Dunwoody High School Cross Country

2020 Face to Face Training Application

Due by email to Coach Hendrickson by August 15, 2020 (bradley\_d\_hendrickson@dekalbschoolsga.org)

Name:

Address:

Student Email:

Parent/Guardian Name(s)

Parent/Guardian Cell Number(s)

Grade in School:

Years on the DHS XC Team (not including this one):

Gender:

2 Mile Track Time Trial Time:

Witness of this 2 Mile Time:

The following documents dated and signed must be uploaded to Dragonflymax for consideration:

Physical Form, Copy of Insurance Card, Concussion Form, Covid-19 Waiver, Cardiac Arrest Form

How have you trained over the summer to get ready for the season?

Are you willing to abide by all safety requirements to ensure the safety of the entire team?

Are you fully committed to the XC team this season and agree to attend every practice and every meet unless approved ahead of time due to sickness or other approved reason? Practice times might have to be flexible throughout the season – 6am? 3:30pm? 8pm?

This season will be very different from year’s past. Are you prepared to train all season and possibly only getting the chance to race once or twice?

Other Considerations the Coaches need to be aware of: