



## ACADEMY VOLLEYBALL

### Tryouts/Volleyball Camp

- This year, our **pre-season camp is August 12-15; each day will run from 3:30-5:00pm** in the gym.
- All students who want to play volleyball are expected to attend.
- The clinic will be run by our volleyball coaches, as well as outside guest coaches with volleyball expertise. During this time, the students will be run through drills/games and evaluated by the attending coaches. At the end of the week, the coaches will meet to decide final teams (5<sup>th</sup> and 6<sup>th</sup> grade will be divided into equal teams, and 7<sup>th</sup> and 8<sup>th</sup> will be divided into "A" and "B" teams).
- If your student is unable to make the tryouts/camp due to previous commitments, your daughter should attend the practices for her grade level when she returns. Upon the discretion of the coach, she will be placed accordingly on a team.

*\*Students will need a water bottle, knee pads and appropriate clothes for practicing. We do not allow spandex bottoms unless there are shorts over them.*

### Physicals

- **NO STUDENT WILL BE ALLOWED TO PARTICIPATE IN CAMP/PRACTICE/GAMES WITHOUT A SIGNED IESA FORM!!!** Forms must be turned in prior to or on August 13 for the first day of volleyball camp. They can be electronic or hard copies. Students without current forms on file will not be allowed to participate until a form is turned in. Forms can be found here:

<https://www.shschicago.org/uploaded/PDFs/Athletics/2017-18/Physical Form.pdf>

### Practices

Regular practices for all teams **begin the week of August 19** and will be held in the gym:

- 5<sup>th</sup> Grade – Tuesdays/Thursdays 3:45-5:00pm
- 6<sup>th</sup> Grade – Tuesdays/Thursdays 5:00-6:15pm
- 7<sup>th</sup> Grade – Mondays/Wednesdays 3:45-5:15pm
- 8<sup>th</sup> Grade – Mondays/Wednesdays 5:15-6:45pm

## **League Information**

**5<sup>th</sup> and 6<sup>th</sup> grade** teams play in the NCA Volleyball League:

- **Games:** Scheduled for any weeknight
- **Location:** Various schools throughout the city
- **Schedule:** Games begin the first week of September, the postseason is the end of October. Once we have specific schedules, these dates will be communicated.

**7<sup>th</sup> and 8<sup>th</sup> grade** teams play in the Queen of Angels League:

- **Games:** Scheduled for any weeknight
- **Location:** All games are played at Queen of Angels gym
- **Schedule:** Games begin the first week of September, the postseason is the end of October and can go into the first week of November (finishing up before the first basketball practices). Once we have specific schedules, these dates will be communicated.

*\*\*We do our best to schedule as many games as possible on non-practice days for each respective team.*

## **Number of Teams/Enrollment**

If you are not planning on playing, please let the Athletics Department know ASAP. We have to determine the number of teams we put into the league before school starts. Changes to those numbers cost us money and cause a wave of delays and difficulty for scheduling the rest of the league. We need to know our exact numbers so we can get the right number of teams into the league and assign the right number of coaches. So, if your plans for fall have changed, please us know so that adjustments can be made.

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