



# 2018 VOLLEYBALL SEASON

VALDOSTA MIDDLE SCHOOL – J.L NEWBERN - VECA

## WHERE

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4/16 @ VMS  
4/23 @ VMS  
4/30 @ VMS  
5/7-5/10 @ VMS

## REQUIREMENTS

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Student athletes must have an up to date physical on file by a school approved doctor or a personal physician before attending

Must be an upcoming 6<sup>th</sup>, 7<sup>th</sup> or 8<sup>th</sup> grader

Prior volleyball experience is not needed

## WHAT.... WHEN

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### SKILL SESSIONS/OPEN GYM

**APRIL 16<sup>TH</sup>, 23<sup>RD</sup>, & 30<sup>TH</sup> • 3:30-5:30- VMS**

Open gym is an opportunity for both non-experienced and experienced players to come out to perform some independent programming and get more familiar with the sport, while coaches monitor their training.

### TRY OUTS • MAY 7<sup>TH</sup>- MAY 10<sup>TH</sup> • 3:30-6:00

Student athletes will have an opportunity to showcase their volleyball skills, athleticism, coachability and eagerness to learn the sport

\*\*Tryouts, as well as all games and practices during the regular season will be held at Valdosta Middle School.

### TRANSPORTATION

An activities bus will be provided for middle school students, please be sure to have a signed note by a parent permitting transportation. 5<sup>th</sup> grade students will need to provide their own transportation to Valdosta Middle School.

## ANY QUESTIONS??

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### Coaching Contact:

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