

Reading Jr High Volleyball

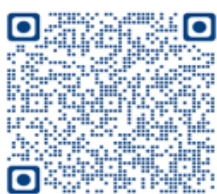
Information for Tryouts during the 1st Week of School

The coaching staff here at Reading Jr High is excited and thrilled to have the opportunity to coach your daughter. We will strive to make this year an enjoyable learning and growing experience. Below is some information that will assist you as you begin your journey into Longhorn Athletics:

Use your **school issued Microsoft student email** to sign up for **Volleyball Tryouts** with the **QR code**:



The athlete **MUST** have a **Physical Exam** on file with us and **UIL Online Medical History forms in Rank One** complete to be able to tryout. Your physical can be dropped off at GRHS fieldhouse or uploaded directly into Rank One.



**RANK ONE
QR CODE**

Rank One Online Paperwork **MUST** be filled out as well. Please scan QR code for easy access or use this link to access the paperwork:
<https://lamarcisd.rankonesport.com/>

If you have questions, please contact George Ranch Athletic Trainers:
Lance Hale (lhale@lcisd.org), Audrey Yager (Audrey.yager@lcisd.org),
or you may call 832-223-4361.

Tryouts will begin **Wednesday, August 12**. Athletes will need to attend **ALL 3 days, Aug 12-14**, it is NOT a 1 day only tryout. We will use the first day of school to determine if you have all paperwork in, go over protocols/procedures and make sure you are good to go for tryouts.

7th grade tryouts – 7:15-8:45am **8th grade tryouts** – 4:40-6:00pm.

Athletes will need to wear their ARJH gym clothes (gray t-shirt & maroon shorts), knee pads if you wish, court shoes, outdoor running shoes and her own water bottle with her name on it. You may wear Polly Ryon PE clothes since you may not yet have had an opportunity to purchase Reading ones (but they are the same). **NO RENTALS**, come prepared! Knee pads will be issued to anyone that needs them once they have made a team if your daughter does not have her own.

Week 2 after tryouts and teams are made:

7th grade practices will be in the mornings before school, 8th grade practices after school. Games are typically on Thursdays and will start with a scrimmage on Thursday, August 20.

Please contact Coach Garcia-Rameau with any questions or concerns at jgarcia-rameau@lcisd.org