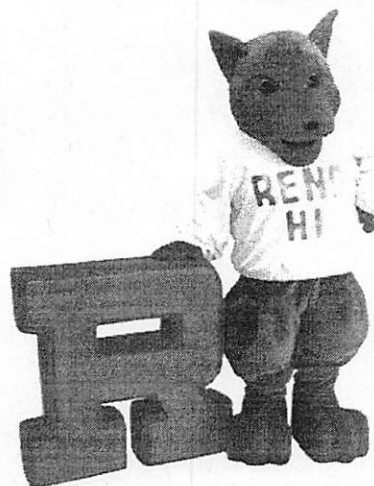


# RENO HIGH VOLLEYBALL



## Important Dates!!

Open Gym Dates and Times:

Open gym is NOT mandatory.

- Saturday: 07/22/23 8:00AM-9:30AM
- Saturday: 07/29/23 8:00AM-9:30AM

Tryout Info: Tryouts are three days long. Cuts and teams are made on the last day.

## Dates and times for tryouts:

- Saturday: 08/05/23 8:00AM-10:00AM
- Monday: 08/07/23 8:00AM-10:00AM
- Tuesday: 08/08/23 8:00AM-10:00AM

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## WHAT YOU NEED TO DO TO BE CLEARED FOR TRYOUTS

- You MUST be registered on Register My Athlete. If this is not done, you will NOT be allowed to try out. Go to [www.registermyathlete.com](http://www.registermyathlete.com) to complete registration.
- Turn in an UPDATED physical from your doctor. This needs to be completed and turned in before tryouts.

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Things you can do before tryouts:

Get as many touches on the ball as you can.

There are many at home drills you can do to best prepare for tryouts:

- Passing the ball against the wall or with a partner
- Setting the ball against the wall or with a partner
- Working on simple footwork ability like running and jumping
- Work on making solid contact with the ball when hitting and serving

Watch videos if you have time and enjoy your summer before high school!

We look forward to seeing you this school year.

**GO HUSKIES!!**