AARON COHN MIDDLE SCHOOL VOLLEYBALL 2023

Tryouts will be September 21st & 22nd, 2023 from 3:15 p.m. to 5:00 p.m. in the Gym.
Complete this form: https://forms.gle/i9WguCSNYHG1fzAz7

- 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 "2023-2024 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 Monday, September 25th. Practices are Monday through Friday from 3:10 to 4:45 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 Friday, September 29th to Coach Ingram.**

Parent Meeting is Wednesday, September 27th at 5:00 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 TaKesha Lynn
Assistant Coach: Coach Ashley Hightower
Athletic Director: Coach Kacy Ingram