

Parents,

Many of you have been emailing about our Girl's Athletic class retest date. We have one now! For those who didn't make it the first time, were injured, sick, new to the school, new to the district, etc., we will be having a last round of testing on:

DATE: Thursday, August 5th

PLACE: York Junior High Gym

8th grade: 12:45-1:30

7th grade: 2:00-4:00



Parents, you may drop your student off 15 minutes prior to your testing time, in front of the gyms. This is a closed tryout.

****Please fill out the following google doc so that we know to expect you.

Google Doc: <https://forms.gle/crSZ2RYRBvZjGrw76>

The GIRL'S ATHLETICS CLASS IS DESIGNED FOR STUDENTS INTERESTED IN PLAYING THE FOLLOWING TEAM SPORTS (VOLLEYBALL, BASKETBALL, TRACK) AT YORK JUNIOR HIGH.

Skills test include:

- **Long Distance running (Coaches time girls to see how long it takes them to complete a mile run)**
- **Agility/Quickness Circuit (defensive slide and sprinting, etc)**
- **Volleyball (Coaches watch girls execute passing drills/serving drills)**
- **Basketball (Coaches watch the girls execute dribbling drills/lay-ups)**

Please hydrate all day and bring your own water. We will NOT be providing water.

This retest is to be in the Athletic class only. If you do not make it into the class after this tryout, you may still try-out for volleyball, basketball, track, etc.

VOLLEYBALL: If you are planning on trying out, please see the volleyball website for more information. You may not do so without the athletic physical. ***Make sure that all of your Pre-Participation and Medical History Information is filled out online through the Rank One website:*** <https://gohs.conroeisd.net/department/athletics/>

You may bring your actual **doctor portion** of the physical when you come to test.

Contact Coach Kloesel if you have any questions.