

2026 Season Overview

Coaching Philosophy

We are a community committed to spurring one another on to grow—not just as athletes, but as whole people. This requires hard work, consistency, and endurance. Our coaches are fully dedicated to fostering an environment that encourages growth in all areas of life: physical, personal, and spiritual. Coaches and athletes extend both support and accountability to each other as we seek to honor God in all we do. Our team has one-on-one check-ins, weekly devotions led by coaches or athletes, team memory verses, and encouraging “shout outs” at practice and meets!

Team Structure

We remain a no-cut team, and all athletes will continue to train together as one unified group. Meet participation will be based on attendance, performance readiness, attitude, and the needs of the team. To help us plan well, athletes will sign an Athlete Expectations agreement before tryouts, and pre-season participation will be capped at 110 athletes.

Tryouts will function like mini-meets so we can record baselines, place newer athletes in suitable events, and identify roster needs. This format also encourages athletes to explore a variety of events before specializing.

Our meet structure provides opportunities for every athlete to grow. Varsity meets will use performance-based qualification and the 2025 standards, while JV meets allow developing athletes to gain experience. Intrasquad timed competition will give the entire team regular chances for evaluation.

Meets

- Most meets take place on weekday afternoons or Saturdays and are from 4-6 hours long
- Locations range from local to within 1–2 hours
- Meets are by coach invitation only, based on readiness, availability, and team needs
- Nationals are optional and will be handled separately

Practice - *Attendance is factored into meet selection and Varsity Letter requirements (See [Athlete Expectation](#))*

- Jan: Mon 7:30pm-9pm GMU (indoor), Thur 3:30pm-5:30pm RGC, Sat 12-2pm WHS
- Feb: Tue & Thur 3:30pm-5:30pm RGC, Sat 12-2pm WHS
- Mar-May: Tue 6:30-8:30pm SC (or 3:30-5:30pm Loisdale), Thur 7:30pm-9pm GMU, Sat 9-11am WHS.

See SportsEngine for more detail.

Varsity Letters

Varsity Letter/Pin Requirements (High School)

a. Reflect Team Culture

- Demonstrate Christlike sportsmanship
 - Encourage teammates
 - Follow all codes of conduct
- b. **Commit to Team Participation**
- Attend 90% of practices/meets
 - Communicate absences in advance (e.g., church, family, illness, injury)
 - Be actively engaged in practices and event trials
- c. **Contribute through Performance or Impact**
- Earn 10 Varsity team points, or
 - Meet a qualifying standard (see chart), or
 - Receive a coach recommendation for meaningful team contribution (e.g., leadership, consistency, spiritual impact)

Volunteer Expectations – We Need You!

To support our growing team, we ask each family to commit to at least one volunteer role. No experience necessary, just a willingness to serve! We will train you. Opportunities include:

- Team tents or hospitality
- Administrative tasks
- Event Planning for meets
- Fundraiser
- Photography
- Coaching or training (experience in sprints, high jump especially helpful)

All volunteers working with athletes must complete abuse awareness training and a screening process.

Estimated Costs

- Registration Fee: \$50 (due before participation in conditioning or tryouts)
- Season Fee: ~\$300 (covers loaned uniforms, meet costs, equipment)
 - Fundraiser on Jan 26 will help offset season fee
- Additional Fees: \$100 per athlete for out of county residents and \$100 track warm up suit (purchased online and kept by athlete)

Once a team spot is offered, athletes have 48 hours to accept by paying the fee

Shoes & Gear

All athletes must wear proper running shoes to practice (no fashion sneakers).

Sprinters (HS only): Please plan to purchase track spikes

Team Night at PR Running in Burke: Jan 21 @ 7:00pm (15% discount + giveaways)