

CD CROSS COUNTRY QUESTIONNAIRE

NAME: _____ NICKNAME(S): _____ GRADE: _____

State your goals for the season? (A goal must be measurable and achievable. i.e. times and places, etc.)

Individual Goal	Team Goal	Other Goal
Ex: Run under 18 min., #5 on team	Ex: 2 nd MPC; <5 Dist 3, go to States	Ex: Make friends, be State Qualifier
Time:	League:	
Place:	Dist/Stages:	

Type of shoe and date of last shoe purchase:

Type:	Date:
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PLEASE fill in your best times in the following events:

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

ACADEMIC QUESTIONS

What is your cumulative GPA?

Subjects you anticipate having difficulty:

MEDICAL QUESTIONS (Check and elaborate)

Yes	No	Question	Injury Date
		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 to attend college? List ➔	
		Do you plan to run in college?	
		Would like help in choosing a school?	
		Would you like a recommendation from me?	
		Do you know your expected major? List ➔	