



April 30, 2019

Dear Seven Lakes High School Volleyball Player Hopeful,

The Seven Lakes Volleyball staff is excited to kick off another successful season! I am contacting you to make you aware of our August 1st start date and upcoming important events.

TRYOUTS

Prior to tryouts you must have the following completed **by July 19th**. You may begin sending and completing now!

1. PDF of an utility bill (dated after May 1) sent to DanielleMRussell@katyisd.org
2. PDF of your daughter's birth certificate sent to DanielleMRussell@katyisd.org
3. Your physical on file (in RankOne) or brought to the Training Room (near weight room) at Seven Lakes HS
4. RankOne paperwork completed online www.rankonesport.com

Thursday, August 1

7 – 9:30 am (conditioning/court)

11:30 am - 2 pm (court)

*you will be told if you made a team at 2 pm

Approximately 24 freshmen trying out will make a team. There will be an A and B Freshmen team. Players will be told what specific team they are on after practice on Friday. **For a complete list of practices leading up to the first day of school check here:** www.sevenlakesabc.com

As you can see, we begin our season well before school begins and it is important that you are willing to give a 100% commitment once Aug. 1 rolls around. Therefore, we ask that you plan all vacations and other commitments before that date. There will be no late tryouts and you must be present Aug. 1st to make a team.

PHYSICALS

There is a complete list of physicals offered in KISD on the back. You can get a physical form from your JH coach. **You must have a physical dated after 5/1/19 to attend Future Spartan Camp and tryout.**

SLHS STRENGTH AND CONDITIONING CAMP (SAC)

It is imperative that you come to tryouts in good physical condition and in shape to play. I highly encourage you to sign up for SAC camp. You can sign up for whatever session works best for your schedule.

OPEN GYMS/SKILLS SESSIONS

There will be 5 Open Gyms and VB Skills Sessions offered. A new ruling from UIL has allowed players to be instructed by a coach in their feeder pattern for 2 hours each week of summer. If you play multiple sports, that two hours must be split between your respective sports. A VB Skills Session will be the first hour of each Open Gym.

DATES: 7/15, 7/17, 7/24, 7/25, 7/29 | TIME: 2:00 – 3:00 Skill Session, 3:00 – 4:00 Open Gym

Attendance is not mandatory and has no bearing on if you make a team or not, but we encourage you to come.

FUTURE SPARTAN CAMP

The SLHS volleyball staff will be hosting a volleyball camp for incoming 9th graders July 24 – 26, 12 – 2pm. This is a great way to learn the fundamentals from our staff and brush up on your skills before tryouts. A registration form is attached.

I look forward to working with each of you soon. If you have any questions, please email me. Have a wonderful rest of the school year and keep playing volleyball!

Go Spartans!

Amy Cataline | Seven Lakes HS Head Volleyball Coach | Email: amycataline@katyisd.org | Twitter: @7Lakesvbnews

Katy Independent School District Sponsored Physical Examinations

Physical examinations **will only be given to KISD student athletes/band members participating in UIL activities in grades 7-12.** Physical examinations for summer camps, youth sports or any other organizations are not offered. The UIL physical form will be the only physical form accepted.

Although KISD recommends the use of your family doctor for the physical examination, the following mass screenings are available as an economical convenience for its patrons. KISD sponsored physical examinations will be performed by the Medical Colleges of Texas at a nominal fee of \$25.

Date	Facility	Location	Athletes
Tuesday, April 30, 2019	MCHS	Competition Gym	5:30-6:15pm
Wednesday, May 1, 2019	THS	Gym 4	5:30-6:15pm
Thursday, May 2, 2019	SLHS	Competition Gym	5:30-6:15pm
Monday, May 6, 2019	BDJH	Competition Gym	5:30-6:15pm
Tuesday, May 7, 2019	MRHS	Competition Gym	5:30-6:15pm
Wednesday, May 8, 2019	WCJH	Competition Gym	5:30-6:15pm
Monday, May 13, 2019	PHS	Competition Gym	5:30-6:15pm
Tuesday, May 14, 2019	OTHS	Competition Gym	5:30-6:15pm
Wednesday, May 15, 2019	KHS	Competition Gym	5:30-6:15pm
Thursday, May 16, 2019	CRHS	Competition Gym	5:30-6:15pm
Thursday, July 18, 2019	KHS	Competition Gym	6:00-6:45pm
Tuesday, July 23, 2019	OTHS	Competition Gym	6:00-6:45pm
Wednesday, July 24, 2019	MRHS	Competition Gym	6:00-6:45pm
Monday, July 29, 2019	THS	Gym 4	6:00-6:45pm
Tuesday, July 30, 2019	MCHS	Competition Gym	6:00-6:45pm
Wednesday, July 31, 2019	PHS	Competition Gym	6:00-6:45pm
Tuesday, August 6, 2019	SLHS	Competition Gym	6:00-6:45pm
Thursday, August 8, 2019	MDJH	Competition Gym	6:00-6:45pm
Monday, August 12, 2019	CRHS	Competition Gym	6:00-6:45pm
Wednesday, August 14, 2019	Legacy	Fieldhouse	5:30-6:15pm
Thursday, August 15, 2019	Legacy	Fieldhouse	5:30-6:15pm
Friday, August 16, 2019	Legacy	Fieldhouse	5:30-6:15pm