

# Aaron Cohn

## Summer Basketball Conditioning



The Aaron Cohn basketball coaching staff would like to invite your student-athlete to our summer basketball 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 basketball conditioning program will consist of strength, speed/agility training and basketball specific skills. **In order to participate we must have a current physical, assumption of risk form (aka parent permission form) and medical insurance on file with Coach Ingram.** 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 10:30 am on June 15, 2021.

**Location- Aaron Cohn Middle School**

**Date- June 15<sup>th</sup> – June 23<sup>rd</sup>**

**Time- 10:30 am – 12:30 pm**

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

**Equipment- Athletic shoes, shorts, shirt, water bottle, and towel**

**Contact: [stalling.christopher.p@muscogee.k12.ga.us](mailto:stalling.christopher.p@muscogee.k12.ga.us)**

**(706) 304-9685**

Mr. Stone, Principal

Coach Ingram, Athletic Director

# Aaron Cohn

## Basketball



Coach Stalling  
[stalling.christopher.p@muscogee.k12.ga.us](mailto:stalling.christopher.p@muscogee.k12.ga.us)  
(706) 304-9685

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

### June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15 Basketball Conditioning: 10:30 12:30pm	16 Basketball Conditioning: 10:30 12:30pm	17 Basketball Conditioning: 10:30 12:30pm	18	19
20	21	22 Basketball Conditioning: 10:30 12:30pm	23 Basketball Scrimmage Game: 10:30 12:30pm	24	25	26
27	28	29	30			

Basketball conditioning is vital to any program. Coming to conditioning does not guarantee a spot on the roster. Basketball 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 after the football championship game for MCSD.

Please be on time to drop off and pick up your child. We start and end on time. We will begin at 10:30 am and end at 12:30 pm. This is a tentative schedule and changes may occur. Feel free to contact me for any questions and/or concerns.

Sincerely,

Chris Stalling