

# 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 18, 2019.

**Location- Aaron Cohn Middle School**

**Date- June 18<sup>th</sup> – July 10<sup>th</sup>**

**Time- 8 am – 11 am (8 am – 10 am July 10<sup>th</sup>)**

**Ages- 6<sup>th</sup> thru 8<sup>th</sup> Grade**

**Equipment- Football cleats, athletic shoes, shorts and shirt**

**Contact: [thompson.corey.m@muscogee.k12.ga.us](mailto:thompson.corey.m@muscogee.k12.ga.us), 404 587 9560**

Mr. Green, Principal

Coach Ingram, Athletic Director

Coach Thompson, Head Football Coach

# Aaron Cohn

## Football



Coach Thompson  
[thompson.corey.m@muscogee.k12.ga.us](mailto:thompson.corey.m@muscogee.k12.ga.us)  
(404) 587-9560

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

### June

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

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### July

| Sunday | Monday   | Tuesday   | Wednesday                                       | Thursday                      | Friday                        | Saturday |
|--------|--|---|---|-------------------------------|-------------------------------|----------|
|        | 1<br>DEAD WEEK<br>No Workouts                  | 2<br>DEAD WEEK<br>No Workouts                                       | 3<br>DEAD WEEK<br>No Workouts                   | 4<br>DEAD WEEK<br>No Workouts | 5<br>DEAD WEEK<br>No Workouts | 6        |
| 7      | 8<br>Football<br>Conditioning:<br>8:00-11:00am | 9<br>District Wide<br>7on7 for all<br>Middle<br>Schools Time<br>TBA | 10<br>Football<br>Conditioning:<br>8:00-10:00am | 11                            | 12                            | 13       |
| 14     | 15   | 16  | 17  | 18                            | 19                            | 20       |
| 21     | 22   | 23  | 24  | 25                            | 26                            | 27       |
| 28     | 29   | 30  | 31  |                               |                               |          |

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. I anticipate try outs being within the first two weeks of school.

Please be on time to drop off and pick up your child. We start and end on time. We will begin at 8 am and end at 11 am. 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 7on7 scheduled for July 9 with the place and time TBA. All middle schools will be participating. If there should be more added I will give you an update once I confirm the dates.

This is a tentative schedule and changes may come about. Feel free to contact me for any questions and/or concerns.

Sincerely,

Corey Thompson