



## Cross Country Tryouts 2025

Any student that would like to tryout for Cross Country **MUST sign up to tryout by Monday, Aug 11, 2025 at Noon** using the following link or QR code.

<https://forms.gle/zhfNBtmUcAiYFVKv8>

You can also access the link on the school website under athletics and cross country.

**Any student that does not sign up will NOT be allowed to tryout.**



Scan Me!

**Make sure you read the tryout details before you sign up.**



## AARON COHN MIDDLE SCHOOL Cross Country 2025

### Tryouts Dates:

**Girl's Tryouts: August 13<sup>th</sup> from 3:10pm – 4:30 pm**

**Boy's Tryouts: August 14<sup>th</sup> from 3:10pm – 4:30pm**

**Final Roster will be posted the evening of August 14<sup>th</sup>**

**Parent Zoom Meeting August 18<sup>th</sup> at 6:00 pm. A link will be sent home with runners.**

ALL students **MUST sign up to tryout by Monday, Aug 11th, 2025 at Noon** using the provided link or **QR code**. You can also access the link on the school website under athletics and soccer.

**Any students that do not sign up will NOT be allowed to tryout.**

- Students trying out should report to the gym immediately following school's dismissal.
- Bring your own Water Bottle, towel, running shoes and tryout clothes
- Tryouts and practices are closed to parents and visitors. Please remain in the parking lot until your child is dismissed each day

### Form Requirements to tryout for Cross Country:

1. Current physical on file with Coach Ingram\*
2. Assumption of Risk form on file with Coach Ingram\*
3. Copy of insurance card on file with Coach Ingram

\*Forms can be downloaded from ACMS' Website under "Athletics"

### Making the team will be determined by the following:

- Students 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.
- Communication, Work Ethic, Endurance, Behavior, Sportsmanship and Coachable

### Practice and Meet Schedule

- **If you make the team, practice will begin Tuesday, August 19<sup>th</sup> 3:10-4:30**
- Practice will be on Tuesday and Thursday from 3:10 to 4:30 p.m. Runners will be given a calendar with meets, practice dates, and times. Please make sure you keep up with all dates and times. A meet schedule attached and available on the ACMS website.

### Costs: **Required Total is \$40.00**

- Team Tee Shirt
- Athletic Fee

Everything must be paid in **CASH by August 21<sup>st</sup> to Coach Ingram.**

**Head Coach:** Rachel Fahnestock

**Assistant Coach:** Caitlin Whiten

**Athletic Director:** Kacy Ingram