



Antoinette Reading Jr High Volleyball



Important Info for Tryouts during the 1st Week of School

The coaching staff here at Reading Jr High is excited and thrilled to have the opportunity to coach your daughter. We will strive to make this year an enjoyable learning experience. Below is some information that will assist you as you begin your journey into Longhorn Athletics:

- 1) Sign up for Volleyball Tryouts with the QR code:



- 2) The athlete **MUST** have a **Physical Exam** on file with us and **UIL Online Medical History forms in Rank One** complete to be able to tryout. You may email your physical to jgarcia-rameau@lcisd.org. The detailed info can be found on the Reading JH Athletic webpage or LCISD Athletics.
- 3) **Tryouts will begin Wednesday, August 24 4:00-5:30 pm.**
7th & 8th grade will need to attend **ALL 3 days, Aug 24-26** it is NOT a 1 day only tryout.
We will use the first 2 days of school to check physicals, go over protocols/procedures and make sure we are good to go for tryouts. Parents will be able to pick up their daughter at the **gym entrance at the back of the school** after tryouts each day at 5:30pm.
- 4) **Athletes** will need to wear their ARJH gym clothes (gray t-shirt & maroon shorts), knee pads if you wish, court shoes, outdoor running shoes and her own water bottle with her name on it. You may wear Polly Ryon PE clothes since you many not yet have had an opportunity to purchase Reading ones (but they are the same). If you are new to the school, wear your own athletic clothes until you get the opportunity to purchase your new ones. Knee pads will be issued to anyone that needs them once they have made a team if you daughter does not have her own.
- 5) We have a schedule, but it has not been released yet. You will be the first to know when we have been given the okay to release the updated one. REMIND will be the way you will continue to get updated info. TRADITIONALLY 7th and 8th grade volleyball games are all on Thursday (but that could change).
VB Tryout Remind: 8th grade VB Text @8rjhvb to 81010
7th grade VB Text @2022rjh7vb to 81010
- 6) Week 2 after tryouts and teams are made:
7th grade practice will be from 6:45am-8:00am Monday-Friday
8th grade practice will be from 4:00pm-5:30pm Monday-Friday.
Please contact Coach Garcia-Rameau with any questions or concerns at jgarcia-rameau@lcisd.org

