

Cupertino High School Cross Country 2017

Home of the Pioneers

Head Coach Paul Armstrong

CHECKLIST (8/7/17)

All items on this list should be completed before the first cross country meet.

<u>Athlete Initial</u>		<u>Parent Initial</u>	
_____	Review Meet schedule	_____	
_____	Read CCS Sportsmanship Policy	_____	
_____	Read " Guidelines and Rules "	_____	
_____	Read items on the information page on the web site	_____	
_____	Complete the Cross Country Athlete Information Sheet	_____	
_____	Athlete / Coach / Parent contract (information only)	_____	
_____	Attend the Cross Country Parent Meeting on 8/30/17 at 7PM in the PE classroom	_____	
_____	Last semester report card review by Coach Armstrong	_____	
_____	Start a Running Log, begins week 8/21/17	_____	
_____	Conflict List (due by 9/1/17. Be sure to read the paragraph at the bottom)	_____	
_____	Student ID number _____	_____	
_____	Driving form if you drive There is one for students & a different one for parents	_____	
_____	Make donation (minimum requested \$100) to: Cupertino High School	_____	
_____	Join Athletic Boosters and/or make direct donation to cross country program	_____	
_____	Bookmark the XC web page at TinoRunners Webpage (http://TinoRunners.org)	_____	
_____	Put coach's phone #s in your binder or cell phone for easy access (408-691-3022 c)	_____	
_____	_____	_____	
Athlete Signature	Date	Parent Signature	Date