

Foothill High School - Cross Country
Team Survey - 2026
Head Coach: Jorge Quero
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Name:_____

1. Why do you run Cross Country?

2. Please share your most challenging running/team experience. What did you learn from this?

3. Do you run track? If so, what are your events and those events' PR's?

4. What are your XC PR's for two miles and the 5k - **not on track, on trail?**

5. What are YOUR goals for this season- big and small? Participate or Win NCS? Letter? Please let us know.