

# SunRidge MS

## Volleyball Tryouts

Every student that comes to tryouts must have the **OCPS EL2 Physical Form** completed and uploaded onto **Registermyathlete.com** and approved before coming to tryouts. You can pick up a blank one in the main office, either PE locker room or download from our school website. The OCPS form must be signed by a doctor.

Please bring practice clothes (shorts, t-shirt and sneakers) with you for tryouts. If you already have knee pads please bring them too.

### **GIRLS TRYOUTS** (all grades)

Wednesday	October 11th	4:00pm – 6:00pm
Thursday	October 12th	4:00pm – 6:00pm
Friday	October 13th (morning)	7:30am - 9:00am

**There will be cuts after each day. Please check the website to see if you made it to the next day of tryouts.**

**<https://sunridgems.ocps.net/athletics/volleyball>**

### **BOYS TRYOUTS** (all grades)

Wednesday	October 11th	7:30am – 9am
Thursday	October 12th	7:30am – 9am

Bring stuff to clean up with after tryouts. Showers are available.

