

Volleyball Tryout Information

Your athlete **MUST** have a physical **AND** be signed up on **Rank One**. **They WILL NOT be able to try out if Rank One paper work is not complete along with their physical.**

Tryout Dates and Times

Friday, August 15th- Tuesday, August 19th

Note: There are no make-up days for volleyball tryouts.

NOTE: CUT DATES: 1st cut on Friday, 8/15, 2nd cut on Monday, 8/18, Final cut on Tuesday, 8/19

7TH GRADE	8TH GRADE
❖ Student drop off time: 6:45AM ❖ Tryouts start promptly at 7:00AM	❖ Tryouts begin after school: 4:15PM ❖ Car rider pick up time: 5:20pm

PROPER ATTIRE

You NEED to wear:	You CANNOT wear:
<ul style="list-style-type: none">• Fingertip length athletic shorts• Short sleeve t-shirt• Tennis shoes• Knee pads• Hair tied back <p>**If you have reds, (athletics uniform) please wear those.</p>	<ul style="list-style-type: none">• Tank tops/cut off shirts• Volleyball spandex• Jewelry of any kind• Hair down

What to expect if you make the Irons volleyball team:

- 7th grade: practice every morning (except game days); arrive at 6:45AM
- 8th grade: practice every afternoon until 5:20PM (except game days)
- Volleyball game days: Thursday, last game on Monday
- **Payment of a \$100 spirit fee** (This includes: 3 shirts, a yard sign, and gifts throughout the season.)