



Nomination Form for Colours
Cross-Country

NAME: _____

SPORT: Cross-Country

TEAM: 16 Years / Open Inter-School Cross-Country Team

	Demonstrated	Comments
Sportsmanship and a good attitude is displayed at all times throughout the season with no questioning/disagreements with teammates, coaches, officials or opposition players or officials.		
Evidence of consistent high level of performance in the sport.		
Minimum 90% attendance at compulsory training sessions*		
Selection in North Queensland Open or 16 Years Cross-Country team		
OR		
Top 3 placing at Inter-House and Inter-School Cross-Country carnival (which guarantees selection in Charters Towers team)*		
AND		
Attendance at North Queensland Cross-Country trials*		

**If sessions or competitions are missed as a result of extenuating circumstances/sickness/injury or higher level school representation, notice and relevant medical documentation must be provided to the coach and/or Sports Co-ordinator prior to the training session/competition or as soon as possible afterwards (ie: within 3 days).*

Coach Signature: _____