

Boys & Girls Spring Volleyball General Information

Requirements to Try-out

- All students must have a completed physical form turned in prior to the start of tryouts. All physicals are good for 1 year from the date taken. At the bottom of this document there is a direct link to the form if you need a copy. If you are unable to schedule a physical with your primary physician, there are many Action Day Urgent Care facilities that can accommodate. Many of our families use this for last minute physicals and the cost is in the approx. \$60. Please turn completed physicals into the athletic office by mail or scanned email. Mail: 100 Skyway Drive, San Jose Ca 95111 EMAIL: sportsmedicine@vcs.net
- Each participant will need to have proper athletic wear for volleyball, which includes: Shorts, t-shirt and athletic shoes. Spandex shorts are acceptable as well for girls.

Tryout Days

- Each team will host two tryout days to determine their team. Additional days will be at the coaches discretion and will be communicated directly with the players. In some cases we are able to extend tryout days to students that are sick or injured, but those need to be communicated directly with the Athletic Director & Coach.
- **IMPORTANT- 7th & 8th Basketball Players**
If your son is currently finishing 7th or 8th grade basketball, they **MUST** finish their commitment to that sport. Students are not allowed to miss a practice or game for their current VC basketball season when it conflicts. In the event a tryout/practice day does not conflict with a practice or game, these students are required to attend volleyball.

Season info

- General season timeframe is 8-9 weeks starting towards the end of January and ending in early April.
- Commitment level for practices and games will be Monday through Thursday after school approx. 3:15-4:30/4:30-6:00pm. Once each team has been chosen, you will receive a complete game and practice schedule.
- Girls will receive a school issued game jersey and then return at the completion of the season. Boys players will purchase their jersey and can use throughout their VCJH career. Our coaches will set a date for uniform distribution and communicate directly with the players. Girls will be responsible for purchasing their own navy blue spandex shorts and boys players will use their PE shorts to complete their uniform.
- There will be a fee of \$75.00 that is charged to your child's account at the completion of the season that covers transportation, equipment, coaching stipends etc.
- Coaches info: Please contact Mr. Gill at agill@vcs.net if you need contact information for our current set of coaches.

Physical Form

https://www.vcs.net/uploaded/athletics/Athletics_Physical_Form.pdf

