



GIRLS Track and Field Tryouts 2026

Any student who would like to try-out for ACMS Track **MUST sign up to tryout by Wednesday, March 25, 2026 at Noon** using the following link or **QR code**.

<https://forms.gle/GYg6DbVuLW7SfNpg6>

You can also access the link on the school website under athletics and track and field.



SCAN ME

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

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



AARON COHN MIDDLE SCHOOL

Girls Track and Field 2026

GIRLS Tryout Dates:

Tues, April 7 3:10pm-5:00 pm Sprints
Wed, April 8 3:10-5:00 pm Distance/Shotput
(Final Roster will be posted on Friday, April 10 by 8pm)

***Zoom Parent Meeting Monday, April 13 at 6:00 pm.**

Link will be sent home with team members*

➔ ALL students **MUST sign up to tryout by Wednesday, March 25, 2026, at Noon** using the provided link or **QR code**. You can also access the link on the school website under athletics and Track and Field.

Any students that do not sign up will NOT be allowed to try out.

- Students trying out should report to the gym immediately following school's dismissal.
- Bring your own water bottle
- Bring appropriate athletic clothes and shoes-**track spikes are NOT required for try-outs** (Check weather and be prepared for outside)
- 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 try out for Track and Field

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"

Students will be evaluated on the following:

- Speed-40%
- Athletic Ability/ Able to participate in multiple events-20%
- Attitude/Teamwork/Willingness to work with others/Coachable/Grades 40%

Practice and Game Schedule

- **If you make the team, practice will begin Monday, April 13 from 3:10-5:00pm.**
- Practices are Monday-Friday from 3:10 to 5:00 p.m. The players will be given a calendar with meets, practice dates, and times. Please make sure you keep up with all dates and times.
- The track schedule is attached and on the school website.

Costs: Required Total is \$80.00

- Everything must be paid in **CASH by April 16th to Coach Ingram.**
- Players must provide own shoes/cleats
- Admission to all meets is \$6 (Go fan ONLY)

Head Coach: Kelly Richburg

Assistant Coaches: Michael Ward and Angela Jones

Athletic Director: Kacy Ingram

Principal: Dr. Stefan Lawrence