

JOHN ADAMS SPRING SPORTS

2020

SPRING SPORT REGISTRATION IS NOW OPEN AT johnadamsms.8to18.com.

CANDIDATES MUST HAVE THE FOLLOWING TO PARTICIPATE:

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 johnadamsms.8to18.com FOR THEIR SPRING SPORT

JAMS SPRING SPORT TRYOUT/PRACTICE FIRST DAY SCHEDULE

SPORT	DATE	TIME	LOCATION	COACH/CONTACT
BASEBALL	MARCH 2	4:00-6:00	JAMS GYM	jmccune@mail.kana.k12.wv.us
GOLF (B/C)*	MARCH 2	3:30-4:45	JA CAFE'	jtesta@mail.kana.k12.wv.us
SOFTBALL	MARCH 2	6:00-8:00	JAMS GYM	wpatterson@mail.kana.k12.wv.us
TENNIS (B/C)	MARCH 2	3:30-4:30	ROOM 200	melisa.schulz@camc.org
TRACK (B/C)	MARCH 2	3:30-4:15	JAMS GYM	jmayo@mail.kana.k12.wv.us

* GOLF CANDIDATES DO NOT NEED CLUBS ON THE FIRST DAY

FLEX DAYS

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.

SPRING FLEX DAYS 2020

SPORT	DATES	TIME	LOCATION
BASEBALL	FEB. 26, 27	5:30-7:30	JA GYM
SOFTBALL*	FEB. 26, 27	3:30-5:30	JA GYM
TRACK	Tbd	Tbd	Tbd

* SOFTBALL WILL HAVE A BRIEF PARENT/CANDIDATE INFORMATIONAL MEETING WEDNESDAY FEB. 26 AT 5:30 PM.