



## Volleyball Tryouts 2024

Any student that would like to tryout for Volleyball **MUST sign up to tryout by Friday, September 27, 2024 at Noon** using the following link or **QR code**.

[https://docs.google.com/forms/d/e/1FAIpQLScVEsKglbcUqDt9t34kgEYghFLX5IgmW29OizFVEY71loMEpg/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLScVEsKglbcUqDt9t34kgEYghFLX5IgmW29OizFVEY71loMEpg/viewform?usp=sf_link)

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

**Any student that does not sign up will NOT be allowed to tryout.**



**SCAN ME**

**Make sure you read the tryout details before you sign up.**



## AARON COHN MIDDLE SCHOOL Volleyball 2024

**Tryouts Dates:** Day 1: October 1<sup>st</sup> from 3:15pm – 5:00 pm  
Day 2: October 2<sup>nd</sup> from 3:15pm – 5:00pm  
Final Roster will be posted the evening of October 2<sup>nd</sup>.

**Parent Zoom Meeting October 7<sup>th</sup> at 5:30 pm. A link will be sent home with the players.**

ALL students **MUST sign up to tryout by Friday, Sept. 27, 2024 at Noon** using the provided link or QR code. You can also access the link on the school website under athletics and volleyball.

**Any students that do not sign up will NOT be allowed to tryout.**

- Students trying out should report to the gym immediately following school's dismissal.
- Bring your own water bottle, shoes, and tryout clothes (knee pads, if possible)
- 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 tryout for Cross Country:**

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"

### **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 Meet Schedule**

- **If you make the team, practice will begin Thursday, October 3<sup>rd</sup> from 3:15-5:00pm.**
- Practices are Monday-Friday from 3:15 to 5:00 p.m. The players will be given a calendar with matches, practice dates, and times. Please make sure you keep up with all dates and times.

### **Costs: Required Total is \$50.00**

- Team Tee Shirt
- Team Socks
- Athletic Fee

Everything must be paid in **CASH or GoFan by October 7<sup>th</sup> to Coach Ingram.**

**Head Coach:** TaKeshia Williams-Lynn

**Assistant Coach:** Ashley Hightower

**Athletic Director:** Kacy Ingram

**Principal:** Dr. Stefan Lawrence