



## Football Summer Workouts 2026

Any student assigned to ACMS for 2026-27 and would like to participate in football summer workouts, **MUST sign up at least two days prior to the first day they plan to attend summer workouts (the sooner the better)** using the following link or QR code.

<https://forms.gle/FSyNXy3f4o74nM9J9>

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



SCAN ME

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

# Aaron Cohn

## Summer Football Workouts



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

**Location- Aaron Cohn Middle School**

**Date- June 9<sup>th</sup> – July 16<sup>th</sup>**

**Time- 4 – 6pm; 8 – 10am**

**Ages- 6<sup>th</sup> thru 8<sup>th</sup> Grade (Assigned to AMCS)**

**Forms needed for Conditioning/Practice:**

The forms below need to be turned-in and handed to Coach Stalling only or submitted by email [stalling.christopher.p@muscogee.k12.ga.us](mailto:stalling.christopher.p@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](mailto:stalling.christopher.p@muscogee.k12.ga.us)**

Dr. Lawrence, Principal  
Coach Stalling, Head Football Coach

# Aaron Cohn Football

Coach Stalling

[stalling.christopher.p@muscogee.k12.ga.us](mailto:stalling.christopher.p@muscogee.k12.ga.us)

Feel free to contact me for any questions and/or concerns.



## June 2026

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

# July 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Dead Week	2 Dead Week	3 Dead Week	4
5	6 Summer Workouts: 8-10am	7 Summer Workouts: 8-10am	8	9	10	11
12	13	14 Summer Workouts: 8-10am	15 Summer Workouts: 8-10am	16 Summer Workouts: 8-10am	17	18

Football Workouts is vital to any program. The workouts will be used to 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 ALL students to come out so we can work towards going back to the championship and winning the 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 6pm in June; And 8am until 10am 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