

Aaron Cohn

Summer Football Conditioning



The Aaron Cohn football coaching staff would like to invite your student-athlete to our summer football conditioning. At Aaron Cohn, we will ensure an environment conducive to building champions. We are highly motivated and passionate about making sure that student-athletes are successful in sports and academics. The playing field is an important extension of the classroom with unlimited lessons in life skills. Students will learn how to work to fulfill their potential while they gain experience and refine athletic skills. They will also learn how to cooperate with teammates and develop healthy attitudes toward competition.

The summer football conditioning program will consist of strength, speed/agility training and football specific skills. In order to participate we must have a current physical, parent permission form and medical insurance on file. Physical exams are valid for one year from the date given. The parent permission form can be accessed through the Muscogee County School District website. Type parent forms in the search box, click athletics, and then click on the permission to participate or treat form. I am excited about the upcoming year and I look forward to seeing you at 8:00 am on June 15, 2017.

Location- Aaron Cohn Middle School

Date- June 15th – July 27th (Tuesday, Wednesday, Thursday)

Time- 8:00 am – 10:00 am

Ages- 6th thru 8th Grade

Equipment- football cleats, athletic shoes, shorts and shirt

Contact: mcneill.maurdrice@muscogee.k12.ga.us, 706 442 7175

Mr. Green, Principal

Coach Ingram, Athletic Director

Coach McNeill, Head Football Coach

Aaron Cohn

Football



Coach McNeill
mcneill.maurdrice@muscogee.k12.ga.us
(706) 442 7175

Feel free to contact me for any questions and/or concerns.

June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15 Football Conditioning: 8:00 – 10:00	16	17
18	19	20 Football Conditioning: 8:00 – 10:00	21 Football Conditioning: 8:00 – 10:00	22 Football Conditioning: 8:00 – 10:00	23	24
25	26	27 Football Conditioning: 8:00 – 10:00	28 Football Conditioning: 8:00 – 10:00	29 Football Conditioning: 8:00 – 10:00	30	

Aaron Cohn

Football



Coach McNeill
mcneill.maurdrice@muscogee.k12.ga.us
 (706) 442 7175

Feel free to contact me for any questions and/or concerns.

July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 DEAD WEEK No Workouts	5 DEAD WEEK No Workouts	6 DEAD WEEK No Workouts	7	8
9	10	11 Football Conditioning: 8:00 – 10:00	12 Football Conditioning: 8:00 – 10:00	13 Football Conditioning: 8:00 – 10:00	14	15
16	17	18 Football Conditioning: 8:00 – 10:00	19 Football Conditioning: 8:00 – 10:00 7/7 @ Fort	20 Football Conditioning: 8:00 – 10:00	21	22
23	24	25 Football Conditioning: 8:00 – 10:00	26 Football Conditioning: 8:00 – 10:00	27 Football Conditioning: 8:00 – 10:00	28	29

Football conditioning is vital to any program. Coming to conditioning does not guarantee a spot on the roster. Football conditioning is used to help prepare students for try outs, help students in areas they need help, and more time in front of a coach to be evaluated.

Conditioning will be more important this summer than it has been in the past due to the season starting earlier this season. I anticipate try outs being within the first two weeks of school.

Workouts will start on Thursday June 15, 2017 and will be on every Tuesday, Wednesday, and Thursday afterwards. Please be on time to drop off and pick up your child. We start and end on time. We will begin at 8am and end at 10am. The week of July 4 is considered a dead week across the state of Georgia. There will be no workouts during that week. There is a 7/7 scheduled for July 19 at Fort Middle School. It will be in the evening and have not received a time yet. All middle schools will be participating. There should be more added and will give you an update once I confirm the dates.

This is a tentative schedule and changes may come about. The August calendar will be given out in July. All try out information and cost will be given in July too. Feel free to contact me for any questions and/or concerns.

Sincerely,

Maurdice McNeill