Freedom Falcons Cross Country Mission Statement

The mission of the Freedom Cross Country team is to unite as one team to assist one another in reaching personal and team goals. We will lift one another up and will not bully, tear down nor gossip about one another. We will stand together and stand up for each other. We will memorize the Core Covenants and to hold each other to those standards to the fullest. We will work every day to better ourselves as athletes by completing warm-up, workout and cool-down and will display self-discipline during practice and at meets.

Team Spirit will be shown prominently throughout the season and athletes will show exemplary sportsmanship amongst each other as they will support each other throughout races and practices and are always willing to give a helping hand.

Lastly both the boys and girls varsity teams will work with one another to train diligently throughout the season as they aim towards getting top 3 in League and top 4 at the NCS championship in their own respective races. Our varsity team will embody the Core Covenants and be exceptional role models to the JV members of our team.