

# LADY BEARCAT VOLLEYBALL TRYOUT INFORMATION 2017

Tuesday, Aug. 1 <sup>st</sup> :	Meet at the track for running workout (all), then we will go into gym Weights/meetings Workout (all)	7:30am - -10:30am 10:30-11:00am 1:00-3:00pm
Wednesday, Aug. 2 <sup>nd</sup> :	Meet at the track for running workout (all), then we will go into gym Weights/meetings Workout (junior varsity) Workout (varsity)	7:30am - -10:30am 10:30-11:00am 1:00-3:00pm 2:30 – 4:30pm
Thursday, Aug. 3 <sup>rd</sup> :	Meet at the track for running workout (all), then we will go into gym Weights/meetings Workout (junior varsity) Workout (varsity)	7:30am - -10:30am 10:30-11:00am 1:00-3:00pm 2:30 – 4:30pm
Friday, Aug. 4 <sup>th</sup> :	Scrimmage @ Florence	10:00 am
Saturday, Aug. 5 <sup>th</sup> :	Scrimmage @ Marlin	TBA

Make sure that you arrive at least 15 - 20 minutes early to practice. We **will** be starting on time! Wear any Moody t-shirt and shorts or spandex (**must** wear cover shorts over spandex when not on volleyball court). No cutoffs or sleeveless shirts. **ALL** must be green, white, gray, or black in color.

Workout times may be subject to change. Also, workouts past Aug. 5<sup>th</sup> will be given to you during the first week of tryouts.

JoAnna Vaden  
Moody High School  
Head Volleyball Coach  
903-413-0414