

AARON COHN MIDDLE SCHOOL
2019
CROSS COUNTRY TRYOUT INFORMATION AND CONDITIONING

Forms needed to run (conditioning or tryouts):

- Physical
- Assumption of Risk & Waiver of Liability/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 be on the following dates from 4:00 – 5:00 pm:
 - Monday, August 12
 - Wednesday, August 14
- I will be happy to provide a workout plan for those not able to attend conditioning.

Tryout Dates and Times:

- Monday, August 19, 2018 from 4:00 – 5:15 pm
- Wednesday, August 21, 2018 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 21, 2018.

Please plan on attending the **MANDATORY** parent meeting Monday, August 26, 2018. It will be after practice located in the cafeteria at 5:00 p.m. Be prepared to pay fees – **CASH ONLY**. The total cost for Cross Country will be \$60 (\$15 for t-shirt, \$20 for race shirt and \$25 athletic fee). I plan to order T-shirts on Wednesday, August 28 so we can get them back quickly. Students will also need a black pair of running shorts (a pair can be borrowed from the Athletic Department if purchasing a pair is not possible).

We look forward to a great season!

Cross Country Coach
Athletic Director

Coach Marstin
Coach Ingram

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