



Flag Football Tryouts 2025

Any student that would like to tryout for Flag Football you **MUST sign up to tryout by Friday, August 8, 2025 at Noon** using the following link or QR code.

<https://forms.gle/LrdnixV25qqeTNzq6>

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

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 Flag Football 2025

Tryouts Dates: Day 1: August 11th from 3:10pm – 5:00 pm

Day 2: August 12th from 3:10pm – 5:00pm

Final Roster will be posted the evening August 12th.

***Zoom Parent Meeting August 13th at 6pm. More info to follow. ***

 ALL students **MUST sign up to tryout by Friday, August 8, 2025 at Noon** using the provided link or **QR code**. You can also access the link on the school website under athletics and flag football.

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
- Bring Appropriate athletic clothes and shoes (Check weather and be prepared for outside)
- 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 try out for Flag Football:

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 (Running, Throwing, Catching, Defensive skills) 40%
- Athletic Ability (Quickness, Endurance, Strength, Speed) 10%
- Attitude/Teamwork/Willingness to work with others/Coachable 50%

Practice and Game Schedule

- **If you make the team, practice will begin Wednesday, August 13th from 3:10-5:00pm.**
- Practices are Monday-Friday from 3:10 to 5:00 p.m. The players will be given a calendar with games, practice dates, and times. Please make sure you keep up with all dates and times.
- **Flag Football game schedule is attached**

Costs: Required Total is \$60.00

- Everything must be paid in **CASH by August 15th to Coach Ingram.**
- Players must provide own shoes/cleats, mouth guard, black compression shorts and black shorts without **pockets**.
- Admission to all games is \$6 GoFan or credit/debit card at gates (No cash at gates)

Head Coach/ Athletic Director: Chris Stalling

Assistant Coach: Ashlee Hightower

Principal: Dr. Stefan Lawrence