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Bethlehem Central

Mission Statement:

Bethlehem Boys Cross Country is committed to developing athletes who live by high ideals, know how to set realistic goals, and how to dedicate themselves toward achieving those goals.

Philosophy of Coaching:

Being a member of a team is a privilege not a right. All athletes deserve the best coaching that we can provide. All athletes deserve a chance to compete at every possible meet. Coaches and athletes have a responsibility to be a role model and ambassador for their school. Coaches and athletes have the responsibility to live a healthy lifestyle, void of drugs, or stimulants that detract from athletics. Coaches and athletes must at all times use appropriate and non-abusive language.

The statement "Playing time is earned, not given" is the foundation of our coaching philosophy. Our team has Varsity and JV athletes. However, no athlete will receive any special treatment. Everyone on the team is expected to put the best interest of the team first, before any thought is given to individual accomplishments. No individual, coach or athlete, is more important than the team.

What specifically does "Playing time is earned, not given" mean? We will try to allow every athlete to compete at every meet possible throughout the season. The meets, or invitational that each athlete receives will depend on his/her attitude, skill level, and commitment to the team, absences, and injuries. There are no guarantees, only opportunities.

Team pride is another cornerstone of our competitive athletic program. Winning builds pride, but so does hard work and commitment to individual and team goals. As coaches, we will work to instill in each athlete the belief that hard work pays off, and the harder the athlete works, the more they will achieve. While winning is a goal for everyone, each athlete should focus on their effort - not the outcome.

Teaching and repetition are two of the tools used to prepare each athlete to be the best they can be. Take every opportunity to teach and demonstrate teamwork, sportsmanship and respect for everyone, starting with the coaches. We believe that "Perfect practice makes perfect." athletes should properly practice the skills being taught, on a repetitive basis both in-season and off-season.

Finally, our coaching philosophy includes the fact that Cross Country should be FUN. We strive to make practices and races enjoyable experiences that will both develop skills and provide positive life long memories for every athlete.