



ACMS TRACK CONDITIONING



Track conditioning will start in January and continue through February. All students must have their paperwork turned into Coach Ingram prior to participating in any track conditioning workouts. The conditioning workouts will start after school and end at 5:00PM.

Paperwork Needed	Track Conditioning Dates
<ol style="list-style-type: none">1. Current physical on file with Coach Ingram2. Athletic parent permission form on file with Coach Ingram3. Copy of insurance card on file with Coach Ingram <p>Copies of the physical and parent permission form can be found online: http://sites.muscogee.k12.ga.us/aaroncohn/athletic-department/</p>	Monday: January 14, 2019 Tuesday: January 15, 2019 Thursday: January 17, 2019 Tuesday: January 22, 2019 Thursday: January 24, 2019 Monday: January 28, 2019 Tuesday: January 29, 2019 Thursday: January 31, 2019