

2023 CMS VOLLEYBALL TRY-OUT INFO

First day of TRY-OUTS- Monday, August 14, 2023

****A current physical must be turned in prior to a student trying out for a UIL sport or enrolled in athletics class and all Rank One electronic forms need to be signed****

NO PHYSICAL WILL BE ACCEPTED FOR THE 2023-2024 SCHOOL YEAR THAT IS DATED BEFORE JUNE 1, 2023

- Any Girl trying out will wear a maroon Calallen Shirt with shorts/Spandex and shirts must be tucked in.
- Spandex may only be worn during volleyball skills time, not conditioning time.
- Try-Out numbers will be issued after all paperwork is turned in on first day and must be worn during the entire try-out.
- Try-outs are mandatory!!!!

Volleyball Try-Out Expectations

****Completion of Various Conditioning Activities**

***** Serving, passing, hitting, setting, digging skills**

(accuracy and technique are important and will be awarded points value)

Team work, hustle, attitude, and communication will also be looked at by all coaches throughout the try-out.

EVALUATIONS WILL BE MADE THROUGHOUT THE ENTIRETY OF THE SEASON AND TEAMS ARE ALWAYS SUBJECT TO CHANGE!!!

	Monday. 8/14/2023	Tuesday 8/15/2023	Wednesday 8/16/2023
7 th Grade	Try-Outs 6:30-8:00 A.M. (Cond. / Skills) Athletics Class (Skills)	Try-Outs 6:30-8:00 A.M. (Cond. / Skills) Athletics Class (Skills)	Try-Outs 6:30-8:00 A.M. (Skills/Scrimmage)
8 th Grade	Try-Outs Athletics Class (Cond. / Skills) 4:00-5:30 P.M. (Skills)	Try-Outs Athletics Class (Cond/ Skills) 4:00-5:30 P.M. (Skills)	Try-Outs 4:00-5:30 P.M. (Skills/Scrimmage)
ALL			Cuts will be posted at 5:45 p.m. A & B Teams will be announced on Friday 8/18

The rest of the week will TBA and posted on Sports You at a later date.

Any questions please e-mail Coach Lamar Lopez- llopez@calallen.org

How to Complete 2023-2024 UIL Paperwork

calallenisd.rankonesport.com

OR

<https://tx02219008.schoolwires.net/>



Departments



Athletics

Rank One Sports will be on the bottom right