



LORANGER MIDDLE SCHOOL

ONE PACK. ONE PURPOSE.

Amanda Montalbano
Principal

Jamie Varnado
Assistant Principal

Ava Pines
Assistant Principal

LMS Girl's Volleyball Tryouts

Volleyball tryouts will be held **Wednesday, May 8th from 3:00 pm until 5:00 pm**. Only girls enrolled in 5th-7th grade that meet the following eligibility requirements may try out.

Eligibility Requirements:

- If you are in danger of failing the 2023-2024 school year you are ineligible for semester 1 sports. If you made the LMS cheerleading or dance team, you cannot try out due to football game conflicts.
- Must have 10 or less absences in the current school year.
- Minimum GPA of 1.5 (4.0 scale) from third 9 weeks report card of 2023-2024 school year to try out; however, same GPA will stand for the end of the 2023-2024 school year in order to participate in semester 1 sports.
- No Discipline referrals from the third 9 weeks of the 2022-2023 school year to present (Cell phone violations are a major referral). Athletes have the possibility of being removed if a referral is received before the end of the school year.
- All potential 8th graders **must** be able to overhand serve.
- Must have a valid, current physical from the doctor turned in with the signed permission slip on the day of tryouts. It is the guardians responsibility to provide a copy of the physical (from the doctor/clinic) if a student already has one.

Girls will be evaluated on their volleyball skills (Bump, Set, Spike, Serve), listening skills, and ability to follow directions. If your daughter makes the team, there will be a financial obligation, additional paperwork, transportation to and from practice/games, as well as additional expectations/ requirements.

If you wish for your daughter to try out for the 2024 LMS Girls' Volleyball team, please fill out the bottom portion of this form and have her submit it with her physical to Coach Griffin in front of the 7th grade building the afternoon of tryouts.

We look forward to working with your daughter!
Coach J. Griffin

Yes, my daughter, _____, has my permission to tryout for the 2024 LMS Girls' Volleyball team. I have read the eligibility requirements and agree to provide transportation to pick her up promptly at 5:00 pm from the LMS Gym. Failure to be prompt in transportation will result in removal from the team.