



EACH ATHLETE IS EXPECTED TO **COMMUNICATE RESPONSIBLY** WITH THE FALCON 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 CROSS COUNTRY PRACTICE AND COMPETITION SCHEDULE BELOW.

In addition to noting them below, **YOU MUST PERSONALLY MEET WITH AND VERBALLY DISCUSS ALL POTENTIAL CONFLICTS WITH CHRISTINA!!!**

**Activity #1:** \_\_\_\_\_

Dates and Times (ie. practice and game schedule): \_\_\_\_\_

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Possible Conflicts with Cross Country Schedule that **you must personally discuss with CHRISTINA:** \_\_\_\_\_

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**Activity #2:** \_\_\_\_\_

Dates and Times (ie. practice and game schedule): \_\_\_\_\_

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Possible Conflicts with Cross Country Schedule that **you must personally discuss with CHRISTINA!**: \_\_\_\_\_

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**SAT, PSAT, ACT, or other testing dates:** \_\_\_\_\_

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