**LCHS VB TRYOUTS**

**AUGUST 1 – 3, 2022**

**ATTENTION:**

* All six tryouts are mandatory.
* You must have a **current** athletic physical on file, and all RankOne forms completed online **PRIOR** to tryouts.
* These double-day workouts are split into morning strength/conditioning and volleyball skills in the afternoon.
* Final cuts will be made on day three after **TRYOUT #6**.

**Mandatory Tryout #1 – Monday, Aug. 1 9:00am-11:00am**

**Mandatory Tryout #2 – Monday, Aug. 1 2:00pm-4:00pm**

**Mandatory Tryout #3 – Tuesday, Aug. 2 3:00pm-4:30pm**

**Mandatory Tryout #4 – Tuesday, Aug. 2 5:00pm-6:30pm**

**Mandatory Tryout #5 – Wednesday, Aug 3 3:00pm-4:30pm**

**Mandatory Tryout #6– Wednesday, Aug 3 5:00pm-6:30pm**