

MHS

701 East Butler Road
Mauldin, Sc 29662
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CROSS-COUNTRY

Winning isn't everything, but being a winner is!

Your attitude is your most valuable possession. It will be how others judge you. It is your badge of courage and honor. Your attitude can arrive into a room before you; it will linger long after you have left. Take care of it, for it is easily damaged or tarnished.

You will quickly find out that you can get by in life by doing a little and late. This will also prepare you to be a little and late in life. Do not choose this road. Be a goal setter. Set goals for yourself and what you can do to help the team. Be proud of what you are trying to accomplish. Work toward your goals every day.

You will be asked to do more work than you ever imagined you could possibly do. You will work harder than any other sport or athlete. Do it well, be an example to your team members and students at Mauldin High School. Be an emissary for our sport, encourage others to try and to succeed. Sports are one of the best tests to prepare you for success in life.

Always be polite and appreciative with your parents, teachers and coaches. Thank them every day for the chance you have to learn from them. Prepare yourself well, for the great race of life, it is a hard one. At all times remember who and what you represent. The others that have gone before you have been some of the South's greatest teams and runners. You will become part of this tradition.

Challenge yourself to be the best you can be, both in the classroom and on and off the field. Be prepared for your class work, your workouts, and your competitions. Respect your coaches for the ability to teach and lead you. Remember, they have been in the same position as you are now.

Appreciate your parents and the sacrifices they have made for you. If it were not for them, you would not be here. Keep a love for life and running in your heart. Be thankful. Say, "Thank You!" to those who support you. Athletics is a great equalizer in our world. Everyone must play by the same set of rules.

Finally, keep your faith strong, your goals within your sight, and have courage to face what life serves you.

ATTENDANCE

There is no will to succeed, without the will to prepare.

- This means you must be at practice to prepare.
- Missing a practice without contacting your coach will be grounds for dismissal from the team. I will send you home and you must bring a parent back with you.
- If you are sick and do not come to school please call 281-1200 at Mauldin High School and ask the front office to place a note in my mailbox.
- If you become sick at school and need to go home, please put a note in my mailbox or come by to see me.
- If for any reason you are not going to be at practice please let me know.

_____ date _____ Athlete

_____ date _____ Parent/Guardian

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

