

2017 GIRLS VARSITY, JUNIOR VARSITY FRESHMEN & MODIFIED VOLLEYBALL TRYOUTS

- Freshman, JV and Varsity tryouts will begin on August 14th (from 9am-3pm)
- The schedule will be as follows:
 - Attendance, stretching, plyometrics and warm-up (9:00-9:15)
 - Session #1 (9:15-11:30)
 - Session #2 (12:30-3pm)
- All practices during our pre-season (for FR, JV, & V) will be at Columbia High School. Each team will be selected by Wednesday August 16th.
- Make sure you are prompt to each practice session. If practice starts at 9:00 AM then you need to be there at 8:45 AM. It is much better to be early than late.
- Modified tryouts will begin on August 28th at Goff Middle School. Tryout times will be released at a later date.

Health History Reviews:

Girls V, JV, Freshmen & Modified Volleyball Monday August 7, 2017

ALL ATHLETES NEED TO BE CLEARED BY THE HEALTH OFFICE TO TRYOUT!