

# 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, 8/1. 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 tryout without a physical on file. Please arrive by 7:30am on July 31 ready to start at 8am. Tryouts will be held in the LMS gym.

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

MONDAY, JUL 31	FRESHMEN	8-10:30 am	1-3:30 pm
	UPPERCLASSMEN	8-11:00 am	1-3:00 pm
TUESDAY, AUG 1	FRESHMEN	8-10:30 am	1-3:30 pm
	UPPERCLASSMEN	8-11:00 am	1-3:00 pm
WEDNESDAY, AUG 2	ALL TEAMS	8-11:00 am	1-3:00 pm
THURSDAY, AUG 3	ALL TEAMS	8-11:00 am	Potluck 6:30 pm
FRIDAY, AUG 4	ALL TEAMS	SCRIMMAGE	@ SCHULENBURG HS
SATURDAY, AUG 5	ALL TEAMS	SCRIMMAGE	@ LHS/LMS

The morning session of two a days will include conditioning and skills and the afternoon session will be skills and strength training tentatively. 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. Cover shorts are required for all activities outside the gym.

THANK YOU

LHS VOLLEYBALL COACHING STAFF

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PLEASE SIGN AND RETURN ON JULY 31st at 8AM!

I have read and agree with the above statements.

STUDENT \_\_\_\_\_

PARENT OR GUARDIAN \_\_\_\_\_