

Esko Cross Country Philosophy

The Esko Cross Country program believes that every athlete should strive to improve their performance, race times, and understanding of the sport throughout the season. Our goal is to help runners develop proper running technique, learn effective warm-up and cool-down routines, understand sound training methods, and practice healthy nutrition to support peak performance.

We hope the experience and knowledge gained through the program will foster a lifelong appreciation for running and encourage athletes to remain active throughout every stage of life.

Cross Country Lettering Requirements

Varsity Letter

Athletes may earn a varsity letter by meeting **one** of the following criteria:

1. Finish in the top half of the field in **three** major meets (meets with four or more teams).
2. Be a member of the Section team.
3. Be a senior who has successfully competed in and completed **two consecutive seasons** of cross country.

Junior Varsity Letter

Junior varsity athletes may earn a letter by meeting the same criteria listed above, with the following modification:

1. Finish in the top one-fourth of the field in **three** major meets (meets with four or more teams).

Additional Requirements

In addition to the performance criteria above, all athletes must:

- Complete the season in good standing.
- Demonstrate reasonable attendance, a positive attitude, and a strong work ethic, as determined by the coaching staff.

The coaching staff may also award a letter at its discretion to athletes who demonstrate exceptional dedication, commitment, and contribution to the program.