



# MLCHS CROSS COUNTRY 2026

## Athlete Information Form (AIF)

Name: \_\_\_\_\_

Athlete's Cell Phone # : \_\_\_\_\_

Athlete's Email: \_\_\_\_\_

Contact (parent or guardian) Name: \_\_\_\_\_

Contact's Cell & Home Phone #s: \_\_\_\_\_(c)\_\_\_\_\_ (h)

Contact's Email: \_\_\_\_\_

Class in Fall (Circle One): 7<sup>th</sup> 8<sup>th</sup> FR SO JR SR Team (Circle One): Boys Girls

Personal Records (Your best times):

800 \_\_\_\_\_ 1600 \_\_\_\_\_ Other \_\_\_\_\_

3200 \_\_\_\_\_ 5K \_\_\_\_\_ 10K \_\_\_\_\_

Why do you want to run XC? Parents want me to run  Enjoy XC  Stay in shape / general fitness  Aerobic base for track  Conditioning for main sport sport (list sport)  \_\_\_\_\_  
Enjoy the camaraderie  Other reason \_\_\_\_\_

T-shirt Size (Circle One): XS S M L XL XXL

**Personal goals for the season (Note: a goal is not a desired outcome – that is an objective. A goal is quantifiable, achievable, and time specific. For instance, “I will break 18:00 before Region” vs. objective [desired outcome] “I want everyone on the team to do their best.”):**

\_\_\_\_\_

\_\_\_\_\_

What should our team goal be?: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Date of last physical: \_\_\_\_\_

Is it on file with MLCHS Athletics? Y or N