UPCOMING PLANO WEST VOLLEYBALL INFORMATION

*PLEASE READ EVERYTHING CAREFULLY AS LOCATIONS AND TIMES CHANGE*

**Team Camp July 30th -31st**

July 30-31th incoming 9th graders 7am-9am AND 10am-noon @ PSA II 601 Seabrook Dr.

Incoming 10th-12th graders 8am-11am @ PSA II AND noon-3pm @ Plano West

email [Brittany.bridge@pisd.edu](mailto:Brittany.bridge@pisd.edu) for the link

Shepton Freshman wear a RED t shirt Jasper Freshman wear a GREEN t shirt

Soph wear WHITE Juniors wear BLUE **Seniors wear BLACK**

**Everything below is MANDATORY-NO EXCEPTIONS**

**August 1st and 2nd**(Wed/Thurs) **TRYOUTS** (2 a days) ALL 9th-12th graders

**FRESHMAN** 1st session 7am-9am at PSA II 601 Seabrook Dr.

2nd session 2:30-4:30 at Plano West

Shepton Freshman wear a RED t shirt

Jasper Freshman wear a GREEN t shirt

- Every FRESHMAN will need a new physical and medical history form

\*(linked on www.uiltexas.org/files/athletics/forms/prephysform15.pdf )

\*You only need the 2 pages on the pre physical participation form

CHECK FOR ALL SIGNATURES!!!

* You must all register for and complete the rank one file ([www.rankonesport.com](http://www.rankonesport.com))
* EVERYONE WILL SELECT PLANO WEST as their school

**10th-12th** 1st session 8:30am-11:30am at PSA II 601 Seabrook Dr.

2nd session 4pm-7pm at Plano West

Soph wear WHITE Juniors wear BLUE **Seniors wear BLACK**

- JUNIORS will need a new physical and medical history form

\* (linked on www.uiltexas.org/files/athletics/forms/prephysform15.pdf )

\*You only need the 2 pages on the pre physical participation form

- SOPHOMORES AND SENIORS will only need page 2 (medical history) UNLESS you have had

a medical issue

CHECK FOR ALL SIGNATURES!!!

* ALL must register for and complete the rank one file (www.rankonesport.com)

**August 3rd** media day- Scrimmage @ Coppell 1pm-5pm

**August 4th** Scrimmages @ PSA II 10am-2pm

**August 5th**Serveit up Dinner (JV and V)

**August 6th** --Match vs Keller @ Plano West with Shepton

**August 7th**--Match vs Hebron @ Plano West with Jasper

\*\*\* practices daily and tournaments from here on\*\*\*

Please plan this coming summer accordingly. Email me with any further questions or concerns!! All forms are linked and information is posted at [www.planowestvolleyball.com](http://www.planowestvolleyball.com) [brittany.bridge@pisd.edu](mailto:brittany.bridge@pisd.edu) (will change to [Brittany.rodriguez@pisd.edu](mailto:Brittany.rodriguez@pisd.edu) sometime over the summer)