

**Boerne High School
Girls Volleyball
2026 Tryout Information**



Contacts

Coach Lawrence: staci.lawrence@boerneisd.net

We are excited to start preparing for the 2026 Greyhound Volleyball Season! Below you will find information on the upcoming season including summer calendar, tryouts, parent/player meeting and regular season information.

Tryouts

August 1st

6:00am - 8:00am

All Athletes - Fitness Testing/Skill

2:00pm - 4:30pm

All Returning Athletes

5:00pm - 7:30pm

All Incoming Freshman

August 3rd

5:30am - 8:00am

Session I

4:30pm - 6:00pm

Session II

6:00pm - 7:30pm

All Athletes (Session I joins Session II)

Following Saturday's tryouts, email invitations will be sent to each athlete to determine their next tryout session (I or II).

Each player will be evaluated based on individual skills, which include, but are not limited to: passing, setting, hitting, serving, blocking and other "soft skills" (teamwork, attitude, work ethic, etc.). Players with higher rankings will be considered for a Varsity roster spot based on positions needed, regardless of grade level or years played. Cuts will be made in order to keep reasonable roster sizes to provide our student-athletes with reasonable amounts of feedback and play-time.

The 2026 Boerne HS Girls Volleyball Program will be decided by **9pm Monday, August 3rd**.

Regular Practices

Practices will begin on *Tuesday, August 4th*. Pre-season practice times will vary and will be announced at a later date.

Varsity Playoffs

If Varsity makes the playoffs, be prepared for our season to go all the way to *mid-November* if we keep winning! All members of the Varsity team will need to commit to this timeline.

Season Schedule

August 5th- Parent/Player Program Meeting (Times will be communicated once teams are set)

August 7th/8th- Pre-Season Scrimmages

August 10th- Regular Season Games Begin

October 29th- Bi-District Playoff Game

Summer Preparation

We highly encourage you to play or touch a volleyball throughout the summer. Tryouts will not be easy and cuts will very likely be made. So prepare yourself!

Boerne High School is running a Strength and Conditioning Camp for 6-weeks this summer. These are not mandatory, but are highly encouraged to help reduce risk of injury and elevate performance in the fall. If you are interested in registering, please keep an eye on our website and social media.

Any questions can be directed to Coach Sawyer: — brett.sawyer@boerneisd.net

Camps and Clinics

There are many camps and clinics available this summer in the San Antonio area. We will be hosting a Freshman and Team Camp the week before tryouts begin with a high-level college coach. Please plan to be available the week of **July 27th- July 29th** as times are being finalized.

On your OWN

There are lots of ways that you can prepare yourself for tryouts on your own, with a friend or family member.

Get your body physically ready for the season by building strength in the following areas:

Core Strength and Stability - planks, crunches, mountain climbers, side planks

Arm Strength and Stability - push ups, resistance band prehab, lifting light weights for speed

Leg Strength and Explosiveness- squats, jump squats, lunges, calf raises

AVOID LONG DISTANCE RUNS- we want short explosive movements, long distance running counteracts this

Endurance: sprints, a few miles (no more than 2 at a time) with sprints mixed in, lateral movements, ladders

Eat well, hydrate and stay active!

See you soon! Go Hounds!