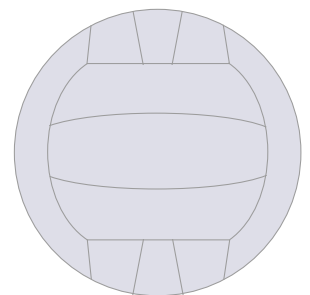


Incoming 9th - 12th Graders—

1. Try-outs for high school program---Monday Aug. 2nd—last approximately 2 days (1st day of School)
 - ☺ Players making team will be required to be at all practices & matches till the season is over
 - ☺ Practices at the beginning will last till approximately 6PM
 - ☺ Friday practices will end 5:15-5:30---**FOOTBALL NIGHT**---
 - ☺ Will require approximately a 2 month **COMMITMENT**
 - ☺ Practices will be approximately 2 hours right after school every day
2. JV season runs till around the first week in Oct.
 - ☺ Playing no more than 2 nights a week & playing on at least 3 Saturdays
(During one evening of play the JV may play 2 different schools)
3. ALL incoming 9th graders will be **REQUIRED** to have a physical before 1st day of tryouts on a **Cobb County Form Sign Physical in 4 places**
 - More detailed heart/overall exam
 - High School Physicals** ---**Sat** April 17th, 2010 @ Kennesaw State College---\$20
 - Part of money will come back to KMHS training room
4. All incoming 9th graders are automatically eligible to try out
5. 3-4 coaches in the program
6. Players will be bussed to matches but may need to be car pooled to some
7. Will keep approximately 25 girls in the total JV and Varsity Program (NO 9th grade program)
8. The best 10-12 players will make varsity regardless of age
9. Sign up for electives--- Body Sculpting/Advanced Body Sculpting
10. Vacations during tryouts/during the season????
11. Fall Break---Sept. 20-24—No School—Will be some practices—Varsity will play
12. Booster Club Fees/Fund raising

Camps—

Kennesaw Mountain – www.kmhsvolleyball.com
Harrison – contact Clay Taylor clayton.taylor@cobbk12.org
A5- www.A5VOLLEYBALL.com
Marist- www.bluesombrero.com/maristvolleyball/
Georgia/Ga Tech/Emory also have overnight camps



Items to take with you----

1. Info sheet
2. Camp form

Bookmark:

www.kmhsvolleyball.com.

Summer Camps/History of Program /Tryout info/Pics/Etc.

● Possibility of open gyms
● during Spring Break as
● well as after school in
● April and/or May. Will
● email times/dates/etc.

Bob Westbrook --- Volley Performance

Volleyball Lessons

<http://www.volleyperformance.com/>

706-244-9373 -- volleyperform@alltel.net

Very good volleyball info

Questions on what camps to attend

Questions or concerns contact

Coach Kern-Honea @ KMHS

678-594-8190 Ext: 270 or

tkern56@comcast.net