Chesapeake High School

**Indoor Track Guidelines to Varsity**

2023-24 Winter Season



**TheFollowing are goals that you should try and meet in order to be considered as Varsity for this season. Final decisions about Varsity/JV will be discussed by the coaching staff and are at the Head Coach’s discretion.**

1. **Follow team rules**

-proper behavior: follow school policies and team rules

-attendance: be at practice/meets and be on time

-required dates: be at meets and championships

1. Earn a spot in any Championship meets ( That means qualify, not get added to the meet to fill a spot )

-Counties

-Regions

-States

1. Be a Leader

-set a good example

-show strong effort

-go above and beyond

-be chosen as a captain

-be respectful/use proper language

1. You must finish the season in good standing

-no letter/pin/certificate will be awarded if you do not finish the season

\*Note: Meeting any one of these could qualify you for Varsity and failure to meet any one of these could disqualify you. Final decision is at the Head Coach’s discretion