

March 27, 2008

DEAR PARENTS OF ALL STUDENT-ATHLETES OF CCHS,

All CCHS athletes grades 7th thru 12th will be required to weight lift & condition at CCHS Weight room during the summer. This means any 7th thru 12th grade boy or girl who plans to participate in any sport during the 2008-2009 school year. The cost will be \$35.00 per student-athlete and includes a Workout T-Shirt.

The workouts begin on June 2, 2008 and end on July 22, 2008.

** Any students that are not registered or academically ineligible will not be allowed to participate in summer workouts**

The CCHS coaching staff will oversee the workouts. The schedule will be as follows:

9th-12th Boys: 7:00 am or 5:30 pm Monday-Tuesday-Thursday-Friday
9th-12th Girls: 8:00 am or 4:30 pm Monday-Tuesday-Thursday-Friday
6th -8th Boys (Only): 9:00 am Monday-Tuesday-Thursday
6th- 8th Girls (Only): 8:00am or 4:30 pm Monday-Tuesday-Thursday-Friday

7th and 8th grade athletes are required to attend 15 out of 22 workouts.
9th- 12th grade athletes are required to make 24 out of 30 workouts.

Even though some of our athletes work out at health clubs, they still will be required to come to the workouts on campus. The program was developed to promote strong body and strong team chemistry. Any student athlete involved in camps relating to school, religion or athletics will be excused from workouts during that camp if a written excuse is provided. Any other excused absences will be determined by the Athletic Director and must be approved prior to the absence.

If you have any questions, please call me at 385-5372.

THE DUE DATE IS MAY 5th.

Sincerely,
Ree Case
CCHS Athletic Director

I FULLY UNDERSTAND THIS POLICY FOR STUDENT-ATHLETES AT CCHS.
RETURN THIS PART WITH PAYMENT (CHECKS TO CCHS) BY Tuesday, MAY 1st.
(Please circle on the following shirt sizes: YS YM YL AS AM
AL XL XXL. The circled size will be received.)

PARENT SIGNATURE

STUDENT-ATHLETE SIGNATURE