

# 2024 Volleyball Season

## 7<sup>th</sup> & 8<sup>th</sup> Grade Volleyball Tryouts

Dates:	Thursday, August 15 <sup>th</sup> – Friday, August 16 <sup>th</sup>
Time:	4:00 – 6:00 p.m.
Place:	Grimmer Middle School gym

### Be prepared! You need the following for the first day of tryouts (8/15/24):

- Current physical on file
  - If you are getting a physical from your own doctor, you must bring the completed physical form to Mrs. Huguenard or upload it to Final Forms and complete all necessary forms on Final Forms (both students and parent forms) **BEFORE** tryouts. See the Grimmer website for information. Extra copies of the physical form are in the main office, nurse's office, and on the Grimmer website: [grimmer.lcsc.us](http://grimmer.lcsc.us).  
**You will NOT be able to try out without Final Forms being complete.**
- Proper attire for tryouts: gym shoes and gym socks; t-shirt; shorts; hair pulled back
- Knee pads (if you have them already!)
- A great, coachable attitude

### Summer Preparation:

- Practice with a friend, neighbor, or family member
- Daily exercise: walk, run, swim, plank, and stay active with your favorite exercises
- Passing technique: accuracy and control
- Serving technique: over hand serve with accuracy and control
- Setting technique: accuracy and control
- Club Opportunities
- Lake Central Volleyball Camps (Be watching for information through Parent Square)

