



Chesapeake Track & Field Student-Athlete Expectations

As a member of Chesapeake High School Track & Field Team, I acknowledge my Cougar Pride by making a **POSITIVE** contribution to the **TEAM**.

Character

- At all times your actions represent the team.
- I will show respect to myself, my teammates, my coaches, my teachers, my parents, and property.
- Good Sportsmanship

Coachability

- 100% effort 100% of the time.
- Complete what coaches instruct you to do.
- Attend all practices and meets, unless extenuating circumstances (we can't coach you if we don't see you).
- Team 1st

Ability

2014 Spring Track Time Trials Goal

Distance	Girls	Boys
1600m (4 laps)	7:00	6:00
800m (2 laps)	2:50	2:20
400m (1 lap)	1:10	1:00
200m (1/2 lap)	0:28	0:24

Attitude is just as important as ability!

I understand what is expected as a member of the Chesapeake Track and Field program.

Name _____ Signature _____