



McCaffrey Volleyball Information

2025-2026

8th Grade Girls Tryouts: GYM

Tuesday, Aug. 19 3:15-4:15 pm

Wednesday, Aug. 20 1:30-2:30 pm

7th Grade Girls Tryouts: GYM

Tuesday, Aug. 19 4:30-5:30 pm

Wednesday, Aug. 20 3:00-4:00 pm

- Athletes who wish to participate in McCaffrey athletics must complete all sports permission forms (including a medical sports physical dated May 1, 2025 or later) and return completed forms to the school office no later than Aug. 18 at 4pm. Students are not allowed to participate in after school athletics without completing sports permission forms. Forms can be found on our school or district websites or using the following QR Code:



- Players must attend **BOTH DAYS** of tryouts
- Tryouts are for players only. Parents and friends please wait outside.
- Team rosters will be posted in the office window on Thurs., Aug. 21 at 8:00am.
- **Mandatory Parent/Player Meeting: Thurs., Aug. 21 at 5:30pm in the GYM.**
- Seasons run from Aug. 25-Oct. 9
- Games will be played on Tues & Thurs at McCaffrey and/or various Elk Grove Middle Schools beginning Sept.11 (parents provide transportation)
- Game times: 4:15pm (8th grade) 5:15pm (7th grade)

8th Grade Coach: April Shillam

7th Grade Coach: Carlie McCormick

PRACTICES: Begin Mon., Aug. 25

7th Grade: 8/25, 8/27, 8/28, 9/4, 9/8, 9/9, 9/15, 9/22, 9/29, 10/6 @ 7:30-9:00pm

8th Grade: 8/25-9/10: M-Th @ 3:15-5:00pm (no practice on 9/1, 9/2) 9/15-10/8: M & W @ 3:15-5:00pm

McCaffrey Athletic Director: Heather Nelson hnelson@galt.k12.ca.us