

Cross Country at Davis Senior High

Mission Statement

Our mission is to provide a safe, supportive environment for students to have a positive and meaningful experience participating on a successful high school athletic team.

Goals for the Runners

- Improved physical fitness from an effective and safe training regimen
- Personal growth through experiencing and overcoming mental and physical challenges
- Understanding the process of team development and community building
Individual → Group → Team
Self → Group → Community
- Appreciation of positive personal characteristics such as discipline, respect, trustworthiness, loyalty, and commitment
- Integration of the above into other areas of their lives
- Recognizing the importance of balance in life and the development of the whole person

Goals for the Team

- Serve everyone on the roster.
- Have each athlete experience success through improved personal performance.
- Successfully compete against the best teams in the Sac-Joaquin Section at all levels.
- Successfully compete against the best teams in the state.
- Prepare athletes for training and competition at the collegiate level.
- Encourage students to make regular exercise part of a healthy lifestyle through adulthood.