



AARON COHN MIDDLE SCHOOL VOLLEYBALL 2022



Tryouts will be September 26th & 27th, 2022 from 4:00 p.m. to 6:00 p.m. in the Gym.

- Students trying out should report to the gym immediately following school's dismissal.
- Bring your own Water Bottles
- Tryouts and practices are closed to parents and visitors. Please remain in the parking lot until your child is dismissed each day.

Requirements to try out for Volleyball:

1. Current physical on file with Coach Ingram*
2. Assumption of Risk form on file with Coach Ingram*
3. Copy of insurance card on file with Coach Ingram
4. Willingness to Work Hard

*Forms can be downloaded from ACMS' Website under "2022-2023 Athletics Update."

Making the team will be determined by the following:

- Skills (Passing, Setting, Hitting, Serving) 60%
- Athletic Ability (Quickness, Endurance, Strength, Jumping Ability) 10%
- Communication, Work Ethic, Versatility, and Coachable: 30%

Practice and Game Schedule

If you make the team, practice will begin Wednesday, September 28th. Practices are Monday through Friday from 4:00 to 5:30 p.m. Players will be given a calendar with games, practice dates, and times. Please make sure you keep up with all dates and times. A game schedule will be available on the ACMS website.

Costs:

Required Total is \$50.00

- Team Tee Shirt
- Team Socks
- Athletic Fee

Additional cost:

Students will have to purchase their own black knee pads and black shoes.

Everything must be paid in **CASH** by **Monday, October 3rd to Coach Ingram.**

Parent Meeting is Monday, October 3rd at 5:30 via Zoom.

Join Zoom Meeting: <https://muscogee.zoom.us/j/5153750146>; Meeting ID: 515 375 0146

OR Join by Phone: +1-646-931-3860 PIN: 5153750146#

Please keep in mind that there is an admission fee for all volleyball games. The fee is as follows:
\$5.00 for Adults; \$3.00 for Students.

Head Coach: Coach TaKasha Lynn

Assistant Coach: Coach Ashley Hightower

Athletic Director: Coach Kacy Ingram