge, **and so it's our 2017 season theme: Think Different, or, as our graphics will show, “Thinc Diph~~run~~t”.**

During the 1400's, European explorers and merchants were desperate to get to the riches of India for their empire's gain. There was a great quest – a race of sorts - to find a faster way there. With a fair amount of bravado, **Christopher Columbus** thought, “Why not go East by heading West?” And so, he did, out into the great unknown. While he didn't quite find India, he did discover for Europe the vast continents of the western hemisphere and history changed because he thought different.

**Roger Banister** was the first to run a full mile under 4:00 minutes. The world record had stood at 4:02 for well over a decade and most people, doctors included, thought a human just couldn't run any faster than that. It was impossible, even dangerous, they thought. Until Banister came along, thinking differently. When he ran his 3:59.4 back in 1954 the way people thought about the mile changed. Since then, hundreds of men (and 10 high school boys) have eclipsed that “impossible barrier,” perhaps because Bannister's feat changed their minds about what is possible. (The world record now stands at 3:43.13)

**Martin Luther King** thought differently as well, and challenged America to track with him on the matter of race and equality. *“How about we don't judge one another by the color of our skin but by the content of our character?”* he said. And it got America to think ... and in time ... to change.

*You see, your mind is the most potent weapon you have, the problem is that most people “mindlessly” just do what feels good, or what others are doing, or what is popular, or what is easy. If we thought about what it takes to truly succeed, we might discover rewards we never would have otherwise.*

When it's applied to our sport, you'll find that your mind is a muscle – as strong as the one in your chest and the 50 you have in each leg. It's actually probably stronger! Because, how you think about the sport ... competing ... practicing ... suffering ... hills ... heat ...winning ... defeat ... teammates ... workouts ... (and the list could go on) will determine the outcome of your season. Will you think “normally” or will you “thinc diph~~run~~tly”? I have coached 28 years now, and I can't tell you how often I've seen “lesser talented” runners run circles around their more talented opponents simply because they had a mind that refused to give in to what many would think is “normal” when pressed by the pain and pressure of competition.

Athletes, we will challenge you for as long as you're with us to push out of the comfort zones, recognize the thoughts that are destroy success and push your minds into new territory, new ideas, new ways of breaking through the current version of who you are.

If you'll embrace this, it could be mind-blowing ... and as you reflect back someday, you just might find yourself saying to yourself: "*What was I thinking?*"

## **ANNOUNCEMENTS:**

**Get Connected!** Our website is meant to be used, so please use it! Each Sunday the schedule for the week is posted and answers to most questions are found there. Get in the habit please – it's hard to communicate with 80 families and this helps us do that more effectively.

**Booster Club Meeting August 21** All parents are invited and welcome to come! 7:00 PM in Coach Peters' classroom. Parking in the back lot by the stadium, classroom adjacent to the lot.

**Mammoth Camp – August 6-12.** The coaches will all be in Mammoth those days so there will be no Riverside practice. However, recommendations will be made on the website ([www.kingcrosscountry.com](http://www.kingcrosscountry.com)) for you to follow. The temptation to take the week off will be real ... but not helpful ... so *thinc diph runt!*

**Time Trials:** Part of the requirements to make the team is a physical one. Athletes must meet a specific time on a flat, 3-mile time trial by August 22 in order to demonstrate adequate fitness and ability to proceed into the competitive season. Those standards are located on our website. We will have three separate TT's during August (including the final one) for athletes to meet their mark. If you're tempted to look at the standards and think "I can't make that!" ... *thinc diph runt!*

**Angel Game Event Cancelled:** We had a two-year tradition of taking the Metrolink to Angel Stadium for a Friday night game, but we can't make it happen this week as planned. The game is a "bobblehead giveaway" so the prices are higher and there are few seats available. Our bowling tournament this week will take it's place! Should be fun.

**Summer Camp Finale:** On Saturday, August 19, we'll meet at Ryan Bonaminio Park down by Mt. Rubidoux and have a run up and around Mt. Rubidoux, then have breakfast and games at the park afterward. We'll need families to loan us picnic games and such as we plan a fun morning.

**Season Starts August 23** For those who have made the team, (see the requirements that are posted on our website) the season officially begins on Wednesday, August 23, in the morning. At that point attendance is required and there are consequences for missing practice. 9<sup>th</sup> and 10<sup>th</sup> graders who need Athletic PE will be enrolled in the class (unless you opt out) automatically if you have earned a spot on the team.

**A Bit o' History:** Season themes have been our way for a number of years now. Here's a look back.

2016: FaithFULL – looking at how "full" rewards are for those who are faithful to the process

2015: Amazing[G]race – focusing on the connection between team chemistry (grace) and racing well. An acronym: Great Relationships and Cool Experiences.

2014: An Honorable Run – Honoring all aspects of the sport and life

2013: Overcome – goes without explanation, perhaps

2012: Pursuing eXCe llence

2011: Advance!

2010: The Pyramid of Success

2007: Competition and Community

2005: The Cornerstones of Teamwork

