

2019 Volleyball Spring/Summer Schedule

Middle School Shuttle Bus These buses run every day. It is part of their normal route.

All athletes from CMS or OMS can ride the shuttle bus to CHS!

- Bus 8 or 14 is the shuttle from CMS to HS
- Look for the Athletic shuttle from OMS to HS (sometimes is a Blue and White Activity Bus)

Physicals

- If you have participated in a sport this school year, you will not need a new physical to participate in our Spring Practice sessions. If you don't have a physical on file with the school dated after April 1, 2018 then you will need to obtain a physical to participate in our Spring Sessions.
- **All athletes MUST HAVE** a new completed physical form signed by a parent to participate in any summer sessions or Tryouts! This physical will then allow them to participate in Summer sessions, tryouts and all other sports for the 2019-2020 school year.

Athletes will not be allowed to participate after JUNE 1 without a current physical on file...that means, one that is good for next school year. Athletes must be examined by a doctor after April 1, 2019 to be good for the 2019-2020 school year.

This means NO attending Summer Sessions OR Tryouts without a new physical on file!

SPRING PRACTICES @ CHS GYM

Current 8th graders:

*These are **not** mandatory but will give coaches a first look at pool of athletes prior to tryouts*

- volleyball shoes, knee pads, and water bottle

May 6–9 and May 13–17 4:15 pm to 5:45 pm
Monday – Thursday

Current 9th – 11th graders:

- Due to only having one net right now, we will need to set up the net ASAP. We will practice skills on the net until 4:15 and then condition

May 6–9 and May 13–17 3:30 pm to 5:00 pm
Monday – Thursday

SUMMER PRACTICES @ CHS GYM

**please visit the CHS Volleyball website for summer session dates (will be posted by May 1)

All rising freshman and any enrolled CHS student can participate in open gyms

- MUST HAVE CURRENT PHYSICAL on file (bring a copy)
- bring running shoes and volleyball shoes, knee pads, water bottle
- we will be conditioning for 30 -45 min and practice skills

TRYOUTS @ CHS GYM 9:00 am – 12:00 pm Friday, August 2 and Saturday, August 3

Attendance is mandatory!

- bring running shoes and volleyball shoes, knee pads, and water bottle