**Georgetown Cross Country Season Commitment Form**

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Grade\_\_\_\_\_\_ Season\_\_\_\_\_\_\_\_

Process Goals



Outcome Goals



How do you want to be coached?

Why do you want to be on the cross country team this year? (circle all that apply and rank by importance, 1 most important to you)

Social reasons/fun get a college scholarship compete/win races

help team win championships improve health help conditioning for other sports

In order to reach my full potential this season**, I commit to**:

* Show up to practice on time ready to work
* Get 8 to 9 hours of sleep every night
* Stay hydrated by drinking plenty of water
* Eat a healthy diet / consume protein and carbohydrates after training
* Abstain from alcohol, illegal drugs, tobacco and nicotine products
* Notify a coach if unable to attend practice or a meet
* Notify a coach if ill or injury
* Focus on what I can control
* Always make academics a priority
* Always show good sportsmanship and respect others

Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_