

Coach Smith has been coaching cross country at BCS for 16 years and track and field for 23 years. She has also coached middle school basketball for many years as well. She graduated from Harding University with a degree in elementary and special education, where she also ran cross country for 4 years.

The purpose for the cross country program at BCS is to develop the God-given talents of our student athletes in the areas of racing, stamina and distance running. We want to instill in them the discipline of training and introduce them to the proper techniques needed to take care of their bodies while competing. Cross country is a very unique sport that combines both the individual and team aspects of competition. Athletes line up to race as both individuals and team members, and are given the opportunity to succeed on both fronts. Running, which is often used for conditioning or punishment in other athletic endeavors, is the primary focus for this sport. Running requires time and energy, physical stamina and mental focus. So many life lessons can be learned from running and it is no surprise that Paul uses the image of a runner more than once in his letters to the church to parallel the challenges we face and the goals we should have as we run this race of life.

Our goal for the cross country program is to compete both individually and as a team at the state level and to build up both the distance and speed that each athlete can run and to help them learn to compete individually and as a team. We hope to also instill a lifelong love for running that will carry with them much longer than the season and the benefits will endure for years to come. All of this is achieved only through the understanding that God is the giver of all our gifts and the gift and ability to run and jump and throw speaks to the glory of God's creation. In competing in cross country, we can enjoy the individual physical abilities of our bodies while glorifying God. This ultimately defines our success.

*From Coach Smith: "Cross country, both running and coaching, have shaped my life in many ways. Through my experiences with running I have made friendships, learned to push myself beyond what I thought possible, experienced the joy of victory, and learned to handle disappointment. God has used these sports to place me here at BCS, where I can share the lessons I have learned with other young runners and hopefully encourage them to experience the benefits and blessings God has provided us through His gift of running."*