

## **Aaron Cohn Middle School**

### **Boys Basketball Conditioning**

All students planning to try out for Basketball, conditioning will be the following days from 4-5pm:

**Monday, November 4<sup>th</sup>: 6<sup>th</sup> Grade Boys ONLY**

**Tuesday, November 5<sup>th</sup>: 7<sup>th</sup> Grade Boys ONLY**

**Wednesday, November 6<sup>th</sup>: 8<sup>th</sup> Grade Boys ONLY**

**Tuesday, November 12<sup>th</sup> and Wednesday, November 13<sup>th</sup>:  
EVERYONE (6<sup>th</sup>, 7<sup>th</sup>, & 8<sup>th</sup>)**

### **Girls Basketball Conditioning**

All students planning to try out for Basketball, conditioning will be the following days from 4-5pm:

**Thursday, November 7<sup>th</sup>: EVERYONE (6<sup>th</sup>, 7<sup>th</sup>, & 8<sup>th</sup>)**

**Tuesday, November 12<sup>th</sup> and Wednesday, November 13<sup>th</sup>:  
EVERYONE (6<sup>th</sup>, 7<sup>th</sup>, & 8<sup>th</sup>)**

#### **IMPORTANT:**

##### **Requirements for Conditioning:**

- 1. Current Physical**
- 2. Assumption of Risk Form – Parent Permission**
- 3. Copy of Insurance Card/ Info**
4. Good grades and conduct grade must be maintained
5. Willingness to work hard

Forms can be downloaded on the school website or picked up from Coach Ingram:  
<http://sites.muscogee.k12.ga.us/aaroncohn/athletic-department/>.

**Tryout information to follow.**