

**Cerritos Cross-Country**



September 15-19, 2016  
Honolulu, Hawaii

**LETTER OF INTENT**

May 20, 2016

Dear Athlete,

Over the past year, you have been working hard to qualify for the Iolani Cross Country Invitational. Due to your hard work, you have either qualified or are pending qualifying in various categories. In order to make the process of reservations easier, please fill out this sheet ASAP in order to confirm your commitment to attend the Iolani Invitational from September 15-19, 2016. Please note that you will be missing two and one-half days of school, which will all be considered school business. Students will be responsible to **COMPLETE ALL HOMEWORK ASSIGNMENTS** while on the trip by receiving homework in advance from their instructors. In addition, a non-refundable deposit of \$300 is required, which will be used to purchase the airline tickets. If the fundraising total including the \$300 deposit exceed the cost of the trip, the remaining balance will be credited to your account or will be returned upon request. The approximate cost of the trip will be between \$650-750 and will have tiered pricing once the prices are set. Congratulations on your efforts, best of luck to those who are still attempting to qualify and I look forward to your attendance at the Iolani Cross Country Invitational.

Student \_\_\_\_\_ Grade (2014-2015) \_\_\_\_\_

	Event	Time	Q	PQ	NQ
I. Time Standards:	_____	_____	___	___	___
	_____	_____	___	___	___
	_____	_____	___	___	___
	_____	_____	___	___	___
II. Fundraising(300)	AMT: _____		___	___	___
III. Mammoth Camp			___	___	___
IV. GPA	(3 <sup>rd</sup> ): _____		___	___	___
V. Attitude/Citizenship			___	___	___
VI. Community Service			___	___	___
* Special Invitation Qualifier			___	___	___

Sincerely,

Jason Watanabe  
Head Coach  
Cerritos Cross Country

I acknowledge that I am committing to attend the Iolani Cross Country Invitational from September 15-19, 2016. I also acknowledge that my deposit is non-refundable and I may be responsible for the full cost of the trip if additional costs are incurred in the case that I cannot attend due to personal, school, or disciplinary reasons. I understand that if I am **not SELECTED** onto the team, my deposit will be refunded. Once selected, I acknowledge that I must maintain the qualifying standards through the rest of the year and prior to the invitational or risk being removed from the team without any refunds. I also understand that this is a letter of intent and not a formal invitation and the selection of the Iolani Invitational team will be made at the sole discretion of the coaching staff. I also understand that this trip is optional and by not attending it will not have any negative impact on awards or varsity letterman qualification.

Student Name (Print): \_\_\_\_\_ Date: \_\_\_\_\_

Student Signature: \_\_\_\_\_

Parent Name (Print): \_\_\_\_\_ Date: \_\_\_\_\_

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

Cerritos Cross-Country



September 15-19, 2016  
Honolulu, Hawaii

Name of Athlete \_\_\_\_\_ Grade \_\_\_\_\_

**Iolani Invitational**

**(Approximately \$650-750 – Deposit \$300, Fundraise \$300)**

\*Deposit and Fundraising Amount Subtracted from Total Cost of Trip and is NOT an Additional Cost.

September 15-19, 2016

Kualoa Ranch, Honolulu, HI

Please check the requirements you have met:

\_\_\_\_ **1. Performance Times**

#1 – Event: \_\_\_\_\_ Time: \_\_\_\_\_ [REQ]

#1 – Event: \_\_\_\_\_ Time: \_\_\_\_\_ [REQ]

\_\_\_\_ **2. Fundraising (Minimum \$100)**

Total Amount Raised \_\_\_\_\_ Type of Fundraising \_\_\_\_\_

\_\_\_\_ **3. Grade Point Average (GPA) (Minimum 3.0)**

1<sup>st</sup> Semester GPA \_\_\_\_\_ 3<sup>rd</sup> Quater GPA \_\_\_\_\_

2<sup>nd</sup> Semester GPA \_\_\_\_\_ [EST]

\_\_\_\_ **4. Attitude, Citizenship, Attendance & Performance**

\_\_\_\_ **5. Mammoth Camp [REQ]**

\_\_\_\_ **6. Community Service/Volunteering (10 hours)**

**PETITION QUESTIONNAIRE**

If you do not meet a required category listed above (#1-5), you must submit a petition in order to waive that requirement to allow you to attend the Oregon: Three Course Challenge.

REQ1. Please discuss your personal records in both cross country and track & field and what you have demonstrated in practices and races that will signify improvement for the upcoming 2015-2016 cross country season. What specifically will be done to continue your progress in cross country and what limitations or obstacles did you face that kept you from reaching the standards?

REQ2. What plans do you have to fundraise for the various trips throughout the year and how much money do you hope to raise through your fundraising ventures?

REQ3. What limitations or obstacles did you face that kept you from reaching the standards and what do you plan to do in order to reach the academic standards required? What have you done in order to demonstrate progress?

REQ4. For what reasons do you feel that you did not reach the attitude and performance (effort) standard and what will you do in order to fix the problems you have been facing?

REQ5. For what reasons are you unable to attend the annual Mammoth Camp and what do you plan to do in order to maintain your level of conditioning while the team is attending the Mammoth Camp?