



Lutheran West Cross Country/Track & Field

GENERAL INFORMATION

Athlete:
DOB:
Training Age:
Competitive Age:

Parents' Names:
Parents' Phone Numbers:
Parents' Email Addresses:

Lutheran West High School
3850 Linden Rd., Rocky River, OH 44116
440-333-1660

Overall G.P.A.:

Athletic Director:
Mr. Ryan Miller
440-333-1660 rmill@LutheranWest.com

SAT Score:
ACT Score:

Intended Major:

Track & Field Coach:
Mrs. Anjanette Arabian Whitman
440-333-1660 x361
awhitman@LutheranWest.com

Extracurricular Activities:

Season Best Performances

XC 5k:	
2013 (Freshmen)	
2014 (Sophomore)	
2015 (Junior)	
2016 (Senior)	
Track & Field Event:	
2014 (Freshmen)	
2015 (Sophomore)	
2016 (Junior)	
2017 (Senior)	
Track & Field Event:	
2014 (Freshmen)	
2015 (Sophomore)	
2016 (Junior)	
2017 (Senior)	
Track & Field Event:	
2014 (Freshmen)	
2015 (Sophomore)	
2016 (Junior)	
2017 (Senior)	

Training Progression (max weekly mileage) (for XC/Distance runners only)

XC	
2013 (Freshmen)	
2014 (Sophomore)	
2015 (Junior)	
2016 (Senior)	
Track	
2014 (Freshmen)	
2015 (Sophomore)	
2016 (Junior)	
2017 (Senior)	

GENERAL COMMENTARY:

SAMPLE WORKOUTS:

Cross Country/Track:

INJURY/ILLNESS HISTORY REPORT:

Time Frame	Injury/Illness	Cause	Treatment	Outcome	Comments