

EACH ATHLETE IS EXPECTED TO **COMMUNICATE RESPONSIBLY** WITH THE COUGAR CROSS COUNTRY COACHING STAFF! ATHLETES INVOLVED IN ADDITIONAL EXTRA CURRICULAR ACTIVITIES (including club sports) MUST **ATTACH SCHEDULES** FOR THOSE ACTIVITIES AND LIST ANY POSSIBLE CONFLICTS WITH THE TEAM PRACTICE AND COMPETITION SCHEDULE BELOW.

In addition to noting them below, **YOU MUST PERSONALLY MEET WITH AND VERBALLY DISCUSS ALL POTENTIAL CONFLICTS WITH CHUCK PRIOR TO AUGUST 31ST!!!** LISTING POTENTIAL CONFLICTS DOES NOT MEAN YOU ARE EXCUSED FROM CROSS COUNTRY ON THOSE DAYS. YOU MUST MEET WITH CHUCK TO DISCUSS THE SITUATION AND DETERMINE A PLAN THAT ALLOWS YOU TO FULFILL YOUR OBLIGATION TO THE CROSS COUNTRY TEAM SCHEDULE.

IF YOU HAVE NO CONFLICTS, DON'T FEEL BAD. BY FOCUSING ON A FEW THINGS RATHER THAN SPREADING YOURSELF THIN, YOU ARE MAKING GOOD CHOICES!!

Potential Conflict: _____

Date and Time: _____

EXPLAIN how this might be a Possible Conflict with the Cross Country Schedule: _____

_____ YOU MUST DISCUSS THIS WITH CHUCK!

Potential Conflict: _____

Date and Time: _____

EXPLAIN how this might be a Possible Conflict with the Cross Country Schedule: _____

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DON'T FORGET SAT, PSAT, ACT, or other testing date conflicts for which you have signed up: _____

EXPLAIN how this might be a Possible Conflict with Cross Country Schedule: _____

_____ YOU MUST DISCUSS THIS WITH CHUCK!