

Characteristics of a Mentor for High School Cross Country (XC)

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- **Experience and Knowledge:** Possess strong understanding of running techniques, training regimens, race strategies.
- **Leadership Skills:** Demonstrates the ability to lead by example, inspire young athletes through dedication/work ethic.
- **Empathy and Supportiveness:** Shows genuine care for the well-being of teammates, offering emotional and moral support during challenges. Be a good listener and ask open-ended questions to learn more about your freshman teammate.
- **Effective Communication:** Communicates clearly and positively, providing constructive feedback and encouragement.
- **Motivational Skills:** Encourages athletes to set and achieve personal goals, fostering a growth mindset.
- **Team Spirit:** Promotes camaraderie and collaboration among team members, creating a positive team culture.
- **Adaptability:** Able to adjust coaching styles and strategies to meet the diverse needs of individual athletes.
- **Commitment to Development:** Invested in the personal and athletic growth of younger teammates, prioritizing their long-term success over immediate results.

EXPECTATIONS:

- 1) Meet once/week for 15 minutes
- 2) Use Guiding Questions as outlined in the "Inquiry Worksheet"
- 3) Feel free to make-up your own questions!
- 4) Maintain Action Plan / Add any additional thoughts or significant reflections

CONCLUSION:

Reflect on this conversation and the insights gained. Use the worksheet as a reference for future discussions and to track your progress throughout the season. Remember, the goal is to support each other and foster a positive and productive mentorship experience. This activity is a tool for growth, collaboration, and success in your XC journey!

Freshman	Mentor
Vivienne T	Cate B
Sharon R	Allie D
Aria D	Brooke S
Tava C	Carley S
Sofia C	Katie C
Ezra M	Milo W
Jotaro K	James M
Emmett K	Keon T
Luca T	Shay J
Dylan L	Ivan F
Keelan B	Kevin T
Caiden K	Cameron J
Carter M	Austin P
Jackson H	Jack W
Theo M	Jonathan R
William F	Kapil D
Hugh C	Aston R
Daniel V	Trystan T
Liam P	Ben T

Cross Country (XC) Mentorship Inquiry Worksheet

Introduction: This worksheet is designed to facilitate a productive conversation between you (the mentor) and your freshman partner. Use the guiding questions below to explore challenges, struggles, and potential solutions that may affect your partner's success as a student-athlete.

Section 1: Identifying Challenges (Guiding Questions):

1. Personal Goals

- What are your personal goals for this XC season?
- How do you feel about your current progress toward these goals?

2. Physical Challenges

- Have you experienced any physical challenges (e.g., injuries, fatigue) that may be affecting your performance?
- How do you typically manage these physical challenges?

3. Mental Barriers

- Are there any mental barriers (e.g., anxiety, lack of motivation) that you feel are holding you back?
- Can you describe a recent situation where you felt this way during practice or a race?

4. Time Management

- How do you balance XC training with other commitments (e.g., schoolwork, social life)?
- Are there specific time management challenges you face?

Section 2: Exploring Solutions (Guiding Questions):

1. Goal Adjustment

- Based on our discussion, do you think your goals need to be adjusted? If so, how?
- What steps can we take to make your goals more achievable?

2. Physical Strategies

- What strategies have you considered to address any physical challenges? (ie: How to improve sleep? How to prevent/care for injuries? How to make sure you are fueled and hydrated?)
- Would it be helpful to consult with a coach or trainer about these issues? If so, what needs to be discussed?

3. Mental Resilience

- What techniques have you found helpful in overcoming mental barriers? (ie: confidence)
- Have you tried mindfulness or visualization exercises before races?

4. Improving Time Management

- What strategies could we develop to help you manage your time more effectively?
- How can I support you in balancing your commitments?

Section 3: Action Plan (Guiding Questions):

1. Next Steps

- What specific actions will you take to address the challenges we've discussed?
- How can I assist you in implementing these actions?

2. Follow-Up

- When should we schedule our next check-in to discuss your progress?
- What will be our criteria for success in our next conversation?