



Captain Shreve High School

Gator Cross Country Team

Invitation to become a team member: Become fit for a lifetime by joining a growing, lifetime sport and represent Captain Shreve as a member of the Cross Country running team this fall. Cross Country is a varsity team sport at Captain Shreve and provides ideal off-season conditioning for those participating in other sports throughout the year.

Who are Our Runners: Over the past several seasons we have had athletes cross-training and conditioning for other sports, a few student-athletes just interested in maintaining physical fitness and even a few who have been top-level competitors in state competition and have been recruited by college athletic programs across the country. Our runners contribute to other varsity teams at Shreve such as soccer, baseball, swimming, softball and basketball. Our runners hold leadership positions in student council, foreign language clubs, service organizations and others. Our runners hold starring roles in drama productions on campus. Our runners have after school jobs and are volunteers. Our runners have received All-District and even All-State honors during the past several seasons. Our runners from previous seasons are now competing at the NCAA Division I level in Cross Country and/or Track & Field. Our top female runner from last year was recruiting by dozens of colleges and even turned down admission to Ivy League schools in favor of a full academic scholarship at a premier national university. Our runners include leaders in ROTC, Band and even a candidate for Eagle Scout. Our runners are leaders who are driven to succeed and who push themselves to new limits. We are proud of our high team GPA and large percentage of team members who have been named Distinguished Scholars and who contribute to life at Captain Shreve and in our community.

What is cross country running:

Cross Country running requires self-motivation, discipline and commitment to becoming and staying fit year round. Team members will train for competition against other high school teams in north Louisiana generally running distances of 5,000m (3.1

mile) in off-road races. Cross country conditions track & field prospects for medium to long distance races (800m – 2 mile) in the spring.

Season:

Conditioning and training begins in the summer with competition beginning late August and ending early November with the State Meet for qualifying team members.

Summer conditioning:

For **freshmen** and **first time upperclassmen** and **athletes in other sports**, it is not too late to join the team after school begins. We will work with you. For **upperclassmen**, summer conditioning and training will begin mid-June with runners encouraged to follow a training plan provided to the athletes in preparation for fall competition. For **coaches**, our runners have dedication, drive and a level of conditioning and endurance by the end of our season that will make them an asset to your team when your season begins. For **parents**, encourage your high school student to surround themselves with motivated, hard-working team members who are leaders at Captain Shreve. Follow the “Cross Country” tab at www.captainshreve.com for updates throughout the summer. Follow us on Twitter [@gator_xc](https://twitter.com/gator_xc). Join text team announcements of scheduled and impromptu summer team runs via Remind by texting [@gatorxc](https://www.remind.com) to **81010**.

Fees: Team fees are generally set and due in August in a range of \$75-\$100 per team member. Fees are payable by check to Captain Shreve Cross Country. Fees cover various team expenses such as meet entry fees, equipment and supplies purchases, LHSAA state dues, uniform purchase and replacement, practice jerseys, meet team transportation, and other expenses. We have also received some very generous donations from parents and other supporters over the past few years which improved the experience for the whole team in dramatic ways.

Contact:

Interested athletes, parents, coaches are encouraged to contact Coach Cary Hilburn by e-mail to gatorxc@gmail.com or by telephone/text to 318-455-7292 with questions and to get involved.