

2024 Seven Lakes High School Volleyball Tryout and Preseason Schedule

Prior to Tryouts

1. You must be registered as a student at SLHS
2. Have a physical uploaded to RankOne dated May 1, 2024 or after
3. Have all your RankOne parent signatures/paperwork complete

Tryout Schedule:

FRESHMEN (9th grade) TRYOUT SCHEDULE

Monday, August 5	Tuesday, August 6
6:00 – 8:30 am	6:00 – 8:30 am
conditioning & court	court only
Cuts will be made at 8:30 am on Tuesday	

RETURNERS (11th – 12th grade) TRYOUT SCHEDULE

Monday, August 5	Tuesday, August 6
4:30 – 7:00 pm	1:00 – 4:00 pm
conditioning & court	court only
Cuts will be made at 4pm on Tuesday	

***Athletes must be present at both days of tryouts.**

****Suggested items to bring:** running shoes, court shoes, knee pads, ankle braces (optional), dress in athletic apparel - shorts/spandex and Tshirt, extra Tshirt (optional) and water bottle.

***** If you make a team, our first practice will be Wednesday Aug. 7.** Our first scrimmage is Saturday, Aug. 10. Games and tournaments begin the week of Aug. 12. A complete preseason practice schedule is on the next page.

As you can see, we begin our season well before school begins and it is very important that you are willing to give a 100% commitment once Aug. 5 rolls around. **Therefore, we ask that you plan all vacations and other commitments before that date.**

New to SLHS? If you recently moved to the Seven Lakes HS school zone and you want to tryout you must have a completed Previous Athletic Participation Form (PAPF) completed through the district and approved by UIL after you registered at SLHS. Please contact Amy Cataline to start the UIL process and get set up in RankOne. amyccataline@katyisd.org

2024 SLHS Volleyball Preseason Schedule

	Freshmen	Returners	
Monday 8/5 Tryouts	6:00 – 8:30 am	4:30 – 7:00 pm	
Tuesday 8/6 Tryouts	6:00 – 8:30 am	1:00 – 4:00 pm	
	cuts will be made		
Wednesday 8/7	Freshmen	JV & Varsity	
	6:30 – 8:30 am	3:30 – 6:00 pm	
Thursday 8/8	6:30 am – 8:30 am program meeting/team meetings (everyone)		
	3:30 – 6:00 pm all teams practice		
Friday 8/9	6:30 – 8:30 am	3:30 – 6:00 pm	
Saturday 8/10	Scrimmage @ Seven Lakes 9 am – 12 pm		
	12 – 1 pm Volleyball Kickoff Meeting 9 th Grade Cafeteria (Mandatory Parent/Player Meeting)		
Monday 8/12	Practice times TBD	Practice times TBD	
Tuesday 8/13	Team & Individual Pictures 1:30 – 3:30 pm		
	Match: Memorial @ SLHS 4:30 (9A/JV), 5:30 (9B/V)		
Wednesday 8/14	**First Day of School**		
	3:00 – 5:00 pm	2:00 – 6:00 pm	
Thursday 8/15	Begin normal practice schedule for all three teams:		
	Freshmen	JV	Varsity
	1 st period 6:30 – 8:20 am	7 th period 2:00 – 4:00 pm	KISD/CFISD Tournament
Friday 8/16	6:30 – 8:20 am	2:00 – 4:00 pm	KISD/CFISD Tournament
Saturday 8/17	OFF	OFF	KISD/CFISD Tournament

*Normal practices and weekly matches will continue, see Season Schedule.

Not sure what the teacher PD schedule is this day.