

LEGACY: *Celebrating Twenty Seasons* KING HIGH CROSS COUNTRY

August 1, 2018

Back in 1955, a relatively unknown woman in Montgomery Alabama launched herself into great fame by staying seated. Her name was Rosa Parks, and few folks today have never heard of her. From her protest against injustice came a bus boycott, a leader name Martin Luther King, JR, and a civil rights revolution that changed our country for the better.



Rosa Parks was arrested and booked into jail and famously photographed having her fingerprints taken. Little did anyone realize at the time, how symbolic that picture would become as Ms. Park's fingerprints were all over the civil rights movement. One cannot think of the Civil Rights movement without thinking of Rosa. What a legacy!

This season we are celebrating our twentieth year of competition. Though none of our current athletes were even alive back in 1999, all of us seven coaches have been part of the program in one way or another since the very beginning. We're excited to reflect on the past but also looking forward to THIS season and the ways that this year's team will continue the legacy created over the last 19 seasons.

Some may say, "But I'm not varsity, I'm not fast ... legacies are created by the people up front, the famous ones."

I say, "Wrong!" In fact, every single one of us is always in the process of creating a legacy. We contribute to it whether we want to or not. No matter if we are up front or in the back, quiet or loud, show up all the time or miss a bunch of practice ... you name it, it's the legacy you're making for yourself.

And this is where it's really important that you see what we're saying: On a team, what the individuals are doing becomes what the team is. Positively or negatively, we are the sum of our parts.

We are grateful and humbled by the fact that King Cross Country has a pretty good reputation across So Cal and the State, in large part due to the ways our previous teams conducted themselves. *This year's team will continue that legacy.*

So what will it be for you? How will you contribute? Remember, you ARE going to contribute. Rookies and veterans alike, everyday your actions, words and attitudes are making a legacy for yourself, which in turn, makes us what we are.

What will be your legacy? Will you be the kid who:

<p><i>Is always on time</i></p> <p><i>Races with grit</i></p> <p><i>Praises and encourages others</i></p> <p><i>Asks for and applies new knowledge</i></p> <p><i>Shows up, even when you can't run</i></p> <p><i>Treats opponents with respect</i></p> <p><i>Thinks of others first</i></p> <p><i>Works hard in the classroom</i></p> <p><i>Speaks truth, treats others as you want to be treated</i></p> <p><i>Is humble in victory and defeat</i></p> <p><i>Seasons your social media with grace</i></p>	<p><i>Or shows up late</i></p> <p><i>Or gives up when it gets hard</i></p> <p><i>Or constantly complains</i></p> <p><i>Or who doesn't trust the coaches</i></p> <p><i>Or misses a lot of practice</i></p> <p><i>Or trash talks other teams</i></p> <p><i>Or thinks first and mostly about your needs</i></p> <p><i>Or slacks off in class</i></p> <p><i>Or plays the Drama Queen, spreading gossip</i></p> <p><i>Or is arrogant in victory, pouting in defeat</i></p> <p><i>Or posts words and images that degrade</i></p>
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This chart is simple, it goes to the extremes, I know. But somewhere in there lies each one of us. Coaches included. Remember, we don't have a choice in the matter, a legacy is being made by each of us, every day.

While we are far from perfect as a program, we are seeking to conduct ourselves on four key values, and they form an acronym called LIFE. Learning ... Integrity ... Faithfulness ... Excellence. When it's all said and done, these four things are what we want our legacy to be. Some might ask *What about winning?* We believe - and think we've shown - that when "LIFE" is in place, winning cross country races will follow. But we also believe that life comes after cross country too, and perhaps that's more important.

Your "fingerprints" are being left on whatever you touch. What kind of legacy will you contribute to? It's the question we'll ask all season long.

ANNOUNCEMENTS:

SEASON STARTS: All athletes who plan to run XC this season must be practicing with us starting August 13. Of course, we'd love to have you earlier, but the first day of school is the first day of the season. Failure to attend practice will be interpreted as your plans to not compete this year.

ADJUSTED PRACTICE TIMES: Please be aware that after the season starts, we may make daily or weekly changes to our practice times. If the weather requires it, these changes may mean practice is moved to before school or early evening hours.

FALL SPORTS MEETING: August 22, 6:00 PM, is our Fall sports meeting. Attendance is required for all athletes and one parent. We will go over our expectations and the Running Center will be on hand as a courtesy selling racing shoes. No purchase required.

MINIMUM STANDARDS FOR COMPETITION Please read our website, www.kingcrosscountry.com for information on how we determine competitive qualification.