

## FMHS LADY JAG VOLLEYBALL TRYOUTS

### August 2 (Monday)

8:00-10:30 Everyone – Register, Turn in Physicals, Team Meeting, Physical Testing

12:00-3:00 Freshmen

3:00-6:00 Upperclassmen

### August 3 (Tuesday)

8:00-11:00 Upperclassmen

8:00-10:00 Freshmen– conditioning/weights

12:30-3:30 Freshmen

1:30-3:30 Upperclassmen – conditioning/weights

### August 4 (Wednesday)

8:00-11:00 Upperclassmen

8:00-10:00 Freshmen– conditioning/weights

12:30-3:30 Freshmen

1:30-3:30 Upperclassmen – conditioning/weights

**\*\*\*Teams will be decided Wednesday after 3:30. Each girl will be met with individually**

**\*\*\*This is a closed try out. Please do not come in the gyms while try outs are going on**