

Cy-Woods Cross Country Rule Agreement

I, _____, hereby agree to represent Cypress Woods HS, the Cy-Woods XC team, and myself with PRIDE, RESPECT, HONOR, LOYALTY, and INTEGRITY. I agree to be dedicated and committed to the team, my training, and most of all my academics. I will respect my teammates, other team members, and the coaching staff. I will abide by the rules and codes of the team, District, and UIL. I understand that if I break the rules or misrepresent any of the above that I may be penalized or dismissed from the team. I also understand that Coach Zarate or other coaches reserve the right to evaluate each situation individually, and treat it fairly. I understand the time and commitment of training, academics, meetings, and travel in being a student-athlete at Cypress Woods High School.

Date: _____

Student-Athlete Name: _____

Student Athlete Signature: _____

Parent Signature: _____

Coach Signature: _____



Cypress Woods Cross Country Athlete Information Sheet

Name: _____ Birthday: _____

Home Phone: _____ Cell Phone: _____

Home Address: _____

Parents Name: _____

Mom's Work Number: _____

Mom's Cell Number: _____

Dad's Work Number: _____

Dad's Cell Number: _____

Student's E-mail Address: _____

Parent's E-mail Address: _____

Are you working? _____ If so where? _____



GOAL SHEET INFORMATION

I want you to set at least three short-term and three long-term individual goals and a team goal for the season. You will turn these into me and I will keep them on file. You may set additional goals, but you need to set at least three.

Name: _____

Short Term Goals (no more than two months)

1.

2.

3.

Team Goal:

Long Term Goals (2 Months or more, season)

1.

2.

3.

Team Goal: _____

