

## AARON COHN MIDDLE SCHOOL: FOOTBALL PRE-SEASON CONDITIONING/ TRYOUT INFORMATION

The Aaron Cohn football coaching staff would like to invite all student-athlete to our fall football program. Here 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. During the pre-season conditioning workouts we will concentrate on strength, speed/agility training and football specific skills. I am excited about the upcoming year and I look forward to seeing you out there!! The dates and important information for the upcoming season is listed below.

### Forms needed for pre-season conditioning/ tryout:

**Paperwork drop-off** must be turn-in no later than Friday, August 20, 2021. Paperwork must be handed to Coach Ingram or email [ingram.kacy.r@muscogee.k12.ga.us](mailto:ingram.kacy.r@muscogee.k12.ga.us)

- Physical
- Assumption of Risk form (found on ACMS website under "Athletics") if you
- Copy of insurance card

**\*The above forms should be on file with Coach Ingram**

### Pre-Season Conditioning: (Bring own water bottle/jugs)

- Monday August 23, 2021 from 4:30 – 6:00 pm. **(PRACTICES ARE CLOSED TO PUBLIC)**
- Wednesday August 25, 2021 from 4:30– 6:00 pm. **(PRACTICES ARE CLOSED TO PUBLIC)**
- Monday August 30, 2021 from 4:30 – 6:00 pm. **(PRACTICES ARE CLOSED TO PUBLIC)**
- Wednesday September 1, 2021 from 4:30– 6:00 pm. **(PRACTICES ARE CLOSED TO PUBLIC)**
- Wednesday September 8, 2021 from 4:30 – 6:00 pm. **(PRACTICES ARE CLOSED TO PUBLIC)**
- Wednesday September 15, 2020 from 4:30– 6:00 pm. **(PRACTICES ARE CLOSED TO PUBLIC)**

### Tryout Dates and Times: (Bring own water bottle/jugs)

- Tuesday September 28, 2021 from 4:30 – 6:00 pm. **(PRACTICES ARE CLOSED TO PUBLIC)**
- Wednesday September 29, 2021 from 4:30 – 6:00 pm. **(PRACTICES ARE CLOSED TO PUBLIC)**

### First Practice Dates and Times: (Bring own water bottle/jugs)

- Thursday September 30, 2021 from 4:30 – 6:00 pm. **(PRACTICES ARE CLOSED TO PUBLIC)**
- Friday October 1, 2021 from 4:30 – 6:00 pm. **(PRACTICES ARE CLOSED TO PUBLIC)**

### 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
- Coachability

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- Estimated cost for football players: \$125, Money needs to be paid at Tuesday, October 5th, CASH ONLY
  - Athletic fee
  - T-shirt
  - Dri - fit shirt (wear under shoulder pads)
  - Socks
  - Shorts
  - Mouth piece
  - Girdle

\* Extra for the purchase of a padded girdle and knee pads \$150 (optional can buy on your own)

The football roster will be posted online Thursday September 30, 2021 morning.

Please plan on attending the **MANDATORY** parent meeting Monday October 4, 2021 for those who make the team. It will be after practice on a Zoom link given to players for 7:00 pm that night. Please be prepared to make payments ASAP, so I can order items and have them returned at a timely manner.

Please be on time picking up your child. We start and end on time. We will begin at 4:30 pm and end at 6 pm. This is a tentative schedule and changes may occur. Feel free to contact me for any questions and/or concerns.

Sincerely,

Chris Stalling

