2017 Volleyball Selection Process

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 or completing the online documents that require a parent’s signature.**

Monday, July 31st

**Mile Run Info:** Returners: 12:01 Midnight Mile (JSHS Track, run mile)

 Freshmen: 6:30 - 7:30am & Newcomers to Program (JSHS Track, run mile)

**Selections Info:** **Returners Only** 10:00 – 12:00pm; 1-2:00pm 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 1st

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 Selections Process

 12:00-1:00 Setters & Outside / Right Side Hitters ONLY

 1:00-3:00 All Players

Wednesday, August 2nd

  5:00-6:00pm Setters and Defensive Specialists

 6:00-8:00pm All Players

 8:20pm Teams Posted

8:30-9:00pm Team Meetings

Thursday, August 3rd **TRAINING DAY**

  **FRA**  8 – 10am & 12-2pm, Gym B

  **FRB** 8 – 10am & 12-2pm, Gym B

  **JV** Gym A, 8-10:00am; Gym C, 1-3:00pm

  **V**  Gym A, 10:am-12:00pm; 2-5:00pm

 **All Teams Mandatory Parent Meeting in JSHS Cafeteria @ 6pm**

Friday, August 4th **Scrimmages’** @ Bowie High School

  **Freshmen** 2:00 & 3:00pm

 **Junior Varsity** 3:45pm

 **Varsity** 2:00pm

Saturday, August 5th Scrimmages’ @ JSHS beginning at 9am All teams should arrive prior to 7:45 am for gym set-up