ACMS Boys and Girls Track Tryout Information 2024

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 on time, YOU WILL NOT be allowed to try out.**
2. Any student that did not attending conditioning **MUST sign up to tryout by Sunday, March 3rd** using the following link. You can also access the link on the school website under athletics, track tryout info. https://docs.google.com/forms/d/e/1FAIpQLScNEe7IdQW7GKtTB2YQvWrYCBuPCfDuxtitMfDq3JrmDASqUQ/viewform
3. 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 3:20 PM. **Parents or Guardians should pick up their child at 5:00 PM at Aaron Cohn Middle School**. Tryouts are closed to outside guests.
4. **Track Try-out schedule**:
   - **Distance Try-outs: Monday, March 4 (Timed 800m and 1600m)**
   - **Sprint Try-outs: Tuesday, March 5 (Timed 100m and 400m)**
   - **Shot put/ Make-up: Wednesday, March 6**
   - **IF NEEDED: Thursday, March 7**
   -

Cuts and rosters will be posted on the school website.

****If you do not have track shoes or spikes-PLEASE DO NOT buy them for tryouts****

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

If you make the team:

Regular season practices will start at 3:20 PM and end by 5:00 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. **CASH ONLY**

Admission to the track meets is $5 for adults and $3 for students. Schedule is attached.

We will have a mandatory parent meeting March 11 via Zoom. During this meeting we will discuss schedules and team policies. TIME TBA

Head Track Coach	Coach Richburg	Richburg.Kelly.M@muscogee.k12.ga.us
Assistant Track Coach	Coach Ward	Ward.Michael.W@muscogee.k12.ga.us
Assistant Track Coach	Coach Jones	Jones.Angela.N2@muscogee.k12.ga.us
Athletic Director	Coach Ingram	Ingram.Kacy.R@muscogee.k12.ga.us