

# **VOLLEYBALL 2023 Important Info:**

1. **OPEN GYM** will be from 4:00-6:00pm on Thursday and Friday (Aug. 3<sup>rd</sup> and 4<sup>th</sup>)  
Enter the building at the back door with stairs on the outside, next to the football field.  
This is a chance to make some friends, get some practice, and get a feel for tryouts before they actually start.
2. **TRYOUTS will start on MONDAY AUGUST 7<sup>th</sup> from 4:00 -5:45 for ALL GRADE LEVELS.**
  - Every player will be placed on a team that matches their ability for improvement.
  - Teams will hopefully be made before the end of the week. Plan on attend everyday that week.
  - If you are in school that day come straight down to the gym after school. A locker room is available to change clothes and keep your belongs – a lock is highly encouraged.
  - If you are not is school that day. Enter through either the front door or back (football field door).
3. Physicals must be turned into front office. If you get a physical at Carson it will be turned in for you, if not drop it off before practice time on Monday Aug. 7<sup>th</sup>.
4. Registration on the school website must be complete for volleyball. It is an easy google form that requires a parent contact information.
5. Sign up for REMIND messages.  
**Text the message @f3dha86 to the number 81010**  
\* This is for the entire program and general information will be sent out. Depending on your team you may be asked to use another remind code as well.
6. Come prepared: water bottles, athletic attire and shoes, long hair should be tied back, and kneepads are encouraged but not required.
7. Coach Anderson has kneepads and plain black spandex shorts the girls can purchase at practice.  
\$20 for kneepads and \$15 for shorts
8. **Spirit gear.** Check Carson athletic page for the gear link for Volleyball (updated by the 4<sup>th</sup>,Friday). Your selections will be mailed directly to you and payment collect online. It is not required to purchase anything but most of the girls like to wear a Carson Volleyball t-shirt on game days. This is not the required uniform, those are handed out and collected back each season. Parents and fans are also encouraged to make purchases that support our program!