

**All athletes are required to have a physical**

April 10, 2024

DEAR PARENTS OF ATHLETES OF CCHS,

All CCHS athletes grades 6<sup>th</sup> thru 12<sup>th</sup> will be required to participate in summer conditioning for their sports. Any athlete that does not meet the minimum requirement for their sports **will not be allowed to participate** in any sports for the 2024-2025 school year. The cost will be **\$75.00** per student-athlete and includes a Workout T-Shirt.

The workouts begin on May 30, 2024 and end on July 19, 2024.

\*\* 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:

9<sup>th</sup>-12<sup>th</sup> Boys: 9:00 am Monday-Tuesday -Thursday  
9<sup>th</sup>-12<sup>th</sup> Girls: 8:00 am Monday-Tuesday-Thursday  
6<sup>th</sup>-8<sup>th</sup> Boys (Only): 11:00 am -Monday-Tuesday - Thursday from May 30th – July 1st  
6<sup>th</sup>- 8<sup>th</sup> Girls (Only): 9:30 - Monday- Tuesday -Thursday from May 30th – July 1st

6<sup>th</sup> -8<sup>th</sup> grade athletes are required to attend 10 out of 14 workouts.

9<sup>th</sup>- 12<sup>th</sup> grade athlete workout requirements will be based on the sport(s) that he/she participates in during the school year. The CCHS coaching staff will provide the minimum requirements for each sport to the athletes.

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 10, 2024**.

Sincerely,

Ree Case

CCHS Athletic Director

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I FULLY UNDERSTAND THIS POLICY FOR STUDENT-ATHLETES AT CCHS.

RETURN THIS PART WITH PAYMENT (CHECKS TO CCHS) **BY May 10th**. (Please circle on the following shirt sizes: YS YM YL AS AM AL XL XXL. The circled size will be received.)

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PARENT SIGNATURE

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STUDENT-ATHLETE SIGNATURE