

Tryout Information

Due to our season starts 2 weeks before school begins, all athletes will be required to be at 2-a-days/tryouts to compete for the 2025 season. Attendance is required at all practices, games, tournaments, and volleyball events. These arrangements need to be made before athletes come to tryouts.

Tryout Dates: August 1st - 2nd

<u>August 1st (FRIDAY)</u> 6:45am – 8:15am (ALL) 3:30 – 6:00 pm (ALL)	<u>August 5th (TUESDAY)</u> Practice 4:00 pm - 6:00 pm Mandatory Parent Meeting at 6:00pm
<u>August 2nd (SATURDAY)</u> 7:00am – 8:00am (Freshmen) 8:15am – 9:15am (10 th -12 th) 10:00 am – 12:00 pm (ALL) <i>Teams Posted</i>	<u>August 6th (WEDNESDAY)</u> Practice 4:00pm - 6:00pm
	<u>August 7th (THURSDAY)</u> <u>Equipment</u> Practice 4:00pm - 6:00pm
<u>August 4th (MONDAY)</u> *If you made a team* Practice 4:00 pm - 6:00 pm	<u>August 8th (FRIDAY)</u> Alvin Scrimmage
	<u>August 9th (SATURDAY)</u> Clear Falls Scrimmage

- Your physical form must be completed and turned into the trainers BEFORE you can participate in any form of tryouts.
- It is recommended for athletes trying out for volleyball to participate in the Shadow Creek High School Strength and Conditioning Camp held Mon.-Thurs. at Shadow Creek HS during the summer to be in "season" shape for tryouts/2-a-days. The conditioning done at tryouts/2-a-days is different from the court endurance that comes with just playing volleyball all summer. Athletes should be lifting weights, doing plyometrics, and agilities to be ready for August 1st .
- Please arrive from 6:15am-6:30am on the first day to get checked in on time. You need to start in the training room. We will start at 7am. Remember that this is your first impression for the 2025 season and for freshman for your high school playing career
- For track workout, you do not need to wear volleyball gear. For court tryouts, please wear knee pads