

## ACMS Boys and Girls Track Tryout Information 2022

1. Prior to trying out you must have a current Physical, Assumption of Risk, and Proof of insurance. **All paperwork must be turned in to Coach Ingram. If the paperwork is not turned in, you will NOT be allowed to try out.**
2. All students trying out for track will need to meet in the gym after school at Aaron Cohn Middle School. Try-outs will begin at 4:00 PM. **Parents or Guardians should be ready to pick up their child at 6:00PM at Aaron Cohn Middle School.**
3. **Track Try-out schedule:**
  - **Distance Try-outs: Thursday, March 3 (Timed 800m and 1600m)**
  - **Sprint Try-outs: Friday, March 4 (Timed 100m and 400m)**
  - **Shot put, Long jump, and Hurdles/ Make-up: Monday, March 7**

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

4. **Students will be evaluated based on the following:**
  - Speed
  - Ability to Perform in Multiple Events
  - Behavior/Grades
  - Sportsmanship
  - Coachability

**Final Rosters will be posted online: March 7, 2022**

### **If you 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 weekdays at Kinnett Stadium from 5:00PM to about 9:00PM.

We will have a mandatory parent meeting March 8 via Zoom. During this meeting we will discuss schedules and team policies.

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 Richburg  
Coach Ward  
Coach Ingram

[Richburg.Kelly.M@muscogee.k12.ga.us](mailto:Richburg.Kelly.M@muscogee.k12.ga.us)  
[Ward.Michael.W@muscogee.k12.ga.us](mailto:Ward.Michael.W@muscogee.k12.ga.us)  
[Ingram.Kacy.R@muscogee.k12.ga.us](mailto:Ingram.Kacy.R@muscogee.k12.ga.us)