May 15, 2019

To Whom It May Concern,

Based off the hard work and effort you have demonstrated thus far into the year, you are being extended an invitation to attend the Oregon Three Course Challenge, which is a race that will take place in Seaside, Oregon from September 19-22, 2019, which includes one to two days of school which you will miss.

Athletes who have met or are near meeting all six standards have been an extended an invitation to attend this meet. You have demonstrated that you are ready for the challenge and we hope that you will join us as we compete against the Pacific Northwest's best teams. If you have not met all six standards, in order to meet the additional standards, you must complete the petition on the right.

If you wish to qualify, the total for the trip will be approximately $450 including flight, hotel, one dinner (two light breakfasts), and other transportation. Of the money that you must pay, you must raise at least $100 of the total without parental contributions, however, we encourage you to raise more.

Thank you again for your hard work and dedication this summer and keep up the great work! **Please note, you must respond by Friday, July 12, 2019 via e-mail at wutanabe5@aol.com or by submitting this form with your deposit.**

Sincerely,

Jason Watanabe
Head Coach, Cross Country
Cerritos High School

Deposit	$150 (by 7/12)	$200 (after 7/12)
Trip Cost	$450 (by 9/2)	$480 (by 9/18)
	$525 (after 9/18)	
	(Deposit Subtracted from Trip Cost)	

___ I will attend the Oregon Three Course Challenge.

___ I decline my invitation to the Oregon Three Course Challenge.

Name of Athlete _____ Grade _____

Oregon: Three Course Challenge
(Approximately $450/480/525 – Deposit $150, Fundraise $100)
***Deposit and Fundraising Amount Subtracted from Total Cost of Trip and is NOT an Additional Cost.**
September 19-22, 2019
Camp Rilea, Seaside, Oregon

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)**
1st Semester GPA _____ 3rd Quater GPA _____
2nd Semester GPA _____ [EST]

___ **4. Attitude, Citizenship, Attendance & Performance**

___ **5. Mammoth Camp [REQ]**

___ **6. Community Service/Volunteering (10 hours) [Cow Run, Library + 5 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 2017-2018 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?