

ACMS Boy and Girls Track Tryout Information 2020

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 4:00 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 10th (Timed 800m & 1600m)

Sprint Tryouts: February 11th (Timed 100m and 400m)

Shot Put, Long Jump, and Hurdles Tryouts: February 12th

Make Ups: February 13th

Final Rosters will be posted online:

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 5:00PM to about 9:00PM

We will have a mandatory parent meeting February 14th that will be at 5:00PM at ACMS. 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
Assistant Track Coach
Athletic Director

Coach Branch
Coach Ward
Coach Ingram

Branch.Karissa.J@muscogee.k12.ga.us
Ward.Michael.W@muscogee.k12.ga.us
Ingram.Kacy.R@muscogee.k12.ga.us