

## AARON COHN MIDDLE SCHOOL: FOOTBALL TRYOUT INFORMATION

### Pre-Training Conditioning:

- August 12-15, 2019
- Monday – Thursday from 4:10 – 6:00 pm. **(PRACTICES ARE CLOSED TO PUBLIC)**

### Tryout Dates and Times:

- Monday August 19, 2019 from 4:10 – 6:00 pm. **(PRACTICES ARE CLOSED TO PUBLIC)**
- Tuesday 1<sup>st</sup> cuts August 20, 2019 from 4:10 – 6:00 pm. **(PRACTICES ARE CLOSED TO PUBLIC)**
- Wednesday August 21, 2019 from 4:10 – 6:00 pm. **(PRACTICES ARE CLOSED TO PUBLIC)**

### Forms needed to try out:

- Physical
- Assumption of Risk & Wavier of Liability Form/ Parent permission (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 21, 2019 evening.

Please plan on attending the **MANDATORY** parent meeting Thursday August 22, 2019 for those who make the team. It will be after practice located in the cafeteria at 6:00 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: \$160, 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

\* Extra for the purchase of a padded girdle and knee pads **\$185** (optional can buy on your own)

### Additional cost not included in the estimated Athletic fee:

- Admission into games: \$5 – adults, \$3 - students
- Football cleats

These items should **NOT** be needed or purchased: wristbands, gloves, shields/visors, etc.