

ACA Track and Field 2024

Coaching Staff:
Jon Hyams
Chris Hagan

Coach Hyams

- ▶ 8 Years Competitive Runner
- ▶ 2 Years Assistant Coach - Texas Running Center
- ▶ 8 Years Coach - Texas Runners
- ▶ USATF Level 1 Coaching Certificate
- ▶ 2016 Boston Marathon
- ▶ ACA Cross Country 2018-2023
- ▶ ACA Track and Field 2018-2023

Coach Hagan

- ▶ ACA Physical Education
- ▶ ACA Cross Country 2021-2023
- ▶ ACA Basketball 2018-2023
- ▶ ACA Track and Field 2021-2023

Tryouts

- ▶ Athletes sign-up for one (1) event.(2 total attempts - 1 per day of event)
 - Events for tryouts only:
 - Sprints (~150m) Monday 1/29 & 2/05 - 4:00 pm ACA
 - Middle (~400m) Tuesday 1/30 & 2/06 - 4:00 pm ACA
 - Long (~1600m) Thursday 2/01 & 2/08 - 4:00 pm ACA\
 - Throws Friday 2/02 & 2/09 - 4:00 pm ACA
 - All Jump and Relay Athletes will be chosen from the above events.
 - Up to 8 Athletes will be chosen for each gender in each of the tryout events.
 - Once selected for the ACA 2024 T&F team, athletes may be chosen to run and compete in additional events.
- ▶ Team announcements will be made via Remind on Monday 02/12
- ▶ Athletes need to be prepared to compete on tryouts. Shoes/ spikes appropriate clothes are required.
- ▶ ***Current Physical on file***

Tryouts

ACA

Track and Field

2024

TRYOUTS

NAME (PRINT):

GRADE:

Circle one (1) event that you would like to compete.

Sprints (~ 150m)

Middle (~ 400m)

Long (~ 1600m)

Throws

Practice

Mon. & Tue.: 4:00-5:30 PM @ Wimbledon Park (pick up at ACA)

Wed: No Practice (typical)

Thurs.: 4:30-6:00 PM @ Veterans Park (pick up at Veterans Park)
3600 W Arkansas Ln. (North Entrance)

Friday: 4:00 - 5:30 PM @ ACA (pick up at ACA)

Saturday: Possible (assessing track access)

Requirements:

Athletes need to wear appropriate workout clothes.

Appropriate running shoes.

Water. (1/2 gallon highly recommended)

Sharing of water is grounds for dismissal. (even water-falling)

Positive attitude.

TF Meets (Arrive 45 Minutes Early)

- ▶ *2/24 Saturday - Patriot Relays - Arlington
- ▶ *2/29 Thursday - TA Howard Relays - Arlington
- ▶ 3/05 Tuesday - MS Bubba Joiner Invitational - Argyle
- ▶ 3/19 Tuesday - FWC MS Relays - North Richland Hills
- ▶ 3/26 Tuesday - The Big Mike Invitational - Argyle
- ▶ 4/02 Tuesday - MS Warrior Relays - Argyle
- ▶ *4/09 Tuesday - Lena Nelson MS Relays - North Richland Hills
- ▶ 4/27 Saturday - TCSAAL Regional Qualifier - Colleyville (Assumed)
- ▶ 5/04 Saturday - TCSAAL State Meet** - Texas State University

*Tentative

**Must qualify for meet at the Regional Qualifier

Required Forms:

- ▶ 2023-2024 Extra Curricular Handbook - last page!
- ▶ 2023-2024 Release and Waiver of Liability
- ▶ 2023 XC Participation and Order Form
- ▶ UIL Concussion Protocol
- ▶ *Physical and Medical History

<https://www.acaedu.net/Page/1379>

* Due Prior to Tryout

Cost:

- ▶ \$100 for the first sport. Any additional sport is \$75. This fee covers transportation, equipment, supplies, and conditioning.
- ▶ Deadline: 2/22 - Money and All remaining forms due to Mrs. Murphree
- ▶ Checks payable to ACA

Uniforms:

- ▶ Uniforms:
- ▶ \$50 for Uniform **required** *
- ▶ \$20 for T-Shirt **required**
- ▶ Shorts
 - Athletes to provide shorts with-in provided criteria:
 - 4” inseam minimum
 - Loose fitting (no spandex)
 - Navy or black (not blue)
 - No logos / no text/ no images

* Athletes with last years uniform will be allowed a 'grace year' and may continue to use the previous uniform for this school year.



Remind:

- ▶ Enter this number 81010
- ▶ Text this message: @acatf2024

Communication:

- ▶ Tryout information
- ▶ Weekly practice and meet information.
- ▶ State Team announcement (pending Regional Qualifier results)

Fundraisers:

Athletics relies strictly on fundraising events to pay for fees that apply. We are asking each family have an approved volunteer to work at least one fundraising event.

Events as follows:

Fall Dance: September 29th

Spring Dance: March 1st

ACA Extracurricular Handbook 2023-24

- ▶ PARENT- COACH COMMUNICATION GUIDE
- ▶ ACADEMIC NO PASS NO PLAY
- ▶ PHYSICAL EXAMS
- ▶ DAILY SCHOOL ATTENDANCE
- ▶ NO PROFANITY/TAUNTING, SMOKING, DRUGS & ALCOHOL
- ▶ SPORTSMANSHIP
- ▶ INJURIES
- ▶ SOCIAL MEDIA
- ▶ PRACTICE/MEET PICK-UP
- ▶ BUS BEHAVIOR