

MHS

CROSS-COUNTRY

701 East Butler Road
Mauldin, Sc 29662
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There is No Will to Succeed, Without the Will to Prepare.

Your classroom attendance, attitude, behavior, and grades are your number one priority and focus. A lack of effort on any of these will result in you leaving the team.

- Always tell the truth; it is easier now than lying later. It will also be grounds for dismissal from the team.
- Set goals for yourself and your team. Work to achieve them every day of your life.
- Be on time and bring the necessary equipment for your workouts or earn your team some extra work.
- At all times display respect for yourself, your team, and Mauldin High School.
- Bring your best attitude with you. Leave all others at home.
- Work to the best of your ability. You will be judged on how hard you work,

not by distance or time.

- Lead by example. This will be difficult to do from the back of the pack.
- Always do what is expected of you, and then ask to do some more.
- Be aware of you team's departure time, your meet schedule, and your race time. Missing any of these will earn you and your team some extra work.
- Understand your workout/course before you begin and do not make any changes.
- Cheating on a workout will be grounds from dismissal from the team.
- Do not begin a workout or practice without a coach being present. Please wait.
- Do not change your race/racing order or change yourself out of an event.
- There is no exception to the jewelry or uniform rule.
- Do not argue with a coach or official at a meet or practice. If during a competition an official makes a judgment call that you do not understand or that the decision appears to be incorrect, ask the official to be excused (for you) and report to your coach immediately. Do not argue with the official. Do not use un-sportsman like conduct; this will be grounds for dismissal from the meet and team.
- No one is to drive to a meet or competition unless approved by your coach and then only with a parent. Do not leave from a competition without your team. You may leave only with your parent, with prior written approval from your coach.
- If you become injured, see your coach immediately and follow the prescribed treatment of the athletic trainer. That is why we have insurance.

State Champions

2006 AAAA Girls- "Top Fifty in USA"
2005 AAAA Girls 2000 AAAA Girls
1997 AAAA Girls 1995 AAAA Boys
1994 AAAA Girls 1994 AAAA Boys
1993 AAAA Girls 1992 AAAA Girls
1986 Open Girls- "All American"
1985 AAAA Boys 1984 AAAA Boys- "All American"
1983 AAAA Boys 1983 Open Girls