


2024 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
Click this link to sign up for 7th Grade	Click this link to sign up for 8th Grade
	

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@fisdk12.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 15, 2024** .
- 7th Grade:** 6:30 am- 8:00 am (Door open at 6:15am- Bus Loop)
- 8th Grade:** 4:00pm- 5:30pm
(Please have a ride here by 5:30pm- 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
- Questions:** e-mail Coach Devers at cdevers@fisdk12.net

Parents: Tryouts are closed sessions. Please do NOT enter the gyms. We will be making cuts daily. A Skyward email will be sent out.

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