

AARON COHN MIDDLE SCHOOL
2017
CROSS COUNTRY TRYOUT INFORMATION AND CONDITIONING

Forms needed to run (conditioning or tryouts):

- Physical
- Parent permission form (found on ACMS website under "Athletics")
- Copy of insurance card

*The above forms should be on file with Coach Ingram **PRIOR** to conditioning or tryouts*

Conditioning:

- Conditioning is not mandatory but is highly recommended.
- Conditioning will begin on Friday, August 11 and run the following week on Monday, Wednesday, and Friday from 4:00 – 5:00.
- I will be happy to provide a workout plan for those not able to attend conditioning.

Tryout Dates and Times:

- Monday, August 21, 2017 from 4:00 – 5:15 pm
- Tuesday, August 22, 2017 from 4:00 – 5:15 pm

Items needed for try outs:

- Running shoes
- Appropriate running shirt and shorts
- Towel
- Water bottle

Students will be evaluated based on the following:

Athletes will be timed running a two mile distance. Runners are encouraged to attend conditioning events held prior to tryouts as they are expected to run the two mile distance in less than 20 minutes. Failure to complete the run in less than 20 minutes does not disqualify a runner from the team automatically, as other factors will be looked at.

- Effort
- Endurance (run entire distance)
- Sportsmanship
- Coachable

The final roster will be posted online Wednesday, August 23, 2017.

Please plan on attending the **MANDATORY** parent meeting Thursday, August 24, 2017 for those who make the team. It will be after practice located in the cafeteria at 6:00 p.m. Be prepared to pay fees – **CASH ONLY**. The total cost for Cross Country will be \$40 (\$15 for t-shirt and \$25 athletic fee). I plan to order T-shirts on Friday, August 25 so we can get them back quickly.

We look forward to a great season!

Cross Country Coach
Athletic Director

Coach Marstin
Coach Ingram

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