

## 2021 Volleyball Information (Updated 7/7/21)

Please see the schedule below for all Open Gyms. Please pay close attention to those that are Incoming Freshman Only vs. Upper Class Only. Freshmen interested in trying out should consider attending the Incoming Freshman Camp. For the Freshman Camp, registration can be found at [www.mndhs.org](http://www.mndhs.org) under athletics tab. Returning Freshman & Returning JV/ Varsity Team Camp Registration is done directly with the coaching staff.

### **Please Note the Following Timing of Open Gyms**

5:00-6:30 Upper-Class ONLY (Agilities Start at 4:45)

6:30-8:00 Incoming Freshman ONLY

June open gyms follow the same schedule starting an hour later.

| Date    | Day       | Event                               | Time                       |
|---------|-----------|-------------------------------------|----------------------------|
| June 10 | Thursday  | Open Gym                            | 6:00-9:00PM                |
| June 17 | Thursday  | Open Gym                            | 6:00-9:00PM                |
| June 24 | Thursday  | Open Gym                            | 6:00-9:00PM                |
| July 6  | Tuesday   | Open Gym                            | 5:00-8:00PM                |
| July 7  | Wednesday | Open Gym                            | 5:00-8:00PM                |
| July 8  | Thursday  | Open Gym                            | 5:00-8:00PM                |
| July 12 | Monday    | Conditioning (Returners ONLY)       | 5:00-6:00PM                |
| July 13 | Tuesday   | Conditioning (Returners ONLY)       | 5:00-6:00PM                |
| July 14 | Wednesday | Conditioning (Returners ONLY)       | 5:00-6:00PM                |
| July 15 | Thursday  | Open Gym                            | 5:00-8:00PM                |
| July 19 | Monday    | Open Gym                            | 5:00-8:00PM                |
| July 21 | Wednesday | Open Gym                            | 5:00-8:00PM                |
| July 22 | Thursday  | Open Gym                            | 5:00-8:00PM                |
| July 26 | Monday    | Incoming Freshman Camp<br>Team Camp | 4:00-6:00PM<br>6:30-9:00PM |
| July 27 | Tuesday   | Incoming Freshman Camp<br>Team Camp | 4:00-6:00PM<br>6:30-9:00PM |
| July 28 | Wednesday | Incoming Freshman Camp<br>Team Camp | 4:00-6:00PM<br>6:30-9:00PM |

## Tryout Information

All students must have a Preparticipation Physical Evaluation performed and turned in to the MND Athletic Department PRIOR to Tryouts.

Copies of the form can be found here: <https://www.mndhs.org/athletics/general-information/>

**FOR FRESHMAN:** Tryouts begin on Monday, August 2<sup>nd</sup>. Tryouts will continue the 3<sup>rd</sup> and 4<sup>th</sup> of August. Tryouts are mandatory. The first round of cuts will be made on the second night of tryouts and final cuts will be made the third night of tryouts. Everyone comes back for the second night.

**JV & VARSITY:** Tryouts will be held for 2 days (August 2<sup>nd</sup> – August 3<sup>rd</sup>).

**Tryout times are TBD and will be given to you ASAP**

### Incoming Freshman Tablet Training

Freshman and new transfer students are required to attend a tablet training session in late July or early August. For those interested in trying out for the Volleyball Program, we ask that you please try to schedule a session that would not interfere with tryouts or a regular-season practice. Thank You!

### In Season Information

On typical weeks throughout the season, there will either be a game or practice Monday through Saturday every week. Practices will start immediately after tryouts. Attendance is expected at every practice/game. Some games will be out of town and will require an overnight.

There are MND Volleyball Program Fees and Booster Fees that will be due the night of Meet the Team. This event is usually held the week after tryouts. Finally, hours of volunteering for both the MND Volleyball Program and the MND Boosters are required.

Please reach out with any questions.

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