

Dimond High School  
2010 Cross Country Running  
**Team Questionnaire**

Name \_\_\_\_\_ Date \_\_\_\_\_

To be filled out by the student-athlete:

What are your short-term cross country running goals (this season)?

What are your long-term cross country running goals (within the next 3-5 years)?

Are you involved with any other sports or programs? Circle one:    Yes        No

If yes, what sport(s) or program(s)?

What are your goals for that (those) sport(s) or program(s)?

What are your expectations for the Dimond cross country running program/season? What do you expect from your Dimond coaches?