



MBV
Tryout Information

Compliance Prior to Tryouts

Please Read through and note when each compliance requirement is due

1. **Online paperwork (Due June 1st)** for Rank One needs to be filled out [Online Compliance Paperwork](#). Or go to the MISD Athletics and you will find the link there. The link will not be available yet. ***PLEASE DO NOT FILL THIS OUT UNTIL COACH CASTILLO COMMUNICATES WHEN TO TURN IN THIS PAPERWORK.**
 2. **Physicals:** They are required PRIOR to tryouts. MISD is offering to give physicals at different times & locations. *There is a flier attached to the email with specific dates and times. If your daughter can't make one of those dates, she will need to get the physical done through a physician. The physical needs to be on a colored paper cardstock that will be provided by the athletic trainers from their current school. They will not receive this physical form until April from the athletic trainers until April.
 3. **Utility bill from July.** We can not accept any utility bills that are dated before June or July. it has to be within **45 days** of tryouts. Please email the bill to Coach Braddock mbraddock@mckinnevisd.net
 4. **Copy of Birth Certificate (Due June 1st)** Please scan a copy and email it to Coach Braddock mbraddock@mckinnevisd.net
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SAVE THE DATE

Incoming Freshman Camp June 6th-9th

Location: McKinney Boyd High School

Time: 9:00am-11:30am

Information: Coach Castillo will send out a link to sign up for camp in the next month. This is a great opportunity for me to work with your daughter and evaluate any areas she needs to improve on. Athletes will get an idea of the structure and standards of McKinney Boyd Volleyball. This is highly recommended



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MBV Team Camp

Monday July 25th-27th (3 days)

Location: McKinney Boyd High School

Time: 9:00am-11:30am

Cost: \$75

Skyline will be running this camp and it will be directed by Ryan Mitchell. You will pay online through Skyline. This is a great opportunity to get quality touches and to be in front of the coaches before tryouts officially start. This camp is highly recommended.

*There will be a waiver that will be sent the week of the camp and you will pay the day of camp cash or check. If it is a check, make it out to Ryan Mitchell.

Tryout Conditioning Requirements

800 Yard Shuttle Requirements:

Varsity: 7:30 min total

Junior Varsity: 7:45 min total

Freshman A/B: 8:00 min total

They will complete two 800 yard shuttles. The times above are the total time they are required to make for their team.

Example: A Varsity player runs 1st 800 yard shuttle in 3:30 and 2nd 800 yard shuttle in 4:00. Those combined times equal 7:30 min and that player has passed the conditioning portion.

Players will need to make these times in order to participate in a match. A player can still make a team but not make their 800 yard shuttle times. They will have every morning to retake their 800 yard shuttles until they get the required time.

****Shuttle format is attached to the email***



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Tryout Schedule

Monday August 1st

**1st official day of tryouts*

7:00am-8:00am: 800 yard shuttle test & conditioning to follow

4:00-6:00pm: Volleyball ONLY

Tuesday August 2nd

(6:45am 800 yard shuttle makeups)

7:00am-8:00am: Conditioning

4:00-6:00pm: Volleyball ONLY

Wednesday August 3rd

(6:45am 800 yard shuttle makeups)

7:00am-8:00am: Conditioning

4:00-6:00pm: Volleyball ONLY /Announce Teams/Official Cuts

Thursday August 5th

6:00am-8:00am:All Teams Practice

**NO AFTERNOON SESSION*

Friday August 6th

6:00am-8:00am:All Teams Practice

Team Pictures @ 3:00pm

Fundraiser @ 5:00pm

Block Party @ 6:00pm

Saturday August 7th

Scrimmages vs. Plano West @ McKinney Boyd

Time: TBA