

2016

**FREEPORT CROSS COUNTRY  
ATHLETE INFORMATION SHEET**

NAME- \_\_\_\_\_ GRADE- \_\_\_\_\_

ADDRESS- \_\_\_\_\_

CITY- \_\_\_\_\_ HOME TELEPHONE #- \_\_\_\_\_

BIRTHDAY- \_\_\_\_\_ AGE- \_\_\_\_\_

ATHLETE'S CELL PHONE #- \_\_\_\_\_

ATHLETE'S EMAIL ADDRESS- \_\_\_\_\_

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MOTHER'S NAME- \_\_\_\_\_ MOTHER'S CELL PHONE #- \_\_\_\_\_

MOTHER'S EMAIL- \_\_\_\_\_

FATHER'S NAME- \_\_\_\_\_ FATHER'S CELL PHONE #- \_\_\_\_\_

FATHER'S EMAIL- \_\_\_\_\_

BROTHERS AND SISTERS- \_\_\_\_\_

LIST ALL FALL SCHOOL AND OUT OF SCHOOL ACTIVITIES, OTHER SPORTS,  
AND WORK-

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WHY DID YOU JOIN THE XC TEAM?

STATE YOUR 3 MAIN GOALS FOR XC THIS YEAR:

RATE THE AMOUNT OF RUNNING/EXERCISING/CORE WORK THAT YOU DID  
SINCE LAST XC SEASON (0 is none, 1 is very little, 10 is a lot):

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