



LA GRANGE VOLLEYBALL

LHS volleyball two-a-days will also consist of tryouts. The LHS coaching staff is not trying to discourage anyone from playing volleyball. However, in order to build a successful program and be competitive, tryouts must be held.

Each athlete will be evaluated over 2 days. They will be participating in conditioning sessions and performing volleyball related skills. Everyone will be evaluated on her skill level, attitude, and overall ability to perform. It is the coaches' final decision about who makes what team. Teams will be determined after the afternoon session on Tuesday, 8/6. Subsequent sessions will be team practices.

Each session is mandatory. If there is an emergency, please contact one of the coaches as soon as possible.

EVERYONE MUST HAVE THEIR PHYSICAL & PAPERWORK THE FIRST DAY! You cannot participate in tryouts without a physical on file and your RankOne paperwork complete. Please arrive at the LMS gym by 5:45am on August 5th ready to start at 6am.

Here is the schedule for the week (subject to change):

MONDAY, AUG 5	ALL	6:00-7:30 am	4:00-6:30 pm
TUESDAY, AUG 6	ALL	6:00-7:30 am	4:00-6:30 pm
WEDNESDAY, AUG 7	ALL TEAMS	6:00-7:30 am	4:00-6:30 pm
THURSDAY, AUG 8	ALL TEAMS	6:00-7:30 am	
THURSDAY, AUG 8	ALL TEAMS	POTLUCK & PARENT MEETING	6:30 pm

FRIDAY, AUG 9	ALL TEAMS	SCRIMMAGE @ SCHULENBURG	9:00 am - 2:00 pm
SATURDAY, AUG 10	ALL TEAMS	SCRIMMAGE @ LG	9:00 am - 2:00 pm

Please dress appropriately. You should bring court shoes if available and knee pads to both sessions to be prepared. Spandex are allowed for the gym sessions.

THANK YOU
LHS VOLLEYBALL COACHING STAFF

PLEASE SIGN AND RETURN ON AUGUST 5th at 6AM!
I have read and agree with the above statements.

STUDENT _____

PARENT OR GUARDIAN _____