

# Cross Country Captain Application

Name: \_\_\_\_\_ Grade in 2012/2013: \_\_\_\_\_  
Email: \_\_\_\_\_  
Phone: \_\_\_\_\_

Captains fulfill an important role on our team. We will choose 7th and 8th grade boys and girls as captains. Captains will be responsible for leading stretches during practices and for the team warmup at any meets. Captains are also expected to set a good example and be the most supportive members of our team. Please answer all of the questions on this form.

1. Why do you think you will be a good team captain?

Answer "Yes" or "No" to the following questions. Answering "No" to a question doesn't necessarily disqualify you from becoming a captain. If you answer "No" please explain on the back of this sheet.

2. Are you willing to be at Endurance Camp every Monday, Wednesday, and Friday from June 1 through July 20? The camp runs from 7:30am to 9am.

3. Are you willing to lead a group of runners during the week between Endurance Camp and the start of cross country practice? This run could be in the morning or in the afternoon.

4. Are you willing to be at every practice during the season even if you are not able to run because of an injury?

5. Are you willing to put forth the effort to maintain at least a "C" in all of your classes during the cross country season?

6. Are you willing to share any captain information you are given (including this sheet) with your parents and seek their advice about your responsibilities?

7. Are you willing to take care of all of your responsibilities at home as well as your responsibilities as a captain?

8. Are you willing to support your teammates as much as possible and always keep a positive attitude?

Student Signature:

Parent/Guardian Signature: