

2017 CMS VOLLEYBALL TRY-OUT INFO

First day of TRY-OUTS- THURSDAY Aug. 17, 2017

*****A current physical must be turned prior to a student trying out for a UIL sport*****

All New Physicals must be dated after 6/1/2017 as PER ATHLETIC TRAINERS

Physicals can be turned in on first day of school or at Middle School Registration- August 1st

Free Physicals will be offered at CHS Cafeteria on June 29th 4:00-7:00 p.m.

Volleyball Try-out Criteria

Points for Volleyball Running

Mile Run, 800 Meter dash, 400 meter dash - All athletes who try out will need to complete the following runs. Points will be given (which will be added to the athletes' skill score) based on time ran.

1 Mile Run (4x around track)		400 meter dash (1x around track)	
8:45-under-	100 points	2:00-under-	100 points
8:46-9:15-	50 points	2:01-2:15-	50 points
9:16-9:45	25 points	2:16-2:30-	25 points
Over 9:45-	0 points	Over 2:30-	0 points

Total points on runs can affect student-athletes placement on a team.

****Skills assessed during try-out (accuracy and technique important)****

Serving, passing, hitting, setting, digging

Tentative Try-Out schedule

	Wednesday 8/16/2017	Thursday 8/17/2017	Friday 8/18/2017
7 th Grade	Turn in physicals	Try-Outs 6:30-8:00 A.M. 4:00-5:30 P.M.	Try-Outs 6:30-8:00 A.M. Athletics Class
	No Try-Outs on first day of school!!!	Running/Skills-A.M. Skills- P.M.	Running/Skills-A.M. Skills-Athletics Class
8 th Grade	Turn in physicals.	Try-Outs 6:30-8:00 A.M. 4:00-5:30 P.M.	Try-Outs 6:30-8:00 A.M. 4:00-5:00 P.M.
	No Try-Outs on first day of school!!!	Running/Skills-A.M. Skills-P.M.	Running/Skills-A.M. Skills-P.M.

*****Complete all electronic forms at- calallenisd.rankonesport.com ***.**

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

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