

**CENTURY HIGH SCHOOL**

# **VOLLEYBALL OPEN TRYOUTS**

**2023 SEASON**



**AUGUST 9-11, 2022 - 3 PM TO 6 PM  
MAIN GYM (9TH & 10TH 3-5 11TH & 12TH 4-6)**

**Coach: Sarah Walton**  
sewalto@carrollk12.org

**Athletic Director: Ashley Hoyt**  
alhoyt@carrollk12.org

**Open Gyms: 7/6 5-7pm ; 7/11 3-5pm ; 7/13 5-7pm ; 7/18 4-6pm ; 7/20 4-6pm ;  
7/25 5-7pm ; 7/27 3-5pm**

## WHAT TO BRING:

- Water bottle
- Volleyball/running shoes
- Knee pads
- A good attitude

## \*WHAT TO WEAR:

T-Shirt with your name on the back:

- Freshmen: White t-shirt
- Sophomores: Green t-shirt
- Juniors: Blue t-shirt
- Seniors: Red t-shirt

## WHAT I'M LOOKING FOR:

- A can-do attitude
- A true team player
- Willingness to be coached
- Be present - catch up with friends later
- Positivity
- Be yourself!

## IMPORTANT INFO:

- Tryouts are open to all returning players and new players that are interested!
- All paperwork is to be completed online through Family ID
- Must have a current physical (good for 13 months) to participate in Open Gyms and Tryouts

## THINGS TO DO:

- Participate in open gyms
- Attend camps & clinics
- Stay fit over the summer - be prepared!

