

AARON COHN MIDDLE SCHOOL: FOOTBALL TRYOUT INFORMATION

Pre-Training Conditioning:

- August 13-17, 2018
- Monday – Friday from 4:10 – 6:00 pm. **(PRACTICES ARE CLOSED TO PUBLIC)**

Tryout Dates and Times:

- Monday August 20, 2018 from 4:10 – 6:00 pm. **(PRACTICES ARE CLOSED TO PUBLIC)**
- Tuesday August 21, 2018 from 4:10 – 6:00 pm. **(PRACTICES ARE CLOSED TO PUBLIC)**
- Wednesday August 22, 2018 from 4:10 – 6:00 pm. **(PRACTICES ARE CLOSED TO PUBLIC)**

Forms needed for pre-training/ tryout:

- Physical
- Parent permission form (found on ACMS website under “Athletics”)
- Copy of insurance card

*The above forms should be on file with Coach Ingram

Items needed for try outs:

- Tennis shoes and/or cleats (do not buy anything for try outs)
- Shorts
- T-shirt

Students will be evaluated based on the following:

- Speed/Endurance
- Footwork/agility
- Football IQ/Instincts
- Sportsmanship
- Coachable

The football roster will be posted online Wednesday August 22, 2018 evening.

Please plan on attending the **MANDATORY** parent meeting Thursday August 23, 2018 for those who make the team. It will be after practice located in the cafeteria at 6:30 p.m. Be prepared to make payments. I plan to order that evening so items will be back on time.

Estimated cost for football players: **\$150**, Money needs to be paid at Mandatory Parent Meeting, **CASH ONLY**

- Athletic fee
- t-shirt (3)
- dri - fit shirt (wear under shoulder pads)
- socks (2 pair)
- shorts
- collar shirt (wear to school on game day)
- Mouth piece

*Additional cost for padded girdle and knee pads **\$175** (optional you may purchase on your own)

Additional cost not included in the estimated Athletic fee:

- Admission into games: \$5 – adults, \$3 - students
- Football cleats
- Any other football attire that's not needed: wristbands, gloves, under armour, etc