



***Coach's Letter To The Team  
2019 Cross Country Season***

This can be a very special year. You have talent, youth, and more than anything, a group who truly cares about each others success. My advice: care more about your character than your reputation. Your character is who you really are, not just what people think. Your character is what we need to see in practice and out on the race course. Not some flashy numbers or personal bests, but rather RUN FOR EACH OTHER and COMPETE the best you can on a given day, accepting the outcomes. Your teammates and coaches have your back. RUN FOR FUN!! You are good at this. Enjoy it!!!

*-Coach Putnam*

*August 27, "2019: The Process"*