

Dear Professor,

As a member of one of our 12 Varsity teams on the Augustana campus, the role of Varsity Athlete requires a large time commitment. Practices, games, and travel consume 20-30 hours per week. As a result, advanced time management skills are critical in ensuring my academic success. I would like to take this opportunity to introduce myself to you and explain some of my team commitments.

My name is _____ and I represent the Augustana Vikings Cross Country Running Team. Our team practice schedule is demanding, as we train 4-5 days per week. The training schedule for our team is printed below for your convenience. Classes take precedence over practices. Due to our competition schedule, I may be missing one Thursday and/or Friday during the semester for possible playoff travel. Our race schedule is printed on the back of this letter. **I fully accept that it is my responsibility to do all I can to “catch up” on any material missed in class.** In addition, I will notify you 3-5 days prior to an absence (via email or in person, depending on your preference). Your understanding is greatly appreciated.

You may wish to know that Augustana has almost 200 student athletes on campus that continue to be successful in the classroom and on the trails, court, field, and ice. This year we had more than 40 athletes (4x the national average) achieve National Scholar Status, requiring a GPA of at least 3.5. Of our 200 athletes, 100 achieved a GPA greater than 3.0.

My coach and fellow team members support that academic success remains the main focus of my university career. As a part of athletic commitment, it is required that I ask you to review and sign this agreement; I will return it to my head coach, Gerhard Lotz. Gerhard can be contacted at glotz@ualberta.ca. I will leave a copy with you, as it features the schedule and my coach's email. Thank you for your time.

Cross Country Running practices are scheduled Monday - Thursday 12:15-1:30pm (3 week term), and 4:45-6pm (11 week term).

Vikings Team: _____

Student Athlete Name: _____

Professor Name (please print): _____

Class Name and Section: _____

Professor Email: _____

Professor Signature: _____

Cross Country Running Races

- ACAC Grand Prix races (leave Saturday morning, return Saturday afternoon):

Sept 8	Concordia	Edmonton
Sept 15	STMU/SAIT	Calgary
Sept 22	GPRC	Grande Prairie
Sept 29	Lakeland	Vermilion
Oct 13	Augustana	Camrose

- ACAC Championships:

Oct 27	Lakeland	Vermilion
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- CCAA Championships (leave Thursday or Friday, return Sunday):

Nov 10	Seneca College	Toronto, ON
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