

ATHLETE EXPECTATIONS

- No driving to and from CHS track.
- Maintain good grades and regular classroom attendance
- You must be present and participating in practice the day before a meet in order to compete in the meet.
- Daily participation and punctuality; practice time is 3:35 p.m. – 5:30 p.m.
- Respect and support ALL coaches and teammates.
- Maintain a healthy lifestyle including a no tolerance policy pertaining to drugs and alcohol.
- Full participation in all meets and is defined as follows:
 1. Set up & take down of all equipment
 2. Supporting your team for the entire meet
 3. Present at post-meet discussion
 4. Performing your event with 100% effort