

Cross Country Captain Application

Name: _____ Current Grade: _____

Email: _____

Phone: _____

Mailing Address: _____

Dad's Name: _____

Phone (If Different): _____

Mom's Name: _____

Phone (If Different): _____

Why do you want to be a team captain?

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.

1. Are you willing to be at Endurance Camp every Monday, Wednesday, and Friday from June 7 through July 30? The camp runs from 5:30pm through 7pm.
2. Are you willing to lead a group of runners during the first few weeks of the season for a second run outside of practice? This run would only occur for the first month or so of practice and could be held early in the morning or later in the afternoon.
3. Are you willing to be at every practice during the season even if you are not able to run because of an injury?
4. Are you willing to put forth the effort to maintain at least a "C" in all of your classes during the cross country season?
5. Are you willing to share any captain information you are given (including this sheet) with your parents and seek their advice about your responsibilities?
6. Are you willing to take care of all of your responsibilities at home as well as your responsibilities as a captain?
7. Are you willing to support your teammates as much as possible and always keep a positive attitude?

Sign Here: