AARON COHN MIDDLE SCHOOL
2023-24 CROSS COUNTRY TRYOUT INFORMATION

Forms needed to run tryout:

- 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 before trying out.

Tryout Dates and Times:

- GIRLS- Monday, August 21, 2023 from 3:20 - 4:20 pm
- BOYS- Tuesday, August 22, 2023 from 3:20 - 4:20 pm

Items needed for tryouts:

- 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 and 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 the evening of Tuesday, August 22, 2023

Please plan on attending the **MANDATORY** parent meeting Wednesday, August 23, 2023. It will be held via Zoom @ 6 pm. The total cost for Cross Country will be $35, which includes the athletic fee & a t-shirt. This t-shirt will not be used for race days. The Athletic Department has Cross Country shirts that we will allow students to use for races, but we ask each student to have their own pair of black running shorts.

We look forward to a great season!

Cross Country Coach Coach Fahnestock Fahnestock.Rachel.W@muscogee.k12.ga.us
Athletic Director Coach Ingram Ingram.Kacy.R@muscogee.k12.ga.us