

Aaron Cohn

Summer Football Workouts



The Aaron Cohn football coaching staff would like to invite all student-athletes to our summer football workouts. Our goal here at Aaron Cohn is to ensure an environment conducive to building champions. We are highly motivated and passionate about ensuring that student-athletes succeed in sports and academics. During the summer football workouts, we will focus on strength, speed/agility training, and specific football drills and skills. I am excited about the upcoming season and look forward to seeing you this summer! The Summer Football Schedule is listed below.

Location- Aaron Cohn Middle School

Date- June 9th – July 17th

Time: 4 – 6 pm; 8 – 10 am

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 2025

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

July 2025						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Dead Week	2 Dead Week	3 Dead Week	4 Dead Week	5
6	7	8 Summer Workouts: 8-10am	9 Summer Workouts: 8-10am	10	11	12
13	14 Summer Workouts: 8-10am	15 Summer Workouts: 8-10am	16	17 Summer Workouts: 8-10am	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Football Workouts are vital to any program. The workouts will 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 that ALL students will come out so we can work towards going back to the championship and winning another 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 6 pm in June and 8 am until 10 am in July. This is a tentative schedule, and changes may occur. Feel free to contact me with any questions and/or concerns.

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

Sincerely,
Coach Stalling