

5 Reasons to Choose Rattlers Running

1. You will improve as an athlete – Whether you are coming into the Rattlers program as a high school champion or a brand-new runner, you will get better. You will have teammates that can push you in practice, college-level competition that will inspire you to run personal best times, and thoughtful coaching that will guide you in the right direction.

Head Coach Bill Corcoran has over 30 years of college running coaching experience; he is the 2022 CCAA Cross Country Running Coach of the Year. Coach Corcoran's athletes have won a total of 3 Individual and 2 Team CCAA National Cross Country Running Championships, and have achieved dozens of ACAC podium placings. His athletes have gone on to compete for several top programs in both USports and the NCAA. Two of Coach Corcoran's former athletes have represented Canada at the U20 World Cross Country Championships.



2. You'll succeed in the classroom and in the sport – Success in the classroom is a top priority for Rattlers Running. The 2021-22 XC Running team achieved a cumulative GPA of 3.54 (out of 4). Rattlers Running was the MHC Rattlers Academic Team of the Year for 2020/21.

If you need help with your courses or tips on navigating some of the trickier parts of college, your teammates are there to help.

3. You'll have fun– Rattlers runners have fun! Chances are that some of your Rattlers teammates will be ultimately be some of your life-long friends. People who join the running team tend to have similar values: healthy living, goal orientation, etc. – in short, these are the people who are fun to hang out with.

4. You'll be part of a year-round program – To succeed in cross-country running, you need to be a year-round athlete. After the cross-country season wraps up in November, Rattlers Runners have the opportunity to train throughout the rest of the school year. After X-mas, Rattlers runners compete in three ACAC Indoor Track meets held in the Winter semester.

In the spring and summer, we meet a few times a week for workouts in Medicine Hat. If you go home for the summer, you are provided with a spring/summer training program that will prepare you to run fast in the upcoming Fall XC Running season.



5. You'll be a part of the larger MHC Rattlers Athletics Community – MHC has a very good small college athletics program. As a Rattlers athlete, you have access to brand-new weight room and fitness area, full paid travel and accommodation for ACAC competition, a meal per diem when traveling to meets, and other related benefits.

One of the things that Rattlers athletes are known for is volunteering in the community – in fact, you are asked to volunteer for a minimum of ten hours during the school year. How you complete these hours is up to you. You

can help out at road race or xc running meet, visit a local school and interact with students, wrap X-mas presents for needy families ... the choice is yours?

5 Reasons to Choose Medicine Hat College



Comprehensive Program Selection

MHC has a wide selection of programs suitable for University Transfer, Career, Trades, or Academic Upgrading students.

Many students take the first two years of a degree program at MHC and then transfer to a university in Calgary, Lethbridge, Saskatoon, or elsewhere. MHC also has degree completion agreements with other universities that let you take all four years of an Education, Nursing, or Social Work degree in Medicine Hat.

If university studies are not your thing, MHC

offers a number of Career and Trades programs that you can complete over one, two, or even three years. Some are the standard programs you will find at most colleges, like Business, Early Learning, or Power Engineering, but MHC also has a number of specialized programs like Paramedic, Physio Therapy Assistant, or Environmental Reclamation Technician.

If you need to take a few high school equivalent courses or you are undecided about a specific educational path, MHC's Open Studies program might be a good option for you.

In summary, MHC is a great place to start your post-secondary journey, or an excellent choice for completing a Certificate, Diploma, or Degree program.

Small, Friendly Campus

With about 2500 full-time students at the main campus, MHC is large enough to have all of the facilities you need to have a good post-secondary experience, yet it is small enough that you won't get lost among dozens of multi-storied buildings.



The College has on-campus housing for 300 students in 75 townhouse units. Class sizes are reasonable; you will not be in courses that have 600 students taking notes in a lecture theatre. Chances are that you will be on a first-name basis with most of instructors.

Affordable

Tuition for a University Transfer program at MHC is about 2/3s the cost of an equivalent program at the U of C or Mount Royal University. In addition, the average 2-bedroom apartment in Medicine Hat is about 65% of the cost of the same apartment in Calgary. MHC provides great value for your post-secondary dollar.

Location/Accessibility

If you live in Southern Alberta or Southwestern Saskatchewan, chances are that MHC is within a few hours-drive of home. For most students, Medicine Hat is close enough to go home for the weekend or for a quick drop-in visit from a family member or friend.

Vibrant, Friendly Community

Much like the College itself, the City of Medicine Hat is large enough to provide the services and activities you would expect in a city, yet small enough that you won't feel over-run by multitudes of people. In many respects, Medicine Hat feels like a large, small town.

For further information visit www.rattlersrunning.ca or Email Coach Bill at bcorcoran@mhc.ab.ca