

# 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, 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 8:00 am on June 9, 2021.

**Location-** Aaron Cohn Middle School

**Date-** June 9<sup>th</sup> – June 24<sup>th</sup>; July 9<sup>th</sup> – July 29<sup>th</sup>

**Time-** 8 am – 10 am

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

**Equipment-** Football cleats, 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

Coach Stalling, Head Football Coach

# Aaron Cohn

## Football



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 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9 Football Conditioning: 8:00-10:00am	10	11	12
13	14	15 Football Conditioning: 8:00-10:00am	16 Football Conditioning: 8:00-10:00am	17 Football Conditioning: 8:00-10:00am	18	19
20	21	22 Football Conditioning: 8:00-10:00am	23 Football Conditioning: 8:00-10:00am	24 Football Conditioning: 8:00-10:00am	25	26
27	28 DEAD WEEK  No Workouts	29 DEAD WEEK  No Workouts	30 DEAD WEEK  No Workouts			

# July 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 DEAD WEEK  No Workouts	2 DEAD WEEK  No Workouts	3
4	5	6	7  Football Conditioning: 8:00-10:00am	8	9	10
11	12	13  Football Conditioning: 8:00-10:00am	14  Football Conditioning: 8:00-10:00am	15  Football Conditioning: 8:00-10:00am	16	17
18	19	20  Football Conditioning: 8:00-10:00am	21  Football Conditioning: 8:00-10:00am	22  <b>Fun Day</b> Launch or Stars & Stripes (TBD)	23	24
25	26	27	28  Football Conditioning: 8:00-10:00am	29  District Wide 7on7 for all Middle Schools	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 10 am. There is a 7on7 scheduled for July 29 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 time we will play.

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

Sincerely,

Chris Stalling