

# West Volleyball Try-outs

For privacy purposes, try-outs are closed for observation by parents or siblings that are not participating in try-outs.

**Volleyball Try-outs:** The Lady Wildcatters will be having Volleyball try-outs during the first week of school.

- **Monday, August 12<sup>th</sup> - 7<sup>th</sup> grade Try-Outs – Day 1 – FIRST DAY of School**
  - 7<sup>th</sup> grade – Competition Gym – 4:00 pm to 6:00 pm – (First Cut)\*
- **Tuesday, August 13<sup>th</sup> – 7<sup>th</sup> & 8<sup>th</sup> grade Try-Outs – Day 2 (7<sup>th</sup>)\* & Day 1 (8<sup>th</sup>)**
  - 7<sup>th</sup> grade – Competition Gym - 6:30 am to 8:15 am – (Second Cut)\*
  - 8<sup>th</sup> grade – Competition Gym – 4:00 pm to 5:30 pm – (First Cut)\*\*
- **Wednesday, August 14<sup>th</sup> – 7<sup>th</sup> & 8<sup>th</sup> grade Try-Outs – Day 3 (7<sup>th</sup>)\*\* & Day 2 (8<sup>th</sup>)\***
  - 7<sup>th</sup> grade – Competition Gym - 6:30 am to 8:15 am – (FINAL CUT)\*
  - 8<sup>th</sup> grade – Competition Gym – 4:00 pm to 5:30 pm – (FINAL CUT)\*\*
- **Thursday, August 15<sup>th</sup> – 7<sup>th</sup> & 8<sup>th</sup> grade 1<sup>st</sup> Practice & Athletic Parent Meeting**
  - 7<sup>th</sup> grade – Competition Gym - 6:30 am into 1<sup>st</sup> period Athletics – First Practice
  - 8<sup>th</sup> grade – Competition Gym – 3:30 pm to 5:30 pm – First Practice
  - Athletic Parent Meeting – Competition Gym – 5:30 pm

\* For morning try-outs, you will enter the EXTERIOR GREY DOOR LABELED B10, with the ROOM #805 – Girls’ Locker Room, in the back of the school, off Old Alvin Rd, between the stadium and the school. Please arrive dressed in shorts, t-shirt, and athletic shoes. Bring your school clothes to change into after try-outs. We will open the doors at 6:15 am, please arrive on time to check in prior to the start of tryouts. **For safety and security, the exterior doors will be locked, and no one will be permitted to enter after 6:30 am.**

\*\* For after school tryouts you will report directly to the Girls’ Locker – ROOM #805, immediately following dismissal. You will need to change into shorts, t-shirt, and athletic shoes. At the conclusion of afternoon try-outs, you will need to be picked up by the EXTERIOR GREY DOOR LABELED B10, with the ROOM #805 – Girls’ Locker Room in the back of the school, off Old Alvin Rd, between the stadium and the school. The 15-minute late policy will be in effect, please ensure that your transportation can arrive on time.

**The EXTERIOR GREY DOOR LABELED B10 with the ROOM #805, leads directly into the GIRLS’ LOCKER ROOM – no one except tryout participants may enter through door, as students will be changing in the locker room.**

**Physical Packets/Participation Fee:** The physical exam and medical history must be completed on the UIL/Pearland ISD approved forms and turned into the West Girls’ Coaching Staff **before** the athlete will be allowed to participate in any off-season, in-season, or try-outs. Physical exams must be performed by either a Physician, a Physician Assistant licensed by a State Board of Physician Assistant Examiners, or a Registered Nurse recognized as an Advanced Practice Nurse by the Board of Nurse Examiners. Examination forms signed by any other health care practitioner, will not be accepted. Physical exams must be **dated on or after April 1, 2024**. UIL/Pearland ISD paperwork for the 2024-2025 school year must be completed online for each athlete **before** they will be allowed to participate in any off-season, in-season, or try-outs. To complete these forms, go to: <https://pearlandisd.rankonesport.com/New/Home.aspx>

- Incoming 7<sup>th</sup> graders beginning in **Mid-JULY** may upload their physicals and complete their online forms.
- Incoming 8<sup>th</sup> graders may begin to upload their physicals in Rank One **on or after April 1, 2024**

**If this information is not complete and turned in, then the athlete will not be eligible to participate in any workout or try-out session. \$40 district participation fee is also required upon making the team or entering the athletics class.**

**Athletics Course:** To be enrolled into the 8<sup>th</sup> Grade Athletics course, you must have been in 7<sup>th</sup> Grade Athletics for the 2023-2024 school year, fulfilled the sports and running requirements, and have Coach Gray’s approval. To be enrolled into the 7<sup>th</sup> Grade Athletics course, you must have run the mile for Coach Gray under 9:30. If you do not meet the previously mentioned criteria, and still wish to be in Athletics, you will need to try-out for volleyball or basketball and make the team. Anyone that has a current physical on file and has completed the above-mentioned online paperwork is eligible to try-out for ANY sport that we offer.

Please contact Coach Gray for further inquiries related to the Athletics Course and/or try-outs for a particular sport. **Athletics is a yearlong course – DO NOT join the course or a team if you cannot fulfill the entire year.**

If you have any questions, please contact me at 218-412-1222 or [grayb@pearlandisd.org](mailto:grayb@pearlandisd.org).

Thank you,

Mrs. Blair Gray  
Girls’ Athletic Coordinator

