

SMOKY VALLEY HOME EDUCATORS
SVHE Eagles Sports Program

Cross Country

Sport Supplement

Attached to and read alongside the Master Athlete and Family Handbook

About This Supplement

This Cross Country Sport Supplement works alongside the SVHE Eagles Master Athlete and Family Handbook. It contains information specific to the Cross Country program — gear requirements, fees, schedules, contacts, and logistics.

The Master Handbook contains all conduct expectations, the code of conduct for athletes, parents and coaches, the consequences framework, and the Family Commitment Agreement. Every participant must read and sign the Master Handbook. This supplement provides the practical details you need before the first practice.

This supplement is maintained by the Cross Country Athletic Director and updated as needed. It does not modify the standards in the Master Athlete and Family Handbook. Questions about program policy belong to the Master Handbook and Sports Operations Manual.

Program Overview

SVHE Eagles Cross Country began in the fall of 2021 and has grown into one of the strongest programs in the organization — earning state championships, national recognition, and producing athletes who have gone on to receive scholarship offers from NJCAA, NAIA, and NCAA programs.

Cross Country is unique among SVHE sports in its spiritual emphasis. The ups and downs of distance running — training through discomfort, racing through adversity, celebrating as a team — serve as vivid metaphors for the Christian life. Coach-led and student-led devotions are part of every practice.

We accept runners of all abilities. You do not need to be fast or experienced to join. Every runner belongs.

Teams

Boys High School Varsity	Grades 9–12
Boys High School JV	Grades 9–12
Girls High School Varsity	Grades 9–12
Girls High School JV	Grades 9–12
Boys Junior High	Grades 6–8; players may not turn 15 before September 1st
Girls Junior High	Grades 6–8; players may not turn 15 before September 1st

Registration and Fees

Registration	Complete SVHE registration at svhe.com . Late fees apply. Contact coaches early — team challenges begin in May.
Player Fee	Current fees are published in the registration forms at svhe.com and updated annually by the Athletic Board before each registration period opens.
SVHE Membership	Current membership and participation fees are published in the registration forms at svhe.com .

Gear Requirements

- Cross country shoes appropriate for trail and grass running — coaches will advise on appropriate selection for new runners
- Athletic shorts, shirt, and socks for practice and racing
- Race uniform — details communicated by head coach before the first meet

If you have questions about gear before purchasing, contact the coaches before spending money. They are happy to advise.

Season Calendar

May Team Camp	Strongly encouraged for all returning and new runners; focuses on team bonding, running education, discipleship, gear, and nutrition. Specific dates announced in spring.
August Team Camp	Strongly encouraged; held before the competitive season opens. Specific dates announced in summer.
Season Begins	Last week of August
Regular Season Meets	KSHSAA and non-KSHSAA meets ranging from small to large; variety of competition and terrain
State	Late October (KASC State Championships)
Nationals	Late October (National Homeschool XC Championships)

Team camps are not mandatory but are strongly encouraged. They are central to the program's team culture and discipleship model. Runners who attend camps are better prepared — physically and relationally — for the competitive season.

Program Accomplishments

2021	KASC Girls' State Champions; KASC Boys' State Runners-up
2022	KASC Girls' State Champions; KASC Boys' State Runners-up
2023	KASC Girls' State Runners-up; KASC Boys' State Runners-up; National Homeschool XC Championship Girls' Runners-up; National Homeschool XC Championship Boys' Champions

Off-Season

Eagles Cross Country alumni and current runners are encouraged to pursue off-season running goals. The program has produced runners who have gone on to complete half-marathons, marathons, ultra-marathons, and collegiate running careers. Coaches are available to advise on off-season training.

Coaches

Nicole Bachman	bachmanbunch@gmail.com 785-227-5382 Five-time Boston Marathon qualifier. Lives on a ranch in Ellsworth County with husband Byron and eight children. Has been homeschooling since 2009. Age group, masters, and overall women's awards from 5K to marathon distances. Passionate about cultivating a love for running and for the Lord in young people.
Peter Browning	peter.browning99@gmail.com 785-493-8119 General Manager at Central Compounds in Salina. Competed in cross country, basketball, and track in high school. Personal best: 33 miles (ultra-marathon). Coaches basketball and trap shooting in addition to cross country. Passionate about developing relationships and making disciples for God's glory.

Contact and Registration

Program Website	svhe.com/cross-country
Registration	svhe.com/cross-country (register sooner rather than later — team challenges begin in May)
Program Email	ad.xc@svhe.com

Supplement Acknowledgment

By signing below, I confirm that I have read this Cross Country Sport Supplement and understand the sport-specific expectations, gear requirements, fees, and logistics for the Cross Country program. I understand this supplement works alongside the Master Athlete and Family Handbook, which I have also read and signed.

Athlete Name (print): _____ **Date:** _____

Athlete Signature: _____ **Date:** _____

Parent / Guardian Name (print): _____ **Date:** _____

Parent / Guardian Signature: _____ **Date:** _____

“And Jesus grew in wisdom and stature, and in favor with God and man.” — Luke 2:52