

**XC Information**

NAME \_\_\_\_\_

GRADE \_\_\_\_\_ BIRTH DATE \_\_\_\_\_

STREET ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE (home) \_\_\_\_\_

YOUR CELL NUMBER \_\_\_\_\_

YOUR E-MAIL \_\_\_\_\_  
(print clearly!!)

PARENTS' E-MAIL \_\_\_\_\_  
\_\_\_\_\_  
(print clearly!!)

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DAD'S NAME (first and last) \_\_\_\_\_

MOM'S NAME (first and last) \_\_\_\_\_

SIBLINGS' NAMES AND AGES \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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NUMBER OF MILES RUN THIS SUMMER (June 1 - Aug. 14) \_\_\_\_\_  
(approximate number if you're not certain)

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On a 1-5 scale, how would you categorize your FITNESS LEVEL as we start the season? (1 is "just starting out" and 5 is "very fit")

- 1                      2                      3                      4                      5

**WHY ARE YOU HERE??**

WHAT ARE YOUR TOP 3 REASONS (IN ORDER) WHY YOU CAME OUT FOR CROSS COUNTRY? PUT A "1" NEXT TO YOUR TOP REASON; A "2" NEXT TO YOUR SECOND REASON; AND A "3" NEXT TO YOUR THIRD REASON.

\_\_\_\_get in good shape/burn a lot of calories/be fit

\_\_\_\_the respect the team gets around school; be part of a high profile group

\_\_\_\_have fun

\_\_\_\_parents wanted me to

\_\_\_\_compete, beat other teams, win

\_\_\_\_to see how good I can be (the challenge)

\_\_\_\_be with friends or make new friends

\_\_\_\_I like the people involved in XC

\_\_\_\_I like the hard work



If you have any "fears" or uncertainties going into the season, what are they?

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Do you have any particular health concerns/problems we should be aware of going into the season?

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What specific goals do you have for the 2011 season? (a time, a place on the team, to beat someone in particular, to be all-conference, to stay healthy, etc.)

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