ACMS: Track Conditioning

Voluntary track conditioning will begin on Tuesday, February 20. Any student wanting to participate in Track Conditioning **MUST** sign up using the link. https://docs.google.com/forms/d/e/1FAIpQLScNEe7IdQW7GKtTB2YQvWrYCBuPCfDuxtitMfDq3JrmDASqUQ/viewform You should sign up the day before the date they plan to start conditioning. Attending track conditioning **does not guarantee** a spot on the roster. Track conditioning is used to help prepare students for try outs.

The dates for Conditioning are listed below:

- **Tuesday, February 20**
- **Thursday, February 22**
- **Tuesday, February 27**
- **Thursday, February 29**

Conditioning will begin at the end of the school day and will **end at 4:30 p.m.** each day. Please plan to be picked up ON TIME each day of conditioning.

IMPORTANT: BRING WATER!!! THIS IS VERY IMPORTANT as we will be RUNNING!

Track try- outs will begin March 4. More information to follow.

The following items are needed in order to participate in conditioning or try-outs

- **Physical**
- **Copy of health insurance card**
- **Assumption of Risk (Parent permission form)**

All forms can be found on the school website under Athletics.