

Summer SportsYou

Join this SportsYou to get all of the updates for this summers workouts and dates!



Tryouts / First Week

Tryouts

Day 1

Aug 1 / Session 1: 4 pm – 7 pm

Day 2

Aug 2 / Session 1: 7 am – 11 am
Session 2: 12 pm – 2 pm

First Cut made around 2:30 pm

Day 3

Aug 4 / Session 1: 4 pm – 7 pm

Final Cuts made around **7:30 pm**

If you make a team, practice will be from 4-6 pm on the 5th

We are so excited you are interested in

Iowa Colony Volleyball!

Summer Dates

We will start weightroom workouts and open gym in the second week of June!

YOU MUST ATTEND OPEN WEIGHTS TO ATTEND OPEN GYM

Weightroom: 1-2 pm

Open Gym 2-3 pm

June Dates: 10,12,26

July Dates: 1, 8, 10, 15, 22, 24

Kids Camp/ Incoming Freshman Camp

We highly encourage you to attend our camp this summer if you intend on trying out! Camp allows you to be seen in the gym learning the ICHS style and get face-to-face time with our coaches. We want to get to know you as a person, not just a number at tryouts!

Dates: June 23-25

Times: 2 pm – 5 pm

Price:

We will have a sign-up link soon!

2025/2026



Iowa Colony Volleyball Information



Please Contact
Coach Middleton, if you have
any questions
amiddleton@alvinisd.net

MEET OUR COACHES



Tracy Klembus
Coach K
Varsity Head Coach
tklembus@alvinisd.net



Coach KB
kbourg@alvinisd.net



Aubrey Middleton
Coach Middleton
amiddleton@alvinisd.net

Physicals



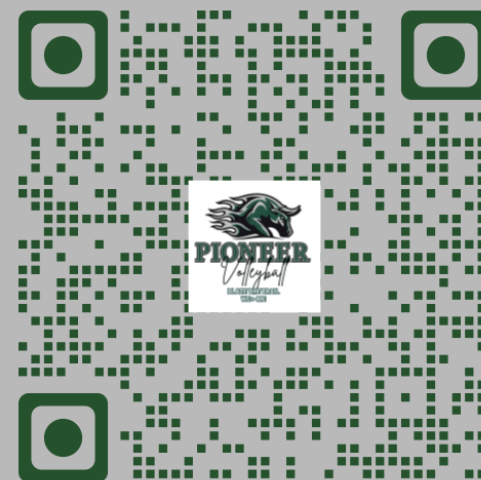
Student Physical
Day Sign Up



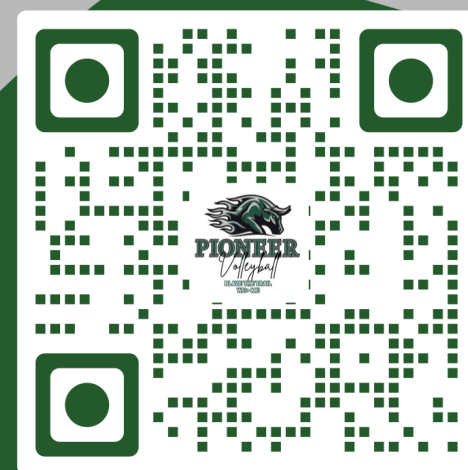
Rank One
Forms

- 1 AISD CONSENT TO TREAT**
- 2 AISD CODE OF CONDUCT**
- 3 DN CONSENT FORM**
- 4 MEDICAL HISTORY FORM**
- 5 OTC MED CONSENT FORM**
- 6 PHYSICAL UPLOAD FORM**
Please see the Home Instructions page to see the correct physical form that needs to be uploaded.
- 7 AISD DRUG TESTING**
- 8 UIL FORMS SIGNATURE PAGE**

Try Out Registration



Only fill this out if you are serious about trying out for the 25/26 season. We will not need it completed until the first day of tryouts!



25/26 Schedule