



Ferris Volleyball - Fall 2023 Things to Know

Season starts Monday, August 21, 2023.

Last game for Freshmen, C, and JV teams is approximately Oct. 26. Varsity could potentially play until Nov. 18.

Tryouts: Monday-Wednesday, August 21-23; 9-11am **AND** 11:30am-1:30p. You come to **BOTH** practices every day- bring a snack for the break. We aim to post teams on that Wednesday evening. We can only take about 48 girls in the program. If we have more than that registered, unfortunately, not everyone will make a team. Last year, 93 girls registered- the most I've ever had. If you do not make a volleyball team, please consider joining Soccer, Cross-Country or Slow Pitch Softball. There are also a lot of other activities and clubs that Ferris offers. The important thing is to just **GET INVOLVED!**

Thursday, Aug. 24, practice from 12:30-3:30p.

Friday and Saturday, Aug. 25 & 26 – practice sometime between 9a-12p; will depend on the team you make.

Starting Monday, August 28, **ALL** teams will practice from 3-5:30pm, Monday-Friday, unless it's a game day. Game Schedule will be handed out after you make a team. JV and Varsity teams will practice on some Saturday mornings as well.

Monday, September 4 (Labor Day), **Varsity practice only** – 6-7:30pm

10 practices are required to start participating in games.

Games are typically: 4pm for Freshmen and C-teams, 5:30pm for JV, and 7pm for Varsity. There may be some games on Saturdays.

BEFORE AUGUST 21, 2023, you MUST:

- Register to play Volleyball on FinalForms (You can find the link on Ferris's website, under Activities, then Sports)
- Have a valid Physical uploaded to your FinalForms account. They last for two years.
MAKE SURE YOURS DOESN'T EXPIRE BEFORE AUGUST 21, 2023. YOU WILL NOT BE ABLE TO PLAY/PARTICIPATE/PRACTICE WITHOUT A VALID PHYSICAL!

SUMMER:

Summer workouts are very important! You want to come on August 21 ready to play and already in shape! You should **NOT** start working out on August 21. Here are a couple of options (NOT mandatory) for summer workout programs:

- Strength and Conditioning at Ferris – listed on the Summer Camp Brochure! Sign up in the Ferris business office, online, or by mail.
- Open gyms at Ferris in July: just show up and play volleyball! Dates/Times TBD. Please check the Ferris Website towards the end of June for more information. Schedule will be handed out at the Ferris Volleyball Camp as well.

There are lots of other gyms and work out facility/opportunities out there- do some research, have a plan. Even if it's from home; YouTube volleyball workouts, cardio workouts, go jogging, etc. **We want to start strong and stay strong throughout the entire season!!** And this also helps reduce injuries during the season as well.

Questions? Please e-mail head coach Staci Hazelbaker at stacih@spokaneschools.org or our Athletic Director, Jake Dowell at jacobd@spokaneschools.org

Go SAXONS!!