

How to Make Mammoth – 2015

- Effort counts. If you work hard and you show me that you're willing to go the distance, your sweat and tears will earn my respect. Ultimately it's up to Coach's discretion.
- Training Log has to be up to date. (Comments/Route/Workout, Distance, Time Spent Running)
- Automatic Qualification Standard for the 1.5mi T.T: **Sub 8:10 (5:27 pace)**.
- Automatic Qualification Standard for the Rim Crest 8 mi T.T. **Sub 57 minutes (Worden Factor)**

Varsity

Practices are at 6 am. It will be a tight-knit group and if you want to be a part of it, you need to work hard and come with a positive attitude. Invite only. I expect you to make sacrifices for your teammates by deciding to attend all the evening practices. At least a majority of them... There will be off-days/evenings, mornings when I'll let you sleep in and come to the later practice, but it has to be earned. We need COMMITMENT this summer and this Varsity Group will be for those who can commit.

JV/FS

Practices are at 7:30 am. If you're in this group, but would like to be in varsity, show me by working hard, and coming back for more at the optional varsity evening practices.

Questions and or Comments can be directed to: esperanzaxc@gmail.com