

Coach's Message

So it begins...

The famed coach of Oregon State, Bill Bowerman, told his athletes that "Running is on its surface an absurd pastime" let alone something that we should invest our sweat and youth into. However, he posed this thought to his runners, "that if we as athletes can find meaning in our running then too may we find meaning in another often seemingly absurd pastime, our lives."

We are choosing to participate on the American Studies Track Team this season for many reasons. Many of us wish to find that friendship that can only be forged with others when we work and sacrifice alongside one another, pushing our own body's limitations. Some of us wish to simply get into better shape than we are in now and still others of us wish to try out an organized sport for the first time. A handful of us know, or at the very least believe, that we can compete on a City Wide level and challenge some of the top runners in the Five Boros, I believe this too.

All of us have a place on this team this year if we demonstrate a respect for the program. I'll cover much of this at our first organized practice which is Thursday March 1st. These First Practices ARE ABSOLUTELY MANDATORY as they will bind us as a team and set a tone that will carry us through the Season. If we were looking for an after school activity that we may only get to show up for once, sometimes twice a week, then this is the wrong program. Emergencies do happen and they can happen suddenly. You know your academic needs and familial obligations and your ability to schedule your time and prioritize your obligations will need to be sharp.

I forgive miscalculations, errors and even the occasional sluggishness... I have not and will never forgive selfishness as it relates to the TEAM. We will succeed or flounder based upon our ability as young people to balance our private world with the needs of your teammates. My NO CUT policy has only been tested and implemented when a team member disregards their teammates' needs by failing to arrive promptly at races or by academically failing off the team, at our school this is inexcusable.

American Studies Track is respected in NYC now, but we still have a lot to prove. This is the year we will rise among the city's ranks. I am glad I am a part of the program and believe you will feel this pride too.

Appropriate cool weather dress is required and can be looked up on the FAQ sheet on the team's website. All forms must be into me by that afternoon as well.

Check E-mail frequently and visit our official website often for updates and pictures.



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