

EAST CENTRAL VOLLEYBALL TRYOUTS

WHEN: (ALL SESSIONS MANDATORY)

- August 1st, 2019

10th-12th Grade: 7-10am, 12-2pm

9th Grade: 9-11am, 2-4pm

- August 2nd, 2019

All Levels: 7-10am

Team Selection at 10am

**Practice after for those who make
the team- JV/V: 12-2pm FR: 2-4pm
Mandatory Parent Meeting 6pm if
your athlete has made the team**

WHERE

East Central High School

**Registration in Game Gym Foyer 45 min
prior to first session**

**PHYSICAL
PAPERWORK
MUST BE
TURNED IN
BEFORE AUG 1ST**

WHAT TO BRING

**T-Shirt, Shorts, Kneepads,
Court shoes, running
shoes, Towel (if needed),
Water Bottle**

**No spaghetti straps or
midriff showing.**

**NO JEWELRY at all. Plan
piercings accordingly.**

WHAT WILL BE TESTED

**Conditioning, Vertical
Jump, Height, Passing,
Serving, Setting, Hitting,
Blocking, Digging, Attitude,
Game Play, Effort, and
Communication**

CONTACT

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