



Spotsylvania Middle School Athletics Tryout Information



Tryouts

Students should plan on attending all tryout sessions. Depending on the number of students trying out, coaches may have multiple cuts (first and second cuts). Tryouts at SMS will last a minimum of two days, but usually lasting three to four days.

Tryout Checklist:

- Athlete must have a completed VHSL physical form (all 5 sections)
- Athlete must have a completed SCPS Health, Safety, and Concussion Awareness and Acknowledgement form.
- Have, on site, any prescribed medication for medical emergencies (i.e; inhaler, epi-pen, glucagon, eyewear)
- Personal safety equipment for sport (ex. Sheen guards)
- Proper Athletic attire for sport; t-shirt, shorts, shoes, cleats, etc.
- Athlete MAY want to bring personal water bottle during tryouts. Put name on water bottle.
- Athlete should attend all tryouts.
- Head Coach determines final number of students kept on the team.

Things To Keep In Mind

Tryouts for an athletic team give every student an opportunity to make a team. Being on a team the previous year DOES NOT guarantee them a spot on this year's team. Due to various parameters; coaches have to make cuts in order to select a team. Please understand, this is not an easy process for ALL that are involved. If you do not make the team; ask the coaches why and what you need to work on.