

2015 Volleyball Tryouts

Before you run or tryout you **MUST** have a physical packet turned in. This year's physical is **NEW** and packet form. It does not require a notary anymore.....Get your physicals done and turned in early!!!!!! All pages must be filled out. If you do not have a physical packet we can **NOT** accept a paper version unfortunately. **You may not, at all, participate without a physical.**

Monday, August 3rd

Mile Run Info: Returners: 12:01 Midnight Mile (JSHS Track, run mile)
Freshmen: 6:30-7:30am & Newcomers to Program (JSHS Track, run mile)

Tryout Info: Returners Only 10a – 12 pm ; 1-2:00 Setters & Middles ONLY
All New Incoming Players 7:30 - 9:30 am ; 1-2:00 Setters & Middles ONLY
All players 2:00- 4:00pm

Tuesday, August 4th

If you did not make an 8-min mile, you must rerun @ 6:30am

All players	6:30-7:30	Conditioning
	8:00-10:00	Tryouts
	12:00-1:00	Setters & Outside / Right Side Hitters ONLY
	1:00-3:00	Tryouts

Wednesday, August 5th

If you did not make an 8-min mile, you must rerun @ 6:30am

All players	6:30-7:30	Conditioning
	8:00-10:00	Tryouts
	12:00-1:00	Setters & Defensive Specialist Only
	1:00-3:00	Practice for ALL teams

Teams Posted at 10:15 am

Thursday, August 6th

PRACTICE DAY

All Players	6:30-7:30	Conditioning
FRA	8 – 10am & 12-2pm, Gym B	
FRB	8 – 10am & 12-2pm, Gym B	
JV	Gym A, 8-10:00am ; Gym B, 1-3:00pm	
V	Gym A, 10:a-12:00pm ; 2-5:00pm	
All Teams	Mandatory Kick-Off Dinner & Parent Meeting in JSHS Cafeteria @ 6pm	

Friday, August 7th

	Scrimmages' @ Bowie High School
Freshmen	2:00 & 3:00pm
Junior Varsity	3:45pm
Varsity	2:00pm

Players eat FREE!!!!!!Additional family member charge TBA

Saturday, August 8th

Scrimmages' @ JSHS beginning at 9 am All teams should arrive prior to 7:30 am for gym set-up