



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*		
OR		
Top 3 placing at Inter-House Cross Country carnival		
OR		
Participation in NQ Virtual Cross Country Carnival		

**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: _____

Updated August 2020