

Aaron Cohn

Summer Football Workouts



The Aaron Cohn football coaching staff would like to invite all student-athlete to our summer football workouts. The goal here at Aaron Cohn is to 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 summer football workouts we will consist of strength, speed/agility training and specific football drills and skills. I am excited about the upcoming season and I look forward to seeing you this summer! The Summer Football Schedule is listed below.

Location- Aaron Cohn Middle School

Date- June 13th – July 22th

Time- 4:30pm – 5:45pm; 8 – 10 am

Ages- 6th thru 8th Grade

Forms needed for Conditioning/Practice:

The forms below need to be turned-in and handed to Coach Ingram only or submitted by email ingram.kacy.r@muscogee.k12.ga.us

- Physical (Physical good for one calendar year)
- Assumption of Risk form (found on ACMS website under “Athletics”)
- Copy of insurance card

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

Contact: 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
(706) 304-9685

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



June 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Dead Week	2 Dead Week	3 Dead Week	4
5	6	7	8	9	10	11
12	13	14 Summer Workouts: 4:30 – 5:45pm	15	16 Summer Workouts: 4:30 – 5:45pm	17	18
19	20	21 Summer Workouts: 4:30 – 5:45pm	22	23 Summer Workouts: 4:30 – 5:45pm	24	25
26	27	28 Summer Workouts: 4:30 – 5:45pm	29	30 Summer Workouts: 4:30 – 5:45pm		

July 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Dead Week	5 Dead Week	6 Dead Week	7 Dead Week	8 Dead Week	9
10	11 Summer Workouts: 8-10am	12 Summer Workouts: 8-10am	13	14 Summer Workouts: 8-10am	15	16
17	18	19 Summer Workouts: 8-10am	20	21 Summer Workouts: 8-10am	22	23
23	24	25	26	27	28	29

Football Workouts is vital to any program. The workouts will be used to help prepare students for summer conditioning and try-outs, help students in areas they need help, and more time in front of a coach to be evaluated. I anticipate ALL students to come out so we can work towards going back to the championship and winning the Middle School football championship for MCSD.

Please be on time to drop off and pick up your child. We start and end on time. We will begin at 4:30 pm and end at 5:45 pm. This is a tentative schedule and changes may occur. Feel free to contact me for any questions and/or concerns.

Sincerely,

Chris Stalling