

★ instructions for Remind 101
Sign up on the back



Interested in playing Volleyball in the fall of 2016?

Here is some important information for you to know:

- 1) Make sure you have your sports physical completed *before* tryouts begin! We encourage getting the school physical because it is easy and eliminates a lot of paperwork .
- 2) Tryouts will start on Monday, August 15th. Tryouts (and practices until school starts) will be held from 4:30-6:30 pm. Please come early each day to help set up the nets, put knee pads on, etc. The Varsity team will be chosen by Tuesday and the JV team will be chosen by Wednesday. You must participate in tryouts in order to be on the team!
- 3) A free optional volleyball clinic will be held in the evenings August 8th through August 10th from 4:30-6:30 pm in the FDR gym. These sessions are free and open to anyone interested in JV or Varsity. You do not have to be able to attend all three nights in order to participate.
- 4) Summer camps are always encouraged for players who are looking for a way to improve upon their skills before the beginning of the season. There are a number of camps you can attend; APEX is offering a camp at SUNY New Paltz (www.eteamz.com/apexvb/) and both Marist and Bard Colleges host local camps as well.
- 5) We will have a parent meeting after the team is selected following an evening practice in August (date TBA after tryouts).
- 6) Our first game is before school starts!

Feel free to contact the coaches with any questions or concerns:

(Varsity) Coach Tyger	cell: 242-6102
(Varsity) Coach Lowe	cell: 705-5008
(JV) Coach Parker	cell: 807-6813

Ms. Parker would like you to join FDR
Volleyball!



When you create your name, use Firstname Lastname
ex: Jen Parker (2016) (year you graduate)

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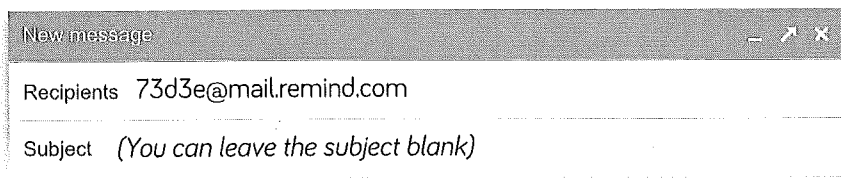


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