

## **Varsity/JV Volleyball: Pre-season Information**

### **Tryouts:**

- Monday, August 18th
- Tuesday, August 19th
- Wednesday, August 20th

Times for tryouts have not been determined. Please see the athletic practice schedule on the CSSD website for times the week before tryouts.

### **Location of Tryouts:**

- Paul V. Moore High School Gym

### **Sports Physicals:**

- All players need a sports physical by their physician or through the school before the season starts.
- Players cannot participate until their physical is completed, sent to the nurse and the nurse approves them through Family ID.

### **Sign up through Family ID:**

- To participate, all players must sign up through <https://account.students.arbitersports.com/>.
- Sign-ups will begin roughly a month before the season starts.

### **Summer Open Gyms Dates at the Middle School Gym:**

- July 15th, July 22nd, July 29th, & August 5th
  - Incoming 7-8th graders 10-11:30
  - Incoming 9-12th graders 11:30-1:00
- August 5th and 7th-fill out the google form on the CSSD website, under Athletics/Summer Camp Flier to sign up.
  - Incoming 4-7th graders- 6-8 pm

If you have any questions, please contact me.

Thank you

Coach Daniels

Varsity

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