

## 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/ tryouts:

**Paperwork drop-off** must be turn-in no later than Thursday, August 25, 2022. 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") (New Form after August 1<sup>st</sup>)**
- **Copy of insurance card**

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

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

- Thursday August 25, 2022 from 4:00 – 5:30 pm. **(PRACTICES ARE CLOSED TO PUBLIC)**
- Thursday September 1, 2022 from 4:00 – 5:30 pm. **(PRACTICES ARE CLOSED TO PUBLIC)**
- Tuesday September 6, 2022 from 4:00 – 5:30 pm. **(PRACTICES ARE CLOSED TO PUBLIC)**
- Thursday September 8, 2022 from 4:00 – 5:30 pm. **(PRACTICES ARE CLOSED TO PUBLIC)**
- Tuesday September 13, 2022 from 4:00 – 5:30 pm. **(PRACTICES ARE CLOSED TO PUBLIC)**

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

- Monday September 19, 2022 from 4:00– 6:00 pm. **(PRACTICES ARE CLOSED TO PUBLIC)**
- Tuesday September 20, 2022 from 4:00 – 6:00 pm. **(PRACTICES ARE CLOSED TO PUBLIC)**
- Wednesday September 21, 2022 from 4:00 – 6:00 pm. **(PRACTICES ARE CLOSED TO PUBLIC)**

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

- Thursday September 22, 2022 from 4:30 – 6:00 pm. **(PRACTICES ARE CLOSED TO PUBLIC)**
- Friday September 23, 2022 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
- Towel/Sweat Rag

### 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: \$150, Money needs to be paid by Thursday, September 29, 2020 **(CASH ONLY)**
  - Athletic fee
  - T-shirt
  - Dri - fit shirt (wear under shoulder pads)
  - Socks
  - Shorts
  - Mouth piece

\* If your child needs a griddle, the cost will be an extra \$25 (optional or can buy on your own) **(CASH ONLY)**

The football roster will be posted online Wednesday, September 21, 2022 evening.

Please plan on attending the **MANDATORY** parent meeting Thursday, September 22, 2022 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

