

# Cross Country Captain Application

Name: \_\_\_\_\_ Grade in 2019/2020: \_\_\_\_\_

Captains fulfill an important role on our team. We will choose 7th and 8th grade boys and girls as captains and we try to pick captains from all three groups on the team. Captains will be responsible for leading stretches during practices and for the team warmup at meets. Captains will also be responsible for team equipment such as foam rollers, lacrosse balls, and massage sticks, and some captains may be in charge of pacing their group using a GPS watch. Finally, 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? (Use the back for more space)

Answer “Yes” or “No” to the following questions. Answering “No” to a question will not disqualify you from becoming a captain. If you answer “No” please explain on the back of this sheet.

2. If you are in eighth grade, are you willing to join Mr. Perzee’s SALT leadership program that meets one morning a month during the school year?

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. If you don’t plan to participate in a winter sport, would you be willing to participate in a running group three days a week during the off-season?

5. Are you willing to be responsible for the cross country team equipment and make sure runners return equipment they use?

6. Are you willing to put forth the effort to maintain at least a “C” in all of your classes?

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

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

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

Athlete Signature:

Parent/Guardian Signature: