

FJH Volleyball Tryout

Information

- **BEFORE YOU SHOW UP FOR TRYOUTS, YOU NEED TO HAVE A PHYSICAL ON FILE WITH THE FISD TRAINERS.**
 - *If you are a returning 8th grader and had a physical on file last year, only an updated medical history form is required (frontside w/ boxes). If you are an incoming 7th grader or a new to district 8th grader, a physical is required.*
- **TURN IN PHYSICALS TO THE FHS ATHLETIC TRAINER OFFICE.**
- **YOU WILL NOT BE ALLOWED TO TRYOUT WITHOUT IT.**
- **NO EXCEPTIONS!**
- **VIRTUAL STUDENTS CAN BE ON THE VOLLEYBALL TEAM.**
They will be required to participate in on campus tryouts and practices before and/or after school.

When Starts Tuesday, September 8th and will continue until teams are picked

Time: 7th Grade 6:15 am-7:45 am

8th Grade 4:15pm-6:00pm

What to Wear:

- Face mask
- White T-Shirt with Last Name on Back in at least 3'' Letters
(t-shirt may have screening on front, the necessity is the name on the back of the shirt)
- Comfortable shorts or spandex
- Knee pads (if you have them)
- Bring running shoes and court shoes (if you have them)
- Hair needs to be pulled back in a ponytail. No hard objects (headbands, bobby pins, clips, etc.) in hair please.
- No jewelry

Parents: Try-outs are closed sessions. Please do not enter the gym. We will be making cuts daily; the list will be posted every afternoon (7th grade @ 4pm and 8th grade @ 6:30pm). Your daughter will be told where to look for the posting.

