

# MVHS ATHLETICS

How to tryout for a sport?

1. Look at when the sport of your choice competes. (Fall, Winter, Spring)
2. Get a physical form (Website or ASB office) and make an appointment to get a sport physical. Make four copies of this. Every athlete must have one on file dated within the past YEAR.
3. Click on the main athletics website and find your sport. On that link, you should find your coaches email- contact them to find out when tryouts are and any other practice times they may have (open gym, wt room work outs, runs on weekends)
4. After you know the tryout dates, make sure you know where you are to meet. Field House? Gym? Fields? Weight Room?

Fall Tryouts: August 14<sup>th</sup>

Winter Tryouts: Last week in October

Spring Tryouts: Last week in January

<p><b>FALL SPORTS</b></p> <p>Football Field Hockey Girls Tennis Girls Volleyball Girls Water Polo Boys Water Polo Cross Country</p>	<p><b>WINTER SPORTS</b></p> <p>Wrestling Boys Basketball Girls Basketball Boys Soccer Girls Soccer</p>	<p><b>SPRING SPORTS</b></p> <p>Track Boys Baseball Golf Boys Tennis Badminton Boys Volleyball Softball Swimming &amp; Diving</p>
---	--	--

Requirements

- ❖ An annual physical examination, including physician verification of the student's ability to participate
- ❖ Accident insurance with proper coverage.
- ❖ Minimum of 2.00 GPA for previous grading period, which includes all courses
- ❖ Must be enrolled as a full-time student during the sport's season.
- ❖ The Physical Form read, understood and signed

Websites to help you:

[http://www.mvhs.fuhsd.org/lori\\_graham/Parent%20Information.htm](http://www.mvhs.fuhsd.org/lori_graham/Parent%20Information.htm)

[http://www.mvhs.fuhsd.org/lori\\_graham/athletic\\_permission.pdf](http://www.mvhs.fuhsd.org/lori_graham/athletic_permission.pdf)

[http://www.mvhs.fuhsd.org/lori\\_graham/Athlete%20Information.htm](http://www.mvhs.fuhsd.org/lori_graham/Athlete%20Information.htm)

[http://www.mvhs.fuhsd.org/lori\\_graham/Coaches%20Links.htm](http://www.mvhs.fuhsd.org/lori_graham/Coaches%20Links.htm)