



Lewisville High School Volleyball Tryouts 2026



Important Tryout Information:

- To be cleared for tryouts- Each athlete must have a NEW physical on file with our trainers, and complete all Rank One paperwork. Rank one online paperwork can be found at: <https://bit.ly/3hiRLx2> OR scan the QR code to the right.
 - Contact Head Athletic Trainer, Coach Melson at melsons@lisd.net with any questions.
- Please arrive at least 30 minutes prior to your tryout session to complete check in.
- **You must attend ALL sessions** to be considered for a team unless prior arrangements have been made with Coach Sumpter.
- Contact Head Volleyball Coach, Coach Sumpter at sumptercm@lisd.net AND Coach Dimas at dimass@lisd.net with any questions about tryouts.



Tryout Format Below: ****Times are tentative****

- **Saturday, August 1st:** 7:00am check in at South End of Football Field
 - 7:00am check in for 200's-Running begins at 8:00am
 - After running, athletes will be taken to the gyms for the first Volleyball skills session which will conclude at 11:00am
 - ~9:30am-11:00am- Volleyball Skills Session 1
 - 1:00pm-3:00pm- Volleyball Skills Session 2 (Check in at Arena Entrance)
- **Monday, August 3rd:** 7:30am check in at Arena entrance
 - 8:00am-10:00am- Volleyball Skills Session 3
 - 12:00pm-2:00pm- Volleyball Skills Session 4 (Teams will be made immediately after this)