

ELKINS VOLLEYBALL TRYOUTS 2016

Monday, August 1 – Thursday, August 4

8:30 AM – 3 PM (Lunch Break at 10:30)

Athletes MUST attend ALL 4 days of tryouts

Bring an extra t-shirt, socks, and running shoes

PHYSICAL & ATHLETIC FORMS

In order to participate at tryouts, athletes must have the FBISD Athletic Forms Packet and a physical form on file with Trainer June Tomlin immediately. The physical form must be dated after May 1, 2016, otherwise, the form is invalid. Print the physical form at <http://www.fortbendis.com/Page/1122> . All other required athletic forms may be submitted electronically at <https://fortbendis.rankonesport.com> or printed and submitted directly to June Tomlin.

CONDITIONING CAMP

Athletes are encouraged to train throughout the summer in preparation for tryouts. Elkins is offering conditioning camp starting June 13 and ending July 21 (see registration brochure for details). It is highly advised athletes attend.

OPEN GYM

We will have open gym every Wednesday from 1:00 PM until 3:00 PM starting June 15 and ending July 20. If we have good participation, I will add more open gym dates.

TEAM CAMP

A returners' team camp in July is still a possibility. When I have information confirmed, I will email or text everyone. Please make sure your contact information is legible on the sign-up sheet.

THE FOLLOWING WILL BE EVALUATED DURING TRYOUTS:

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|---------------------------|-------------------|------------|
| ➤ Aggression | ➤ Hustle | ➤ Setting |
| ➤ Attitude | ➤ Court Awareness | ➤ Blocking |
| ➤ Agility/Speed/Endurance | ➤ Serving to Area | ➤ Hitting |
| ➤ Vertical | ➤ Passing | ➤ Defense |

DEDICATION

Our future volleyball program requires dedication, determination, and discipline. Athletes must attend all days of tryouts and must be willing to commit to the team until season's end. Do not schedule appointments, vacations, or anything else that would require you to not be present for tryouts, practices, the athletics period, or games. For questions regarding our program, please email tara.dome1@fortbendis.com.
