



Football Tryouts 2025

ALL students **MUST sign up for conditioning two days prior to the date they wish to begin pre-season conditioning. For tryouts students must sign up by September 2, 2025 at Noon** using the provided link or QR code. You can also access the link on the school website under athletics and football.

<https://forms.gle/yiJXQw3dMRPJw1Xj8>

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

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



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



AARON COHN MIDDLE SCHOOL Football 2025

Pre-season conditioning:

August 21, August 26, August 28, and September 2 from 3:30 – 5:15 pm

Tryouts:

Day 1: September 4th 3:30– 6 pm.

Day 2: September 5th from 3:30– 6 pm.

Final Roster will be posted the evening of September 5th

Parent Meeting September 9th at 5:30 pm in ACMS Cafeteria.

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- 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 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)
- Athletic Ability (Quickness, Endurance, Strength, Speed, Footwork, Agility)
- Attitude/Teamwork/Sportsmanship/Coachable/ Football IQ

Practice and Game Schedule

- **If you make the team, practice will begin Monday, September 8, 2025 from 3:10-5:15 pm.**
- Practices are generally Monday-Friday from 3:10 to 5:30 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.
- **Football game schedule is attached**

Costs: Required Total is TBD (not to exceed \$200)

- Everything must be paid in **CASH by September 12th to Coach Ingram.**
- Players must provide own cleats
- Admission to all games is \$6 GoFan or credit/debit card at gates (No cash at gates)

Head Coach: Chris Stalling, **Assistant Coach:** Ashlee Hightower **Principal:** Dr. Stefan Lawrence, Athletic Director: Kacy Ingram