**Boys Volleyball 2025: Pre-Season Information**

**Open Gyms:**

* Open gyms will be held on the following dates:

July 17th, July 24th, July 31st, and August 7th.

They will be held at the High School from 10am-12pm.

**Tryouts:**

* **First day of tryouts will be August 20th**
1. August 20th- 12pm to 2pm @ High School
2. August 21st- 12pm to 2pm @ High School
3. August 22nd- 12pm to 2pm @ High School

Athletes are asked to go to the side gym door (red door) and knock. Coach will let athletes in at 11:50am for practice.

**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.

**Signing Up on 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. If you have any issues signing up, please see the school’s athletics page.

If you have any questions or concerns, please feel free to reach out to me.

Coach Byrnes: kbyrnes@cssdapps.org