

2023 CD CROSS COUNTRY QUESTIONNAIRE

Name:	Nickname(s):	Grade:
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STATE SEASON GOALS (Goals must be measurable and achievable. i.e. times/places/ranking etc.)

Individual Goals	Team Goals	Other Goals (non-running)
Ex: Run under 18 min., #5 on team Time: Place:	Ex: 2 nd MPC; top 5 Dist. Go to States League/Conference: Districts/States:	Ex: Make friends, Get in shape

SHOE INFORMATION

Brand and Name of Shoe:	Purchase Date:
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BEST TIMES (Fill in your best times in the events below. If you don't have or don't know a time, leave it blank.)

200m	400m	800m	1600m	3200m	5000m	10,000m

ACADEMIC QUESTIONS

Cumulative GPA?	Subjects you anticipate having difficulty:
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MEDICAL QUESTIONS (Check and elaborate)

Yes	No	Question	Injury Date, Status
		Have you ever had shin splints?	
		Have you ever had a stress fracture?	
		Have you ever had foot problems?	
		Have you ever had knee problems?	
		List other past injuries: 1) 2) 3) 4)	 1) 2) 3) 4)

FOR SENIORS ONLY (Check and elaborate)

Yes	No	Question	List top choices here
		Do you plan on going to college? List ➡	
		Do you know your expected major? List ➡	
		Would like help in choosing a school?	
		Would you like a recommendation from me?	
		Do you plan on running in college?	At what level? <div style="display: flex; justify-content: space-around; font-size: small;"> <div>Division I scholarships* (350 schools)</div> <div>Division II partial grants (300 schools)</div> <div>Division III scholarships prohibited (444 schools)</div> </div>