

2017 CAPE FEAR COLTS CROSS COUNTRY

COACHES: Matthew J. Hanes, 11th year coaching cross country and track and I also teach Drafting I, II-Engineering Honors, and II-Architecture Honors at CFHS Boys 2016 team was 3rd place in Mid-South Conference, Girls 2016 team was 4th place in Mid-South Conference. Emily Freeman, 4th year coaching cross country and track and she also teaches Career Management and Entrepreneurship, and runs the school store here at CF. We had a runner make 1st team all-conference, 1st-team all-region, and an individual state qualifier for the third straight year. We also had male and female runners recognized honorable mention all-conference as well as Mid-South All-Freshmen. The Cross Country program here at Cape Fear has come a long way in the past few years to become quite competitive in a very difficult conference. **CONTACT INFO:** Matthew J. Hanes, **WORK PHONE:** 910-483-0191 ext. 215, **CELL PHONE:** 910-670-8327, **EMAIL:** matthewhanes@ccs.k12.nc.us. Emily Freeman, **WORK PHONE:** 910-483-0191 ext. 207, **CELL PHONE:** 910-964-8060, **EMAIL:** emilyfreeman@ccs.k12.nc.us

OUTLOOK FOR 2017: Cape Fear looks to be even more exciting and competitive in our new 3A Patriot Athletic Conference during the upcoming season with our returning senior runners and some promising newcomers. With the exception of a few returning seniors, we have a young team. We are looking forward to substantially build our numbers into a very large and competitive team. We are very excited about our chances to compete well in the newly formed conference this season. We will have a cross country course here at Cape Fear this year and will host at least one conference meet here on our campus which should add to the excitement and enthusiasm toward our sport. The running colts will also compete in a few Saturday Invitational runs this season. We plan to run the Jungle Run at South View on Labor Day weekend Saturday evening/night, possibly the UNC-W Seahawk Invitational in Wilmington, where we will go the BEACH AFTER! We may also run the Adidas XC challenge at the Wake Soccer Complex in Raleigh, and one more at the beginning of October, possibly the Hagan Stone XC Classic in Greensboro, NC. We may also try to run some type of early bird Invitational before the Jungle Run just to get into the competitive spirit early! We do have to pay for **ALL** fees associated with Invitational meets such as entry fees, meals, etc. because they are optional, non-conference meets. These events are not guaranteed, but I would like us to participate if we raise enough money. Our regular conference meets are typically on Wednesdays. **WE WILL WORK WITH** any student-athlete who would like to run cross country, but would also like to participate in something else, such as band, or ROTC. I would just like them to continue their training regimen on their own on the days that they would miss cross country practice and **COMMUNICATE** with the coaches about their other commitments. The Mid-South Championship Meet will be on or around Oct. 18th, and the Regional Meet will be Saturday following, on or about Oct. 28th. The top 7 varsity runners only can participate in these two events and it will be at a site TBD.

EXPECTATIONS FOR 2017: We as a team will have summer workouts at 7:30am on certain days marked on our workout calendar throughout the summer either on Campus, Cape Fear River Trail, Jordan Soccer Complex, Mazarik Park, or Arnette Park. These practices are not mandatory, but **ARE HIGHLY ENCOURAGED** if you plan on being

a part of the **CAPE FEAR CROSS COUNTRY TEAM!** YOU SHOULD PLAN TO BE AT ALL WORKOUTS unless you have a valid reason why you cannot. The workouts are early AM in order to combat the heat issues in the summer time. There are two (2) dead periods where any teams cannot have any practice and/or contact with athletes during the month of July. ***THEY ARE the weeks of July 3-July 7 and July 17-21.*** In order for us to be a competitive team at start of the season, you need to log miles on your own in addition to workout days to build your endurance base. To quote a fellow coach in the sport, ***“The Fall Holds No Secrets to How Our Summer Was Spent”***. In order to be good at running, you need to run! This season, our runners will be required to run a distance of 25-50 miles per week depending upon gender, experience, and ability in addition to what we do at workouts. This really means about 45 minutes to 1 hour of running per day 6 days per week. It can even be broken up into a 30 minute morning run and a 30 minute evening run if necessary. **CUTS will be determined by the coaches based on work ethic, attitude, and ability. In addition, NO RUNNER will compete at any meet unless they can run 30 minutes or under in a 5K!** Times that are needed in order to be competitive in the sport are **UNDER 21:30 for GIRLS and UNDER 17:30 for BOYS.** I want our team to be the absolute best that they can be this year and in order for us to have maximum success, this is A MUST! Just as in any other sport, if you want to be good at it, you must practice well. Running is no different, if you want to become a good runner, you have to RUN! This sport requires a love of running a lot of self-discipline, integrity, and motivation. **BE THE BEST YOU CAN BE, AND HAVE THE DESIRE TO BE A WINNER, AND REMEMBER THAT 2nd PLACE IS JUST THE 1st PLACE LOSER.**

OTHER NOTES: I want Cross Country to be a power sport that is widely recognized and respected here at Cape Fear. I want all runners to have a sense of pride to be on this team and a desire to win at all costs while still maintaining good sportsmanship. We want cross country to be a caring, family atmosphere where long lasting relationships are formed. **PLEASE UNDERSTAND that CROSS COUNTRY is the SPORT OF RUNNING, so that is what we will do A LOT OF!!!** I want all teammates to have a good positive attitude and a mutual respect toward the sport and each other and a close sense of TEAM at all times. All members are expected to support each other both on and off the course, and maintain good attendance and high academic averages in the classes as well as have NO DISCIPLINE ISSUES! **WE ALL HAVE A COMMON GOAL: TO IMPROVE ON OUR TIMES EACH AND EVERY WEEK AND BE THE BEST THAT WE CAN BE, BOTH AS A TEAM FIRST AND AS INDIVIDUALS SECOND!**

THANKS FOR ALL YOUR SUPPORT.

SINCERELY,

COACH MATTHEW J. HANES, COACH EMILY FREEMAN