



Football Conditioning 2024

Any student that would like to participate in football conditioning **MUST sign up by 24 hours before the first day they plan to participate. To participate in the first day of conditioning students must be signed up by Tuesday, August 20, at noon.**

Use the link or QR code below to sign up.

[https://docs.google.com/forms/d/e/1FAIpQLSeTavN-hQdEKlxPsAYIhhSGLwmi_j6vZvvqMTMk_vYryzLNYg/viewform?usp=sf link](https://docs.google.com/forms/d/e/1FAIpQLSeTavN-hQdEKlxPsAYIhhSGLwmi_j6vZvvqMTMk_vYryzLNYg/viewform?usp=sf_link)

Any student that does not sign up will NOT be allowed to participate in conditioning until they have signed up and are cleared by Coach Ingram.



You can also access the link on the school website under athletics and football.

Make sure you read details before you sign up.

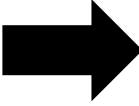


**AARON COHN MIDDLE SCHOOL
Football Conditioning 2024**

Conditioning Dates:

- Thursday, August 22, 2024 from 3:30 – 5:15 pm. **(PRACTICES ARE CLOSED TO PUBLIC)**
- Tuesday, August 27, 2024 from 3:30 – 5:15 pm. **(PRACTICES ARE CLOSED TO PUBLIC)**
- Thursday, August 29, 2024 from 3:30 – 5:15 pm. **(PRACTICES ARE CLOSED TO PUBLIC)**
- Tuesday, September 3, 2024 from 3:30 – 5:15 pm. **(PRACTICES ARE CLOSED TO PUBLIC)**
- Thursday, September 5, 2024 from 3:30 – 5:15 pm. **(PRACTICES ARE CLOSED TO PUBLIC)**
- Tuesday, September 10, 2024 from 3:30 – 5:15 pm. **(PRACTICES ARE CLOSED TO PUBLIC)**
- Thursday, September 12, 2024 from 3:30 – 5:15 pm. **(PRACTICES ARE CLOSED TO PUBLIC)**

More dates may be added depending on needs of team.

 ALL students **MUST sign up to tryout by Tuesday, August 20, 2024 at Noon** using the provided link or **QR code**. You can also access the link on the school website under athletics and soccer. **Any students that do not sign up will NOT be allowed to condition.**

- Students participating in conditioning should report to the gym immediately following school's dismissal.
- Conditioning, Tryouts and practices are closed to parents and visitors. Please remain in the parking lot until your child is dismissed each day.

Form Requirements to football conditioning:

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

*Forms can be downloaded from ACMS' Website under "Athletics"

Items needed for conditioning:

- Tennis shoes and/or cleats
- Water bottle every day of conditioning
- Tee shirt and shorts
- Towel/Sweat Rag

Costs: There is no cost to participate in conditioning.

Participation in football conditioning does NOT guarantee a student will make the football team.
More information about football tryouts will be announced soon.

Head Coach: Chris Stalling

Athletic Director: Kacy Ingram