



# 2023 Volleyball Tryout Sign Up



You must use **your school gmail account** to sign up. **STUDENTS** have to do it.

7th Grade	8th Grade Sign Up
<a href="#">Click this link to sign up for 7th Grade</a>	<a href="#">Click this link to sign up for 8th Grade</a>
	

## Volleyball Tryout Information

- Must have [Physical Form/ Medical History Form](#), and [Rank One Sport](#) online forms on file prior to tryouts. Please email it to [blapier@fisd12.net](mailto:blapier@fisd12.net).
- You will **NOT** be allowed to try out without it. We will have to send you home until you get a physical. **NO EXCEPTIONS!**
- Tryouts will begin on **Aug 17, 2023** .
- 7th Grade:** 6:30 am- 8:00 am ( Door open at 6:15am- Bus Loop )
- 8th Grade:** 4:00pm- 5:45pm  
( Please have a ride here by 5:45pm- Bus Loop)
- Location:** FJH Girls Gym
- What to Wear:**
  - T- Shirt with last name on it. If a common last name, use a first initial as well and last name. Front of the shirt can have screen printing on it.
  - Comfortable shorts or spandex
  - Knee pads ( if you have them)
  - Running shoes and court shoes (if you have them)
  - Hair needs to be pulled back and no jewelry

**Parents: Tryouts are closed sessions. Please do NOT enter the gyms. We will be making cuts daily. Your daughter will be told where to look at tryouts.**



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