



## Kefer Crossing Middle School Lady Cougar Volleyball Tryouts



**Tryout Week: August 25, 2009 - August 28, 2009**

**During the Athletic Period: Skill Demonstrations (passing, setting, serving, spiking) / Agility / Learn Tryout Drills / Conditioning**  
**All athletes required to participate**

**After school 2:45 p.m. - 4:45 p.m.: Those who plan to try and make the team.**

**Drills / Agility / Conditioning / Game Situations**

**Thursday August 27, 2009:**

**First Cut down to 40-44 girls will be posted by 5:30 p.m.  
(per grade level)**

**Friday August 28, 2009:**

**Final Cut: Team posted by 5:30 p.m. -**

**Top 20-22 girls make team plus 2 mgrs (per grade level)**

**Parent Meeting: August 31, 2009 (required meeting)**

**Time: 5:00 p.m. - 5:30 p.m.**

