

Wildcat Volleyball Tryout & Two-A-Day Schedule

Freshman Tryouts (Overview)

- ◆ Monday and Tuesday morning they will be running one 400, two 200, and two 100 yard sprints that will be timed. (They do not have a time limit on the sprints, we just want them to finish.) They will NOT run on any other mornings, unless they have to make-up runs.
- ◆ They might want running shoes for the mornings and court shoes for later.
- ◆ We know that coming in as a freshman can be intimidating. I encourage the girls to just do their best. We are looking for girls who have wonderful attitudes, a team spirit, and the ability to add value to their teammates on and off the court.
- ◆ If a player is cut from the team, we will help find a place for them in another sport or activity. If they only want to do volleyball and don't make the team as a player, they may tryout for a manager position. Every child has a place where they add value; tryouts will be an evaluation period to help find that place!

10th - 12th Grade Tryouts (Overview)

- ◆ WTR (Wildcat Training Requirements)

3x400-yard sprints within 90 seconds each.

Four minutes rest in between.

3x200-yard sprints within 40 seconds each.

Three minutes rest in between.

3x100-yard sprints within 20 seconds each.

One minute rest in between.

- ◆ You may not practice/tryout until you have completed your running times (those within the district that have signed a contract) but you will be required to be at all practices. You will have until Monday the 13th to complete the running requirements.
- ◆ Students who are new to the district will be required to do the running also. We understand that they may not have been aware or properly trained in conditioning. They will be expected to complete both days of running.

Cy Woods

Wildcat Volleyball!!!!

Excellence in Motion

- ❖ HAVE a physical and CFISD medical form to tryout
- ❖ Running and court shoes, shorts/t-shirt/food/snacks