

7th & 8th Grade Volleyball Tryouts

Dates:	Wednesday August 13 th - Friday August 15 th
Time:	4:00 – 6:00 p.m.
Place:	Grimmer Middle School gym

You need the following for the first day of tryouts:

- ★ Current physical on file (has to be completed after April 1, 2025)
 - 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. Extra copies of the physical forms are in the main office, nurse's office, and on the Grimmer website.
- ★ All necessary parent AND student forms must be completed on Final Forms **BEFORE** tryouts.
You will NOT be able to try out without Final Forms completed.
- ★ Proper attire for tryouts: gym shoes, gym socks, t-shirt, shorts, hair pulled back
- ★ Knee pads
- ★ Water bottle
- ★ 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; club tryouts take place in the summer