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**Tryout Schedule 2023**

**During volleyball tryouts – Attendance each day is mandatory for all participants that want to be considered for team placement.**

**\*Each team will practice daily once teams are made with the exception of Sundays. JV/V will practice twice a day for ten days. Please make sure you can make this commitment before trying out.**

**Freshman**

* **Friday, August 11th**

**8:00am - 9:30am – Agility and Conditioning Testing**

**9:30am-11:30am - Practice**

* **Saturday, August 12th**

**11:00am - 1:00pm – Practice followed by 1st cut**

* **Monday, August 14th**

**10:00am – 11:30pm – Practice followed by final cuts**

**Sophomore - Senior**

* **Friday, August 11th**

**8:00am - 9:30am - Agility and Conditioning Testing**

 **2:00pm - 4:00pm - Practice**

* **Saturday, August 12th**

**8:00am - 10:00am - Practice**

**2:00pm - 4:00pm - Practice followed by cuts**

**Contact Coach Day if you have questions.**

**Lday@helenaschools.org** **406.241.8500**