

Volleyball 2025-2026 General Information

1. **August Practices** -August practices and games are mandatory. If you do not attend tryouts the week of Aug 1st, you will not be able to play volleyball for the 2025 season. You will not be able to join volleyball on the first day of school.
2. **Physicals** - All physicals and forms are to be turned in to Athletic Trainer Coach K or Ms. Herting by June 1, 2025. Athletes can not participate in SAC camp, team camp, open gyms, two-a-days without a physical, please go online to rankonesport.com to complete online forms prior to tryouts as well.
3. **Team Camp**- will be July 30th and July 31st from 9:00am-3:00pm at THS in the gyms. (I highly recommend attending the camp if you wish to try out for volleyball.) Please plan on bringing lunch.
4. **Aug 1st, 2025 (FRIDAY) & Aug 2nd (SATURDAY) Tryouts**- Tryout times will be between the hours of 6:00 am – 3:00 pm. A detailed schedule will be sent out later.
5. **Aug 4th-Aug 7th 2025 Mandatory Practice**- Times are TBD depending on when our staff development is.
6. **August 8th, 2025 Scrimmages Red/White/JV/V @ Grand Oaks HS**
August 9th, 2025 Scrimmages JV & Varsity @ Magnolia ISD
7. **August 12th – Regular season games begins**
8. **On Time** – We are big about being on time. Always arrive 15 to 20 minutes early. Athletes will run for being late for practice, games, or team events.
9. **Practices and Athletic Periods** –Athletes are expected to attend **every** practice, game and be in athletics each day. Even if the athlete is injured, she will be there. Athletes can be suspended from games or have some form of a consequence for attendance issues.
10. **Weekly Schedule** – A weekly practice and game schedule will be sent out through SportsYou and uploaded on the volleyball shared google drive during the season.
11. **Parent and Athlete Meeting** – **The volleyball parent meeting will be on Wednesday, May 14th, 2025 at 5:30pm in Competition Gym @Tomball High School. Parents and athletes need to attend the meeting.**
12. **School Year Practice** – All teams will be out of practice by 4:30 pm each day, possibly earlier.

13. **What to bring and wear the 1st week of practice:** court shoes, running shoes, knee pads, athletic shorts and t-shirt, sports bra, ankle braces, comfortable socks, a lunch, and healthy snacks. Water will be provided.

14. **Teams** - Teams will be posted/announced by Monday, August 4th. Cuts will be made in the 9th – 12th grades. Teams are never set in stone during the season. Athletes can be moved from team to team as per coach decision.

15. **Clothes and Lockers** – volleyball equipment and lockers will not be issued to underclassmen until teams are posted.

16. **Athletic Fees** - \$21.00 pay online through school cash (fees must be paid by September 1st, 2025)

This fee pays for anything related to athletics throughout the school year.

17. **Social Media Sites-**

1. Twitter- @THSCougarsVB
2. Instagram- tomballvolleyball

Head Coach- Jordan Williams - jordanwilliams@tomballisd.net

Assistant Coaches- Emily Ramsey- emilyramsey@tomballisd.net

Terri Klaiber- terriklaiber@tomballisd.net