



Volleyball Tryouts 2025

Any student that would like to tryout for Volleyball **MUST sign up to tryout by Friday, September 19, 2025 at Noon** using the following link or QR code.

<https://forms.gle/iPKhgyXwMCfEptkH7>

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 2025

Tryouts Dates: **Day 1: September 25th from 3:15pm – 5:00 pm**
 Day 2: September 26th from 3:15pm – 5:00pm
 Final Roster will be posted the evening of September 26th.
Parent Zoom Meeting September 29th at 5:30 pm. A link will be sent home with the players.

ALL students **MUST sign up to tryout by Friday, Sept. 19, 2025 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 Volleyball:

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 Game Schedule

- **If you make the team, practice will begin Monday, September 29th 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 \$60.00

- Team Shirt
- Team Socks
- Athletic Fee

Everything must be paid in **CASH by October 1st to Coach Ingram.**

Head Coach: TaKeshia Williams

Assistant Coach: Ashley Hightower

Athletic Director: Kacy Ingram

Principal: Dr. Stefan Lawrence