



## 2020 OFMS MIDDLE SCHOOL VOLLEYBALL

7th Grade Blue Team: Coach Garcia - bgarcia@ofcs.net

8th Grade Blue Team: Coach Schmitz - jdiaz@ofcs.net

7th/8th Grade Gold Team: Coach Riggs - ri66s@cox.net

### **Sports Physicals**

All athletes must have a sports physical on file in the middle school office by August 3rd in order to try-out and participate in practice. Athletes without physicals will not be permitted to try out until they are cleared by a physician. Physicals are good for one year. There are no "alternate" tryouts for students who do not have their physicals in by August 3rd.

### **All American Camp: TBD @ OFMS/OFIS (updated dates and times to be determined)**

-Space is limited, first come first served

-Not mandatory but recommended for a preview of the offensive and defensive systems we will be running this year.

### **General Information**

Volleyball tryouts will begin on Monday, August 3rd, with the season lasting through the first weekend of October. Practices during the school year will be every day from 3:30pm-5:30pm, unless we have a game or otherwise noted. Players need to be picked up from school within 10 minutes of the end of all practices.

We will play approximately 2-3 matches per week (Mondays, Wednesdays, some Thursdays). 7<sup>th</sup> grade matches begin at 4:30pm, with the 8<sup>th</sup> grade immediately following, unless otherwise noted.

### **Tryouts for ALL: Please arrive in Gym "A" (east end of Main Gym) at OFMS 20 minutes before tryouts begin**

Monday, August 3	10:00am-noon
Tuesday, August 4	10:00am-noon (cuts will take place after this tryout)

### **August Practice Schedule 7th and 8th Grade Blue Teams:**

Wednesday, August 5	10:00am-noon
	<b><u>Mandatory parent meeting @ 6:00pm - HS main gym</u></b>
Thursday, August 6	10:00am-noon (Picture Day)
Friday, August 7	10:00am-noon
Monday, August 10	10:00am-noon
Tuesday, August 11	10:00am-noon
Wednesday, August 12	10:00am-noon
Thursday, August 13	10:00am-noon
Friday, August 14	10:00am-noon
Saturday, August 15	9:00am-10:30am (All Program Activities @ HS)
Monday, August 17	12:30pm-2:30pm (WEB Training Day)
Tuesday, August 18	12:30pm-2:30pm (WEB Training Day)
Wednesday, August 19	10:00am-noon
Thursday, August 20	12:30pm-2:30pm (WEB Orientation Day)
Friday, August 21	10:00am-noon
Monday, August 24	Game @ Westlake
Tuesday, August 25	3:30pm-5:30pm
Wednesday, August 26	Game @ Avon (1st day of school)
Thursday, August 27	3:30pm-5:30pm
Friday, August 28	3:30pm-5:30pm

**August Practice Schedule 7th/8th Grade Combined Gold Team:**

Wednesday, August 5	10:00am-noon <b><u>Mandatory parent meeting @ 6:00pm - HS main gym</u></b>
Thursday, August 6	10:00am-noon (Picture Day)
Friday, August 7	10:00am-noon
Monday, August 10	4:00pm-6:00pm
Tuesday, August 11	4:00pm-6:00pm
Wednesday, August 12	4:00pm-6:00pm
Thursday, August 13	4:00pm-6:00pm
Friday, August 14	4:00pm-6:00pm
Saturday, August 15	9:00am-10:30am (All Program Activities @ HS)
Monday, August 17	4:00pm-6:00pm
Tuesday, August 18	4:00pm-6:00pm
Wednesday, August 19	4:00pm-6:00pm
Thursday, August 20	4:00pm-6:00pm
Friday, August 21	4:00pm-6:00pm
Monday, August 24	Game @ Avon
Tuesday, August 25	3:30pm-5:30pm
Wednesday, August 26	Game vs North Olmsted (1st day of school)
Thursday, August 27	3:30pm-5:30pm
Friday, August 28	3:30pm-5:30pm

**\*\*Locations/times of all practices and games are subject to change\*\***

**Please avoid scheduling vacations after July 31. It is very important that you are at practice during the preseason, as the critical foundation of our offense and defense will be taught. If you miss a practice, you will fall behind your teammates.**

**All tryout dates are mandatory. One alternate try-out date will only be given if the coach has been notified of a previous commitment by June 30. Please note that the coaches are only able to evaluate you on the day(s) you are at tryouts.** The tryout “cut-off” date for students transferring into the district is Friday, August 9th. We will have one “conference” team at each grade level, each consisting of **8-12** players on each team, and at least one 7<sup>th</sup>/8<sup>th</sup> grade “non-conference” team consisting of **8-14 players**. In addition to skill evaluation, athletes will be given speed, agility, and endurance tests. Volleyball skills, conditioning scores, and “intangibles” (aggressiveness, commitment, ability to accept coaching/correction) will all be determining factors into making a team.

We look forward to seeing you in August...GO BULLDOGS!  
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**\*\*PLEASE NOTE: Due to COVID-19 and the ever-changing guidelines and state mandates, that any of this could change at any point. We will keep you updated on ANY and ALL changes that have to be made.\*\***