



AARON COHN MIDDLE SCHOOL VOLLEYBALL 2019



Tryouts will be August 20, 21, & 22, 2019 from 4:00 p.m. to 5:30 p.m. in the Gym.

- Students trying out should report to the gym immediately following school's dismissal.
- Tryouts and practices are closed to parents and visitors. Please remain in the parking lot until your child is dismissed each day.

Requirements to try out for Volleyball:

1. Current physical on file with Coach Ingram*
2. Assumption of Risk & Waiver of Liability/parent permission form on file with Coach Ingram*
3. Copy of insurance card on file with Coach Ingram
4. Willingness to Work Hard

*Forms can be picked up in the gym or downloaded from ACMS Website under "Athletics."

Making the team will be determined by the following:

- Skills (Passing, Setting, Hitting, Serving) 60%
- Athletic Ability (Quickness, Endurance, Strength, Jumping Ability) 10%
- Communication, Work Ethic, Versatility, and Coachable: 30%

Practice and Game Schedule

If you make the team, practice will begin Friday, August 23rd. Practices are Monday through Friday from 4:00 to 5:30 p.m. Players will be given a calendar with games, practice dates, and times on the first day of practice. Please make sure you keep up with all dates and times. A game schedule is on the ACMS website.

Costs:

Required Total is \$55.00

- \$30 athletic fee is to be paid by all team members.
- \$10 Volleyball socks
- \$15 Team Tee Shirt (Additional ones can be ordered for family members)

Additional cost:

Students will have to purchase their own knee pads.

Everything must be paid in **CASH at the PARENT MEETING.**

Parent Meeting is Friday, August 23rd at 5:00 in Cafeteria.

Please keep in mind that there is an admission fee for all volleyball games. The fee is as follows: \$5.00 for Adults; \$3.00 for Students.

Head Coach: Coach TaKeshia Lynn

Assistant Coach: Coach Ashley Hightower

Athletic Director: Coach Kacy Ingram