



MIDDLE SCHOOL GIRLS VOLLEYBALL

OPEN GYM AUG 11th and 12th

TRYOUTS AUG. 13th and 14th

7th: 3:30-5:15

8th: 5:00-6:45

Coaches: Heather Baker, Betsy Hemphill, and Mackenzie Mork

h.baker@laschools.net

b.hemphill@laschools.net

ATHLETIC REGISTRATION INFORMATION

****You must complete Rankonesport.com registration to attend***

RANKONESPORT.COM

1. Upload Physical and Medical forms (Dated after April 1, 2026)
2. Complete Athletics participation Form (consent to treat)
3. Complete Student Concussion Course and Bullying Course

<https://nfhslearn.com/courses/concussion-for-students>

[NFHSLearn | Interscholastic Education, Made Easy](#)

4. Upload certificate of completion for the courses to RankOne