

1. PLEASE COMPLETE YOUR [ATHLETE PROFILE FORM](#) AS SOON AS POSSIBLE.

Important notes:

- You **must be logged in to your ualberta CCID** or *University gmail* in order to access/complete this form. (The form will not work if you are logged into your *personal gmail* on your device.)
- Please ensure that your responses are presented professionally and are web-ready with appropriate language, grammar, spelling and capitalization.

[2019-20 Athlete Profile Form](#)

Here is the explicit address if the above link does not work:

<https://docs.google.com/forms/d/e/1FAIpQLSfeS9ZXGSAvgWaxX-LzgWeXSWi99M8mf5zgdYWut070m5TQIQ/viewform?pli=1>

2. PLEASE COMPLETE YOUR CROSS COUNTRY RUNNING BIOGRAPHY FOLLOWING THE TEMPLATE AND EXAMPLES BELOW AS SOON AS POSSIBLE.

<p>PLAYER BIO (FIRST YEAR)</p> <p><u>Player first name</u> is from <u>name your home town</u> and is in her first year with the Vikings, playing primary as a <u>position</u>. She is enrolled in <u>program and major</u> and one day hopes to become <u>professional goal</u>. <u>Player first name</u> chose to come to Augustana because <u>explain why you thought Augustana was the right fit for you</u>.</p> <p>When <u>player first name</u> is not on the volleyball court you can find her <u>list two or three hobbies</u>. Her favorite book is <u>name a book</u>, her favorite movie is <u>list your favorite movie</u> and her favorite food is <u>name the food</u>.</p> <p>One of her favorite inspirational quotes is : <u>list the quote and author if you know it</u>.</p> <p>OPTIONAL <u>Player first name</u>, is the daughter of <u>parents names</u>, and the sister of <u>siblings names</u>.</p>	<p>PLAYER BIO (Returning)</p> <p><u>Player first name</u> is from <u>name your home town</u> and is in her <u>2nd-5th</u> year playing with the Vikings , primary as a <u>position</u>. She is enrolled in <u>program and major</u> and one day hopes to become <u>professional goal</u>. As a returning player, <u>player first name</u> hopes <u>team or personal goal for this year</u>.</p> <p>When <u>player first name</u> is not on the volleyball court you can find her <u>list two or three hobbies</u>. Her favorite book is <u>name a book</u>, her favorite movie is <u>list your favorite movie</u> and her favorite food is <u>name the food</u>.</p> <p>One of her favorite inspirational quotes is : <u>list the quote and author if you know it</u>.</p> <p>OPTIONAL <u>Player first name</u>, is the daughter of <u>parents names</u>, and the sister of <u>siblings names</u>.</p>
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Samples:

SHELBEA MACLENNAN

I am pursuing a major in Physical Education and a minor in History. My goal is to one day be a Secondary School teacher. I have been playing Volleyball for 6 years both on school teams and club Volleyball. I am very

excited to be playing ACAC Volleyball and joining this great group of girls and coaching staff. My favourite quote is "Respect the training, honour the commitment, cherish the results." When I am not in class or on the court I enjoy spending time with family, friends and playing with my 2 dogs. I love home made tacos and to watch a good movie or read a good book. I am looking to a great first season of being an Augustana Viking! Go Vikings!

RAE METRUNEC

I'm enrolled in Bachelor of Science, majoring in math and physics. This is my second year playing at Augustana, and I played club volleyball for five years before that. In my spare time I like to be either outside or watching a movie. My favourite movies are anything from Marvel's Avengers cinematic universe, and my favourite tv show is Supernatural. My parents Mitch and Sherry always are supporting me and the team, along with my sisters, Lee and Jill, who also attended Augustana. My sisters are the ones who brought me to Augustana, especially Jill, as she also played on the women's volleyball team. A quote that inspires me is "Winners never quit and quitters never win." - Vince Lombardi

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