

OAK HARBOR VOLLEYBALL TRYOUT SCHEDULE—2018

WEEK 1

***PLAYERS MUST HAVE CLEARANCE THROUGH THE ATHLETIC OFFICE TO PARTICIPATE IN ANY PART OF TRYOUTS!!! (This includes a current physical)**

All players will attend both practices every day.

Monday Aug. 20

- 11:00-1:30 Introductions and Information *clearance checks
Volleyball Notebook Review
Warm-ups and Testing (skills and fitness)
Passing and Setting—Ball Control
- 3:00-6:00 Warm-ups and Testing
Serving and Serve Receive

Tuesday Aug. 21

- 11:00-1:30 Warm-ups—Testing
Hitting and Blocking
- 3:00-6:00 Warm-ups—Ball Control
Individual Defense and Bjerring Tournaments

Wednesday Aug. 22

- 11:00-1:30 Warm-ups—Testing
Combination Drills/Game-like
- 3:00-6:00 Warm-ups—Ball Control
Scrimmages and/or game-like

Thursday Aug. 23 @ 5:30 in the SUB *FALL SPORTS/VOLLEYBALL PARENT MEETING*

- 11:00-1:30 Team meetings/Practices
- 3:00-5:30 Team practices/Game-like/Scrimmages

Friday Aug. 24

- 11:00-1:30 Team Practices
- 3:00-6:00 Wildcat Warm-ups—Team practices

Saturday Aug. 25

- 8:00-10:00 Team Practices

Sunday Aug. 26

No Practice

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WEEK 2

Monday Aug. 27

3:00-6:00 Wildcat Warm-ups—Team practices

Tues. Aug. 28

11:00-1:30 Team Practices

3:00-6:00 Wildcat Warm-ups—Team practices

Wed. Aug. 29

9:00-12:00 *Link Crew—Freshman Orientation

3:00-6:00 Team practices

Thurs. Aug. 30

3:00-6:00 Wildcat Warm-ups—Team practices

Fri. Aug. 31

3:00-6:00 Wildcat Warm-ups—Team practices

Saturday Sept. 1

8:00 am start--Jamboree @ OHHS (V/JV/Fresh.)

*All athletes must have 10 practice days to be eligible to play in any contest

Sunday Sept. 2 No Practice

Monday Sept. 3--Labor Day Practice time to be determined

Tuesday Sept. 4--First match!

Home vs Meadowdale (see wescoathletics.com for full game schedules)

NOTE: Positional practices may be added to the schedule, as needed. Also, strength and conditioning will be included (TBD)



THIS SCHEDULE IS TENTATIVE AND IS SUBJECT TO CHANGE

Game schedules can be found at: **wescoathletics.com**