



JOHN ADAMS SOFTBALL 2020

CANDIDATES MUST HAVE THE FOLLOWING TO TRYOUT OR PARTICIPATE ON THE FLEX DAYS:

1. 2.0 GPA AT THE END OF THE FIRST SEMESTER
2. A HARD COPY OF A PHYSICAL EXAM DATED AFTER MAY 1, 2019 ON A WVSSAC FORM. FORMS ARE AVAILABLE AT WVSSAC.ORG. PLEASE BRING THEM TO THE FIRST DAY OF TRYOUTS/PRACTICE. (IF THEY PLAYED A SPORT AT JA IN THE FALL OR WINTER, THEIR PHYSICALS ARE ALREADY ON FILE.)
3. REGISTERED AT johnadamsmms.8to18.com FOR SOFTBALL

- SOFTBALL TRYOUTS BEGIN ON MONDAY, MARCH 2ND AT 6:00 PM IN THE JAMS GYM
- **FLEX DAYS WILL BE ON WEDNESDAY, FEBRUARY 26 AND THURSDAY FEBRUARY 27 FROM 3:30-5:30 IN THE JAMS GYM

**THE WVSSAC ALLOWS SPORTS 6 'FLEX DAYS' PER YEAR. FLEX DAYS ARE LEGAL OUT OF SEASON WORKOUTS. THEY CANNOT BE REQUIRED AND ALSO CAN'T BE USED AS TRYOUTS. THESE DAYS ARE OPTIONAL FOR ANY STUDENT INTERESTED. ALL PARTICIPANTS MUST HAVE THEIR WVSSAC PHYSICAL FORM TO PARTICIPATE. THEY MAY BRING THEIR PHYSICAL THE FIRST DAY.

QUESTIONS: WPATTERSON@MAIL.KANA.K12.WV.US

THANKS!

BILL PATTERSON

CANDICE PAULEY

PATRICK SMITH