



Volleyball Information 2023-2024



Conditioning

Where: Oakridge Middle School Gym

When: Aug 2nd- 9:30am-11:30am

Aug 3rd - 3:00pm-5:00pm

Aug 7th- 9:30am -11:30am

What: Girls must have a current physical (dated after April 1, 2023) copy of birth certificate and parent permission form to participate and should bring a water bottle with them each day.

Tryouts

Where: Oakridge Middle School Gym

When: August 9th and Aug 10th - 3:15pm-5:30pm.

What: All Information (including a current physical) must be uploaded into Big Teams (previously Planet High School) **BEFORE** tryouts start. If you have questions, please direct those to your coach or the athletic director, Mr. Rolf. Use the QR code below for a link to the aforementioned website.

Practices

Where: Oakridge Middle School Gym

When: Start Aug 11th 3:15pm-5:30pm



Coaches: 7th grade - Mae McKinney and Kathy Miller
8th grade - Emily Robinson and Kathy Miller