



RUNNING TITAN PROGRAM POSITIVES

1. Captains' Charity
2. Hard Hat Awards
3. Beet Powder
4. Cooling Vests
5. Susan Komen Breast Cancer Awareness attire
6. Team Decathlon with prizes (swag)
7. Out of town meets
8. FreshMentor program
9. Professionally written press releases on every meet
10. Pictures of every meet
11. Dedicated web site with resource links and articles
12. School Record board
13. All-expense paid trip to Wingfoot Running Camp for top runners
14. Review of Training Camp book
15. Leadership class at running camp
16. Captain books and training
17. Crazy sock day
18. Throwback singlet day
19. Round table at meetings
20. Pre-State meal
21. Two captive (dedicated and controlled) cross country courses
22. Steeplechase set up (one of only three at high schools in the state)
23. Fairly new track and field equipment
24. Border Battle XC Race
25. Border Battle Indoor T & F Meet
26. Senior pumpkins
27. Only HS or College in KY with major sponsor (Bojangles) for track & field meet
28. "Bring Back the Mile" Time Trial at halftime of football game
29. Visualization & Relaxation sessions
30. Coaches Pumpkins
31. Cool Team T-shirts
32. Name brand designed uniforms
33. Paid entry fees and coaching at post-season national competition
34. T-shirts for school record holders
35. Power bars for school record breakers