



SOUTHWEST VOLLEYBALL INFORMATION SHEET

ELIGIBILITY FORMS



In order to participate in any athletics you must have the following forms completed:

- Physical Form
- Concussion Form
- Student Eligibility Consent Form

You can access these forms using the QR Code.

SUMMER WORKOUTS

BRING WATER, VOLLEYBALL/RUNNING SHOES, AND KNEE PADS



Anyone who is interested in playing volleyball can join! Workouts begin June 15th at 4:30pm.

We will also have scrimmages this summer.

Look at calendar for dates and times

TRY OUT DATES/CAMPS

BRING WATER, VOLLEYBALL/RUNNING SHOES, AND KNEE PADS



Summer Camp will be July 27-29th. Use QR Code for sign-up and payment information

August 1st and 2nd from 8:30-10:30am

Be prepared for running outside before practice

CALENDAR

Grab a printed copy, use the QR code, or visit www.cowboysports.org for any updates to see exact dates and times for all events this summer



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