

A handful of us, that choose to look away from *facebook* sites sometimes, are aware that the planet's top athletes are gathering in the city of Beijing this week. On 8/8/08 the Olympic Games will begin, and for two weeks the greatest competitions of human endurance, talent and strength will be happening... I'm grateful that I have TiVo.

Every 4 years the rest of the world is reminded of what we as runners already know. There is no purer sport than Track and Field. The winners are the fastest, toughest, and strongest humans on the planet, without exception. Our journey to athletic supremacy in the Bronx begins NOW.

TEAM GOALS:

We will capture the Bronx Sophomore titles, our team boasts last season's fastest female in Frosh races and the boy's frosh team champions.

We will not peek out a 2nd place Varsity finish but instead make a head on run at the Bronx title, and this season we will take it. Our 4 fastest men this season far surpass the performance times of last year's four fastest times.

Our lady's team will retake a team plaque and move up a notch qualifying for City's.

These are not just hopes that we can carry with us, these are accurate predictions IF...

...if we hit the field running now.

...if we push our potential just farther than we thought was possible.

...if we think of our team as much as we think of ourselves.

These predictions happen if we choose to make them happen... Our first correct choice in this direction is to study the August schedule NOW and plan around it. We all know that I never ask us to do things that are unnecessary. Thus missing a workout cannot happen. Many of us may have commitments, I need to know them so I can correct your training to match your team's.

I am saying this now, so please read it carefully and understand... Any upperclassmen who do not make practices consistently are cut... The morale of the team matters as much as the talent we will collect. We need to be able to count on one another and that only happens if we are there for one another.

This will be the strongest men's and women's programs we have ever put together at our school, the dedication is deserved by your teammates.

Be a part of this team, not simply a member this year... Contribute, encourage and be a part of what will be one of our school's greatest achievements. The intangible gains to our personality and character after being a member of a season like the one we are about to start will be with us for life.

Your confidence and ambition as young men and women will be immeasurable after fully committing to a program like the one we have planned. These opportunities do not happen often, make this one happen.

More to come...

Coach