

Next school year, in a partnership with Sanford, CHS will be offering a Sports Performance class to our student athletes. This class is available to ATHLETES ONLY and focuses on strength, agility and injury prevention. If this class is taken during students' sports season, it will take the place of the team lifting workouts that are typically required before or after school. If students take it during the off season, it will help them maintain and improve their performance.

This class can count towards PE credit required for graduation, and if the student has already met the PE requirement it will count towards electives. Also, unlike other classes, students take Sports Performance every term, every year they are in high school if they wanted to and they will receive credit each time they take the class, no matter how many times they take it.

It is only offered during 3rd or 4th blocks, so if they would like to get this course added to their schedule they need to fill out the online schedule change form and we can make that change for them. If they have questions about the class, be sure to visit with their coach.

Below is the link to the schedule change form.

<https://docs.google.com/forms/d/e/1FAIpQLSdnyfexIqtyRbIYnCiBSAOFnVqJZsuqa6Ii2djkkqnoqQXwQ/viewform>