

ACMS Boy and Girls Track Tryout Information 2019

What do you need before trying out?

Prior to trying out you must have your physical, Parent Permission Form (Appendix E), and proof of insurance to Coach Ingram. All paperwork must be turned in. If the paperwork is not turned in, your child cannot try out.

If your child knows what distance they are trying out for then please have them come to the appropriate tryout date (listed below). If they do not know, they are welcome to come to both tryout dates.

If you do not have track shoes or spikes PLEASE DO NOT buy any equipment for tryouts.

When and Where?

All students trying out for track will need to meet in the gym after school at Aaron Cohn Middle School. We will start the tryouts at 4:10 PM. **Parents or Guardians should be ready to pick up their child at 5:30 PM at Aaron Cohn Middle School.** The dates for tryouts are as followed:

Distance Tryouts: February 19th (Timed 800m)
Sprint Tryouts: February 20th (Timed 100m and 400m)
Shot Put Tryouts: February 21st
Make Ups: February 21st
Final Rosters will be posted online: February 21st

Students will be evaluated based on the following:

· Speed · Ability to Perform in Multiple Events · Behavior · Sportsmanship · Coachability

What happens when I make the team?

Regular season practices will start at 4:00 PM and end at 5:30 PM. The practices will be held at Aaron Cohn Middle School.

There will be an athletic fee of \$100 to run track at ACMS this season. This will cover the cost of apparel, lockers, and equipment needed.

Admission to the track meets are \$5 for adults and \$3 for students. Meets will be on Fridays at Kinnett Stadium from 5:15PM to about 8:45PM

We will have a mandatory parent meeting February 25th that will be at 5:00PM at ACMS in the cafeteria. During this meeting we will handout schedules and discuss team policies.

Who do I contact?

If you need to get in contact with any of the coaches or the athletic director for additional information:

Head Track Coach (Distance)	Coach Branch	Branch.Karissa.J@muscogee.k12.ga.us
Assistant Track Coach (Sprinting)	Coach Thompson	Thompson.Corey.M@muscogee.k12.ga.us
Assistant Track Coach (Throwing)	Coach Ward	Ward.Michael.W@muscogee.k12.ga.us
Athletic Director	Coach Ingram	Ingram.Kacy.R@muscogee.k12.ga.us