

Tryouts will begin the second week of school, and run for four days! There will not be daily cuts, but there will be at least one cut. A team list will be posted, by tryout number, on the evening of the fourth day between 6 PM and 7PM. Girls must participate in EVERY day of tryouts to be eligible for the team. Tryouts for the 7th grade team will begin at 7 AM and will run through first period athletics (all girls trying out that are NOT in athletics will be sent to their First period class). Tryouts for the 8th grade team will begin at the start of 7th period and will run through 5:30. Parents, PLEASE have your daughter dropped off/picked up on time.

Tryout requirements:

-A Physical on Conroe ISD's Physical Form- without this girls WILL NOT be allowed to try out. It MUST be turned in to GIRLS ATHLETICS (it cannot be turned into a different activity, we have to have it!!) Without a physical, girls will be turned away at the door.

-An athletic uniform- either the Girl's Athletics uniform or a PE uniform will work! If your uniform is not in yet you must wear equivalent clothes. Long athletic shorts (basketball shorts, NO NIKE SHORTS/NO SPANDEX) and a loose fitting tshirt (no tank tops!)

-A good attitude! Come ready to work HARD and do your best!

Encouraged Skills

-Coaches will be watching all volleyball skills, including passing, setting, hitting, and serving. Physical activities, such as conditioning, sprinting, shuffling, etc will also be observed.

-We will be watching form, skill level, attitude, and coachability.

-Overhand serving will be required, we will work on basic techniques with those who need it, but underhand serving will not be allowed.

-We will be watching not only where girls are currently skill wise, but how well they work with others! We want girls to be a cohesive, encouraging, supportive team! Bad attitudes, disrespectful tones, and lack of effort will factor into decisions.