

**10A/JV/V Tryout information**  
**Monday, August 16<sup>th</sup>**  
**11:30-2:30PM, 3:30-5:30PM**

- Goal:** Run players through all volleyball skills and rate their performance. Tentatively group players with others in their ability level for further observation. Notify girls trying out for an older team of where they should be for day 2
- 11:00** Registration begins just inside the west entrance of the High School. Registration must be completed by **11:30 AM** (no exceptions).
- Athletes must have registration completed and bring their signed "Volleyball Contract" to the tryout registration (Only sign contract after reading the online handbook found at [www.shakopeehsvolleyball.com](http://www.shakopeehsvolleyball.com) .
- Players should have already completed the "2021 Player Tryout Position Registration" found on our website by Wednesday, August 11.
- Athletes will be expected to warm-up arms and stretch on their own during this time.
- 11:30** Team meeting and tryout expectations
- 11:40** Begin formal tryouts.
- 2:30** Break (players will be recommended to bring food to eat in the High School Commons. Begin second session warm-up at 3:15.
- 3:30** Continued tryout period.
- 5:15** Cool Down. Coaches will use this time to speak with players (small group or individually) regarding Day 2
- Other Notes:** Players must come to tryout in expected practice uniform:
- t-shirt (no tank tops)
    - Seniors – black
    - Juniors – red
    - Sophomores – white
    - 7<sup>th</sup> – 9<sup>th</sup> graders - gray
  - black spandex
  - crew-length white athletic socks and knee pads
  - appropriate volleyball or running shoes
  - filled water bottle

**Bring MVP Card money / extra cards!**

