

GIRLS CROSS COUNTRY NEWCOMERS THINGS TO DO CHECK LIST 2014

	To Do	done	notes
1	pick up packet of info		
2	pick up blue card		
3	pick up physical/clearance packet if needed		
4	check information on clipboards		
5	schedule physical		
6	complete physical and clearance packet		
7	get captains/athlete led schedule		
8	check website regularly		
9	get digital watch		
10	be practicing now as directed		
11	First day of coach led practice:		
	bring physical/clearance packet if not in already		
	bring blue card		
	digital watch		
	fluids as directed		
	know the total of your four weeks of miles (june 23-july 20)		