

# Loyola Marymount University Men's & Women's Cross Country / Track & Field Information Sheet

## Walk-On and Scholarship Standards

Events	Men		Women	
	Walk-On	Scholarship	Walk-On	Scholarship
1600m	4:25	4:20	5:15	5:05
3200m	9:40	9:20	11:20	11:00
Cross Country Mt. SAC, CA	15:30	15:20	18:30	18:15
Cross Country Woodward Park, CA (5K)	15:50	15:40	18:45	18:30
Cross Country Stanford (5K)	16:15	16:00	19:15	19:00

## Frequently Asked Questions

### **What is the focus of your program?**

We are a distance-focused program. Everything we do, every decision we make, every resource we have and every dollar we spend is geared towards improving our distance program. We added Track & Field as an NCAA sanctioned sport in 2006 for two reasons: we wanted to give our distance runners the opportunity to compete year-round and we wanted them to have the opportunity to compete at the NCAA regional and national championships. We have been successful on both fronts.

### **Why should I choose LMU?**

We offer the best of both worlds: a first-class, private school education and a highly competitive distance program on the rise. We believe that we are on the verge of accomplishing great things and we are looking for athletes who want to cultivate a championship mentality and help us build a championship program.

Since 2006 we have won three (3) individual WCC Cross Country Championships. We have qualified individuals for nine (9) NCAA Championships and two (2) USA Outdoor Track & Field Championships. During that time we have also collected four (4) NCAA All-American certificates and produced one (1) Academic All-American.

### **What are the qualities you're looking for in the student-athletes you recruit?**

Being fast is the bare minimum. We want athletes who are coachable and committed to doing everything possible to compete at the highest level. We want kids who are looking for a quality academic experience and will work as hard in the classroom as they do on the track. We're a very team-oriented program and want individuals of good character who will "do the right thing" and contribute to the chemistry of our team. We do not have an "every man for himself" mentality and we believe that everyone on our roster contributes in some way.

### **What is your coaching philosophy?**

The foundation of our program is built on hard work and paying attention to the little things (nutrition, rest, time management, etc.) that make a big difference. As educators, we believe that it is our job to teach and develop the students we work with, both on and off of the track. Ultimately our goal is to improve as a program and we believe this happens when we are committed to the things we just mentioned. If our goal were simply “to win,” we would do things differently.

We believe that each individual on our team is endowed with a certain amount of genetic potential and our goal is to spend four years developing our athletes so they can get as close to realizing 100% of their potential as possible. We believe that with this approach, our program will be successful and the winning will take care of itself.

If you have specific questions about our training philosophy please email Coach Mann whose contact information is at the bottom of this document.

### **Do all of your runners compete in both cross country and track?**

Yes. Some of our athletes focus on middle distances (1500m+) others focus on long distances (5,000m / 10,000m), but all of our athletes are required to run both cross country and track.

### **What about the Sprints, Jumps and Throws?**

At this time we do not support the sprints, jumps or throws. We simply do not have the resources to do so (staff, budget, facilities, etc.).

### **Why is it that when I look at your past results you had sprinters and jumpers?**

We used to carry a small number of sprinters and jumpers on our roster. However, for the reasons listed above we no longer do so.

### **How many athletes are you looking to commit to LMU each year?**

It varies from year-to-year but on average we are looking for 5-7 men and 5-7 women.

### **If I meet the walk-on standard am I guaranteed a spot on the team?**

No. Meeting the walk-on standard simply means that you will be **considered** for a roster spot.

### **What if I don't meet the walk-on standard but I still want to join the team?**

We will not actively recruit anyone who does not meet our walk-on standards. However, if you are definitely coming to LMU we would like to know that. Depending on how much room we have on our roster it is possible that you could be **considered** for a spot. We caution you **NOT** to choose LMU if running in college is an important part of your decision-making process because we cannot promise you that opportunity at this time.

### **Does your program offer scholarships?**

Yes, we do offer athletic scholarships on both the men's and women's teams. Many of our athletes receive financial aid from other sources (academic scholarships, need-based grants, etc.) in lieu of or in addition to an athletic scholarship.

### **If I meet the scholarship standards am I guaranteed to receive money?**

No. Meeting the scholarship standards simply means you will be **considered** for scholarship money. All decisions regarding athletic scholarships are made at the discretion of the coaching staff. Generally speaking, we try to invest the bulk of our scholarship dollars into athletes who run top-7 for us in cross country.

### **How do you differentiate your school from other schools?**

When one is deciding between schools that have a lot in common and are very similar, the athletic experience becomes especially important and one should be asking: What is the program like? What is the head coach like? What is the coach's philosophy? What is the chemistry of the team? Finally, are these things in line with what I'm looking for?

When it comes to comparing LMU to a big, public school the two experiences are vastly different. You really need to decide what kind of college experience you are looking for. At LMU you will not be a number and you will not fall through the cracks. Our average class size is 20. Our student to faculty ratio is 11:1.

There are relatively few programs out there like LMU that cater exclusively to the distance athlete. For the distance athlete who is a serious student and for whom academics are truly a priority, LMU is pretty unique.

### **When does the season start?**

Competing in Cross Country and Track & Field at Loyola Marymount is a year-round commitment. The Cross Country season starts with a personalized summer training plan. This plan leads into a week-long pre-season training camp in Mammoth Lakes, CA the week before school starts. In the spring track practice will begin immediately following the winter holiday break. See our website to find last year's Cross Country and Track & Field competition schedules.

### **What are your facilities like?**

We do a lot of our training on and around campus but we are fortunate to have access to a variety of different surfaces including local parks, wood chip trails, horse trails, the beach and sand dunes. During the track season we rent space at a local all-weather track where we practice twice a week. In addition you will have full access to our academic services for student-athletes, our training room staff as well as our strength and conditioning facilities and staff.

### **I am interested in running at LMU, what should I do next?**

1. Read through the entire FAQ section of the LMU XC / Track & Field Information Sheet so that you gain a better understanding of our program and what we are looking for.
2. Complete the [recruiting questionnaire](#) which is available on the xc/track website.
3. Send an email to Assistant Coach Ali Mann ([Alison.Mann@lmu.edu](mailto:Alison.Mann@lmu.edu)) telling us a little bit about who you are and why you want to run at LMU. This is a good opportunity to ask any questions you may have.
4. Fax a copy of your transcripts and test scores to (310) 496-1616.
5. Register with the NCAA Eligibility Center at: <http://eligibilitycenter.org/>
6. If you are planning on transferring from another institution you must first secure a release from your athletic department before we can communicate with you.
7. Apply for admission to Loyola Marymount.

**Still have questions?** Contact Assistant Coach **Ali Mann** at: [Alison.Mann@lmu.edu](mailto:Alison.Mann@lmu.edu)

**Be sure to check out our Athletics website:** <http://www.lmulions.com>