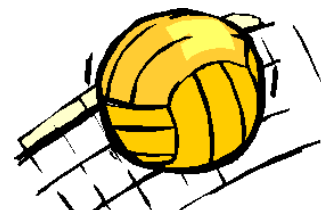


# 2026 Sproul Junior High JV and Varsity Volleyball Try-outs



**WHO:** Any 6<sup>th</sup>, 7<sup>th</sup>, or 8<sup>th</sup> grade girl interested in volleyball  
**WHAT:** Sproul Volleyball Varsity and Junior Varsity Try-Outs  
**WHERE:** Sproul Gym



**WHEN: 3:00 – 5:00 pm on:**

**Monday, August 10<sup>th</sup>** (6<sup>th</sup>, 7<sup>th</sup>, & 8<sup>th</sup> grade) – Open invite.

*6<sup>th</sup> graders need to bring clothes and paperwork to school as tryouts follow their first day.*

**Tuesday, August 11<sup>th</sup>** (6<sup>th</sup>, 7<sup>th</sup>, & 8<sup>th</sup> grade) – Invite only!

**Wednesday, August 12<sup>th</sup>** (6<sup>th</sup>, 7<sup>th</sup>, \* 8<sup>th</sup> grade) – Final day of try-outs, invite only!

Thursday, August 13<sup>th</sup> – First official practice.

Friday, August 14<sup>th</sup> - Second official practice. **Parent Meeting from 5:00-5:15**

**WHY:** Volleyball is fun!

## IMPORTANT

**YOU MUST HAVE YOUR PHYSICAL AND SPORTS PAPERWORK FILLED OUT IN ORDER TO TRY OUT!**

**Thursday, July 30<sup>th</sup> at 5pm** is Sproul's Physical and Athletics night where you can take care of your paperwork and physical. If you get your physical somewhere else, you will still need to get the sports paperwork from the office and bring it completed to try-outs. You **cannot** try out without completed paperwork.

**Tryouts are closed to the public.**

## Details

- \* 7<sup>th</sup> & 8<sup>th</sup>: Meet outside in front of the gym dressed and ready to play with paperwork & physical.
- \* 6<sup>th</sup> grade: Change in the locker room first, then go to the gym with your paperwork.
- \* Athletic clothes and shoes are all that you need to bring. Kneepads are not required.
- \* After Monday's try-out, you will check a list online to see if you are invited back to try-outs on Tuesday and Wednesday.
- \* 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> graders will be trying out this week and we will be selecting 24 total players to play on two teams—JV and Varsity.
- \* The official teams will be announced Wednesday after try-outs, online.
- \* The season will last until September 26, and requires a commitment to practice or play a game every day after school until at least 5:00 pm (later on game days).
- \* Our first game will be Monday, August 24.

## Alternate Physical Options

Students can also get a Physical at other WSD3 schools or their doctor's office.

**Coaches:** Adrian Stamer and Beth Birky

*Email us if you have questions or would like to be a manager.*

[stameradrian@wsd3.org](mailto:stameradrian@wsd3.org)

[birkyb@wsd3.org](mailto:birkyb@wsd3.org)