

## 7<sup>th</sup> and 8<sup>th</sup> Grade Volleyball Conditioning and Tryouts 2013

**\*\*Conditioning at MS July 29-31 from 9AM-11AM not mandatory.**

**Tryouts Aug. 1-2**

**8<sup>th</sup> Grade 9-10:30**

**7<sup>th</sup> 10:30-12:00**

Teams will be posted by 5 PM on Aug. 2.

First practice Aug. 5; 8<sup>th</sup> -10:00-12:00, 7<sup>th</sup> 12:00-2:00

Schedules will be handed out first practice.

Parent/athlete meeting July 31 @7:00 @ MS

## **BELLEVUE HIGH SCHOOL CONDITIONING/TRYOUTS**

**Pre-season Mtg.: July 29, 7:00pm at High School(mandatory)**

**Conditioning: July 29(8:30-10:00am), July 30, 31(6:30-8:00pm)  
Meet behind High School by Tennis Courts(voluntary)**

**Tryouts: August 1<sup>st</sup> and 2<sup>nd</sup> (Mandatory)  
4:00-6:30pm at High School  
Need to have Physical by Aug. 1<sup>st</sup> to be able to try-out**