



2026 Track Season Welcome Letter

Cougar Cross Country and Track Club started in 2007. We are a 501(c)(3) non-profit organization staffed entirely by qualified volunteers including previous collegiate runners and current competitive runners. Cougar was founded on principles of love, acceptance, and accountability. We encourage character development attributes of integrity, courage, charity, and hard work.

Team Rule: Do only that which brings honor to yourself, your team, and your family.

Team Mottos: "Humble in Victory, Gracious in Defeat." "The will to win means nothing without the will to prepare." "Reputation is who people think you are. Character is who you are when no one is looking."

Team Strategy: As One. We win as one, we lose as one. We race as one single force on the field of competition.

Team Philosophy: "The most important thing in the Olympic games is not to win, but to take part, just as the most important thing in life is not the triumph but the struggle. The essential thing is not to have conquered but to have fought well." (Pierre de Coubertin who revived the modern Olympic games)

Team Mission: Promote the sport of amateur track and field and cross country while developing strong positive character traits and encouraging a lifelong love of running and a healthy lifestyle in young athletes in the community of Albuquerque and the surrounding areas.

What is expected of our athletes:

1. Remain committed to our program during the season and be self-motivated and self-disciplined.
2. Show respect for and have honest communications with coaches, teammates, parents, opponents, and officials.
3. Keep the activity in perspective: Family – School – Activity.
4. Place the needs of the Team before his/her own needs.
5. Show good sportsmanship and attitude and be a positive influence both in and away from the training and competing facilities.

What is expected of our parents:

1. Support our founding principles and support coaches' efforts to maintain an atmosphere of respect, discipline, and hard work.
2. Pitch in! We are only as strong as our families. We have a lot of athletes and need a lot of support. If there is a way you can help, please do.
3. For the meet we host, ALL families will need to be available to volunteer at least one adult. This is not optional. We cannot do it without you.

Further clarification on our mission: It is imperative for families to understand that we are a competitive team. However, we have room on our team for athletes of every level of experience and speed. We organize training groups based on athlete ability. Our only requirement is effort; do what is asked without complaining. Athletes who are unable to keep up with our slowest training group will require a parent to attend practice with them.

The head coach reserves the right to remove athletes from the team if the athlete is unable to meet minimal requirements or for other reasons.

Practice: Monday, Tuesday, Thursday, Friday **5:30pm**

We expect attendance 4 days per week. We know that more practice participation will result in higher success. Every day has a different goal and missing practice will be detrimental. If your athlete is participating in another sport please discuss with the head coach before registering.

First day of practice: **Monday 3/16/26.**

Mondays and Thursdays: Practice will be in the Bosque, east of Sagebrush Church near Coors and La Orilla.

Tuesdays and Fridays: Practice will be at the James Monroe Middle School track.

Throws and Long Jump: Practice will be Tuesdays and Fridays toward the end of practice.

Weather: There is no such thing as bad weather, only poor choices in clothing. We will run in the wind and rain, but will not practice if lightning is too close. Watch the team app communications for practice updates.

Meets: *Subject to change*

May 2: TBD possibly Zia hosting

May 9: AAT hosting @ Eldorado High School

May 23: Zia hosting @ Bernalillo High School

May 30: TBD possibly AAT hosting

June 13-14: NM State meet @ Cleveland High School

Optional Meets:

July 9-12: Region 10 meet in El Paso, TX

July 20-26: Junior Olympic Nationals at Cerritos College, 11110 Alondra Blvd., Norwalk, California 90650

Age Divisions: Age groups are 8u, 9-10, 11-12, 13-14. This is determined by the age the athlete turns this year. For example, if you turn 11 on December 30th this year, you'll race in the 11-12 age group.

Stack Team App: Essentially all communication will occur using this app. Please go to the App Store or Google Play and download Stack Team App onto your mobile device, then follow these simple steps:

1. Create a personal account Stack Team App.
2. Search for the team "Cougar Track", then request to be added.

Registration and Cost: Registration is in the "Documents" tab on the app and fees are paid in the "Store" tab. Cost is \$200 for the first athlete and \$180 for subsequent siblings. This fee includes all training sessions, USATF individual membership fee, uniform top, and meet entry fees.

Looking forward to a great season,

Chris Reed

Head Coach

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