

It seems like yesterday we were either returning to camp together for another year, or meeting at camp ....not knowing a thing about each other. It was at camp that our team was together for the first time not all familiar with each other but trying to become a team. They were the first steps along the way to our end result, becoming one of the top five teams in South Jersey. Reaching a goal is never a smooth, easy road....like all things in life, however we all got thorough it and I know that it was a positive, exciting memorable experience for everyone.

During this cross country season we accomplished things we never dreamed possible, as well as experiencing disappointing moments....both the positives and negatives put together have made us stronger athletes and people. Remember all that was learned.

We will lose close friends to graduation, however never forget what they added to our team or where they left our program. It is our turn to build upon what they have done. We need to continue the positive personality of our team, continue the pride and tradition that has been established and continue to grow both as people and in numbers. The people we have lost now and through the years have built this program to where it is now and it is our turn to continue where they left off.....Make them proud!

This crazy sport of cross country is not easy and not fun at times. It is our shortcomings that drive us to be better. It takes hard work, enthusiasm, desire, passion, and commitment. You all either have these characteristics or can gain them and by possessing them you will not only be successful in cross country (not matter what level you are competing) but life itself.

We need to remember these shortcomings and the commitment made to overturn them, we also need to remember the success we had and the great feelings they gave us. Remember the fun we had as a team at practice, at meets, on the bus, at pasta parties, and just representing Cherokee Cross Country. Remembering these things will drive you to come together as a team and reach the next step in the process of winning a state championship.

Coach Tarello

# **THINGS TO REMEMBER AS 2001 SEASON ENDS....AND 2002 YEAR BEGINS!**

**“HOLD YOURSELF RESPONSIBLE TO A HIGHER STANDARD THAN  
ANYONE ELSE EXPECTS OF YOU.  
NEVER EXCUSE YOURSELF!”**

**“SUCCESS AND COURAGE ARE NOT DEFINED BY THOSE WHO  
FOUGHT AND DID NOT FALL,  
BUT BY THOSE WHO FOUGHT, FELL, AND ROSE AGAIN !”**

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## **TARELLO'S CREED**

**THE ATHLETES NEED TO SET GOALS AND BELIEVE IN THEMSELVES.**

**TO REALLY ACHIEVE USUALLY MEANS DOING SOMETHING THAT OTHERS BELIEVE IS  
IMPOSSIBLE. THE SPIRIT OF AN ATHLETE THAT IS AIMING FOR THE TOP NEEDS TO BE  
DEVELOPED AND PROTECTED FROM INFLUENCES THAT COULD DESTROY IT. IF A POTENTIALLY  
GREAT ATHLETE IS ALWAYS IN THE COMPANY OF ATHLETES WITH NO REAL COMMITMENT  
TOWARD A SIMILAR DREAM, THEN PROBLEMS DISCRIMIMATING BETWEEN WHAT EVERYONE  
ELSE IS DOING AND WHAT NEEDS TO BE DONE WILL ARISE. TOP ATHLETES MUST BE  
DETERMINED AND COMMITTED. THIS SHOULD BE OBVIOUS IN THE WAY THEY APPROACH  
EVERYTHING THEY DO IN THE SPORT. IT IS VERY EASY FOR AN ATHLETE TO GRADUALLY LOSE  
THAT FIRE AND SETTLE FOR BEING A AVERAGE ATHLETE INSTEAD OF GOOD STATE LEVEL  
ATHLETE. MOST OF OUR YOUTH ARE USED TO BEING VERY COMFORTABLE AND USUALLY  
DON'T HAVE TO WAIT VERY LONG TO GET THE ENJOYMENT THEY WANT.**

CHEROKEE GIRLS



CROSS COUNTRY

# 2002 MOTTO.....

"BRING IT... WE RIGHT  
HERE... WE AREN'T GOING  
ANYWHERE... WE RIGHT  
HERE!"