

## The Oaks Cross-Country Minimum Workout Form

Every runner must have completed at least 10 workouts prior to running their first race. Since we have just 2 regular workouts prior to our first race, every child needs to have at least 8 workouts completed before the regular cross-country season begins.

For each child, please check off and fill in ONE of following options:

1. \_\_\_ My child competed in club sports this summer, consisting of at least 8 half hour workouts.
2. \_\_\_ My child completed at least 8 half-hour workouts on our own time this summer (you may include the two optional pre-season workouts at The Oaks on Sept 11 and 13).

Date:	Length	Workout
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

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

Parent Signature: \_\_\_\_\_