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-seaonson conditionging 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 Tuesday, August 22, 2023. Paperwork must be handed to Coach Ingram or email ingram.kacy.r@muscogee.k12.ga.us

- **Physical**
- **Assumption of Risk form (found on ACMS website under "Athletics") (New Form after August 1st)**
- **Copy of insurance card**

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

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

- Tuesday August 22, 2023 from 3:45 – 5:15 pm. **(PRACTICES ARE CLOSED TO PUBLIC)**
- Thursday August 24, 2023 from 3:45 – 5:15 pm. **(PRACTICES ARE CLOSED TO PUBLIC)**
- Tuesday August 29, 2023 from 3:45 – 5:15 pm. **(PRACTICES ARE CLOSED TO PUBLIC)**
- Thursday September 7, 2023 from 3:45 – 5:15 pm. **(PRACTICES ARE CLOSED TO PUBLIC)**
- Tuesday September 12, 2023 from 3:45 – 5:15 pm. **(PRACTICES ARE CLOSED TO PUBLIC)**

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

- Thursday, September 14, 2023 from 3:30– 5:30 pm. **(PRACTICES ARE CLOSED TO PUBLIC)**
- Monday September 18, 2023 from 3:30– 5:30 pm. **(PRACTICES ARE CLOSED TO PUBLIC)**
- **The football roster will be posted online Tuesday, September 19, 2023 evening.**

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

- Wednesday September 20, 2023 from 3:30– 5:30 pm. **(PRACTICES ARE CLOSED TO PUBLIC)**
- Thursday September 21, 2022 from 3:30– 5:30 pm. **(PRACTICES ARE CLOSED TO PUBLIC)**
- Friday September 22, 2022 from 3:30– 5:30 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
- Water

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: $165, Money needs to be paid by Monday, September 25, 2023 (**CASH ONLY)**
    - Athletic fee
    - T-shirt
    - Sleeveless Dri - Fit Hoodie (wear under shoulder pads)
    - Socks
    - Shorts
    - Mouth piece

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

Please plan on attending the **MANDATORY** parent meeting Wednesday, September 20, 2023 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 3:30 pm and end at 5:30 pm. This is a tentative schedule and changes may occur. Feel free to contact me for any questions and/or concerns.

Sincerely,

Chris Stalling