

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 10th – July 29th

Time- 4 – 6pm; 8 – 10am

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

Dr. Lawrence, Principal
Coach Ingram, Athletic Director
Coach Stalling, Head Football Coach

Aaron Cohn Football

Coach Stalling

stalling.christopher.p@muscogee.k12.ga.us

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



June 2024

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---------------------------------|---------------------------------|--|---------------------------------|----------------|----------|
| | | | | | | 1 |
| 2 | 3 Dead Week | 4 Dead Week | 5 Dead Week | 6 Dead Week | 7 Dead Week | 8 |
| 9 | 10 Summer Workouts: 4-6pm | 11 Summer Workouts: 4-6pm | 12 | 13 Summer Workouts: 4-6pm | 14 | 15 |
| 16 | 17 Summer Workouts: 4-6pm | 18 Summer Workouts: 4-6pm | 19 | 20 Summer Workouts: 4-6pm | 21 | 22 |
| 23/30 | 24 Summer Workouts: 4-6pm | 25 Summer Workouts: 4-6pm | 26 7v7 @ Kinnett Tentative Time: 4-8pm | 27 | 28 | 29 |

July 2024

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|----------------------------------|----------------------------------|----------------|----------------------------------|----------------|----------|
| | 1 Dead Week | 2 Dead Week | 3 Dead Week | 4 Dead Week | 5 Dead Week | 6 |
| 7 | 8 | 9 Summer Workouts: 8-10am | 10 | 11 Summer Workouts: 8-10am | 12 | 13 |
| 14 | 15 Summer Workouts: 8-10am | 16 Summer Workouts: 8-10am | 17 | 18 Summer Workouts: 8-10am | 19 | 20 |
| 21 | 22 | 23 Summer Workouts: 8-10am | 24 | 25 Summer Workouts: 8-10am | 26 | 27 |
| 28 | 29 Summer Workouts: 8-10am | 30 | 31 | | | |

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 pm and end at 6pm in June; And 8am until 10am in July. This is a tentative schedule and changes may occur. Feel free to contact me for any questions and/or concerns.

Equipment: Athletic shoes, cleats (if you have them), shorts, shirt, water bottle, and towel.

Sincerely,

Coach Stalling