



2026 Program Information

REGISTRATION: 10/29/25 – 1/23/25 – Registration is required.

High School: <https://registration.teamsnap.com/form/39646>



Middle School: <https://registration.teamsnap.com/form/39647>



PRACTICES: *All practices are Mandatory*

- When: 4:45 – 6:45PM Mondays, Tuesdays, Thursdays and Fridays
- Where: Kell High School Track
4770 Lee Waters Rd, Marietta, GA
- Start: MIDDLE SCHOOL – Thursday, January 8th
VARSITY - Monday, January 26th

SPORTS PHYSICALS & FORMS

Turn in the following to the TKA Athletic Department no later than December 5th.

Students are REQUIRED to have a current physical form on file in the Athletic Department prior to participating in practices that indicates that the student is physically approved for participation.

(Note: If your child receives a physical after April 1st, it will be good for the entire following school year. The physical form needs to be valid for the entire sport season.) If you are unsure whether your physical is current, please contact Roni Redd red@thekingsacademy.org

Participants must turn in the following forms to the Athletic Department prior to the first practice.
All forms can be found at <https://www.thekingsacademy.org/athletics/Forms.cfm>

Submit Annually

- Pre-Participation Physical Evaluation form (current and signed by a physician; not a camp physical form). GIAA form if HS; GAPPS form if MS. Physicals after 4/1/25 will be good for the entire 2025/2026 school year.

ATTENTION: FORMS FOR HIGH SCHOOL ATHLETES REQUIRED BY GIAA ANNUALLY:

- HS: GIAA Student/Parent Concussion Awareness Form
- HS: GIAA Student/Parent Sudden Cardiac Arrest Awareness Form
- HS: GIAA Student/Parent Heat Illness Awareness Form

Submit One Time

- Birth Certificate (New athletes only)
- High School Affidavit of Eligibility (New HS athletes 9-12th)
- Middle School Affidavit of Eligibility (New MS athletes 6-8th)
- MS: GAPPS Concussion Acknowledgement Form (New athletes only)
- MS: GAPPS Sudden Cardiac Arrest Awareness Form (New athletes only)
- HS AES: Senior Exit form (AES seniors only)

AES/HOMESCHOOLED ATHLETES MUST BE APPROVED PRIOR TO TRYOUTS:

Refer to separate AES Approval Process Document (also found on forms website).

PARTICIPATION FEES

HS and MS Students: \$575

- Uniform INCLUDED (Singlet & shorts (preferred size), and Hoodie – Pants are optional and can be purchased separately if wanted)
- Participation fee includes: competing in all meets and practice facilities, professional photos (individual and team), uniform, sports banquet

All registrants may either pay in full via ACH or Credit Card or select the payment plan: \$75 due at checkout followed by 4 equal monthly payments. Your credit card will be automatically charged the same day each month until all installments are completed.

COMMUNICATION

- Participation in practices and track meets is MANDATORY.
- Only one track meet can be missed due to a valid excuse. Valid excuses (ie: Injury, sickness, death in the family, etc) for missing practice and meets will be honored.
- Athletes involved in other school activities that will interfere with practices or meets should make coaches aware in advance.
- Issues of concern should be addressed with the Head Coach first before speaking with the Athletic Director
- We will do the majority of communication through TeamSnap
- We will do our best to communicate change of practice plans due to weather by 2 pm for days in question

VARSITY LETTERING REQUIREMENTS

1. Participate in all practices
2. Compete in 4 meets
3. Maintain good character and good academic standing
4. The Head Coach makes the final decision

THIS IS NOT UPWARD

- Everyone makes the team but the athletes with the best measurements and time will be placed first in events.
 - If the meet allows 4, then the best 4 will participate in the event. If only three, then the top three, etc.
 - The goal is always to encourage and equip all the athletes to improve and meet the required expectations for the events in which they are striving to compete.
 - Every athlete has equal opportunity to work hard and meet goals that could allow them to pass another athlete by and earn their spot in the top tier.

TRAINING EXPECTATIONS

- Your athlete will start running on their own the moment you sign them up (at least a mile a day – 3 days a week)
- EVERY athlete will be required to condition with their team during every practice regardless of their personal events
- Christ-like behavior at all times - language, music, interactions, how we present ourselves and our school every day and at every meet
- Coaches are not at practices to babysit or force any athlete to participate

VOLUNTEERING

- Every Family must volunteer in some capacity or be charged an extra \$150 at the end of the season (See Volunteer Coordinators for opportunities)
- **This year we will include helping at track events**

MEET SCHEDULE (TENTATIVE)

HS Track meets		MS Track Meets	
2/21/26	Forsyth Central (Cumming)	2/19/26	Lovett Invitational (Atlanta)
2/28/25	Central Relays (Carrolton)	2/28/26	Central Relays (Carrolton)
3/7/26	Creekview (Canton)	3/7/26	Marietta Invitational (Marietta)
3/14/26	Luella Lions (Locust Grove)	3/14/26	Luella Lions Invitational (Locust Grove)
3/21/26	Strong Rock (Locust Grove)	3/26/26	Lovett Invitational (Atlanta)
4/15/26	Creekview (Canton)	TBD	GAPPS STATE CHAMPIONSHIP
4/22/26	GIAA Regionals ?		
4/30/26			
- 5/2/26	GIAA STATE		

COACH & TEAM COORDINATOR CONTACT INFORMATION

Josh Sherwood
Head Varsity Coach (Jumps Coach)
Jsherwood@gmail.com
404-219-9013

Caleb Bass
MS Head Coach (Hurdles Coach)

JJ Johnson
High Jump Coach

Mike Kovak
Long Distance Coach

Anna Kate Stubbs
Sprints Coach

Richard Hetrick
Throws Coach

VOLUNTEER COORDINATORS

Contact Coach Josh Sherwood if interested in one of these Volunteer positions needing to be filled:

Varsity Team Coordinator
Middle School Team Coordinator



**5% OF SALES
BACK TO
YOUR TEAM
BOOSTER CLUB!**

The King's Academy

TRACK & FIELD '26

**JOIN US FOR SPIKE DAY
IN FEBRUARY/TBD!**

**SPECIAL OFFERS
FOR THIS EVENT ONLY!**

FLEET  FEET.

CANTON

**1431 RIVERSTONE PKWY.
SUITE 100, CANTON**

- **VISIT US NOW TO PREPARE FOR PRESEASON TRAINING
FOR A 10% DISCOUNT TO STUDENT ATHLETE'S AND
THEIR FAMILIES ANYTIME YOU VISIT OUR STORE!**
- **15% DISCOUNT AT THE SPIKE EVENT!**