

**2008 - 2009 F L C S**  
**Cross Country,**  
**Ladies' Volleyball**  
**& Mens' Soccer**  
**Tryout Information**

**Athletic**  
**Information**

**Ladies' Volleyball Information**

**Tryout Dates:** Wed., 8/20 9:00 AM to 12:00 Noon  
Thurs., 8/21 9:00 AM to 12:00 Noon  
Fri., 8/22 9:00 AM to 12:00 Noon\*  
PM\*

\* Teams will be posted after this practice at 12:15 PM

**Regular Practices:**

Players will receive a practice schedule on 8/19

**Tryout Attire:** Falcon Sport Camp T-shirt or  
FLCS PE shirt & FLCS PE shorts  
T-shirts must have sleeves.

**Mens' Soccer Information**

**Tryout Dates:** Mon., 8/18 5:00 PM to 8:00 PM  
through  
Thurs., 8/19 5:00 PM to 8:00

\* Teams will be selected at the end of the week

**Regular Practices:**

Players will receive a practice schedule on 8/19

**Tryout Attire:** Falcon Sport Camp T-shirt or  
FLCS PE shirt & FLCS PE shorts  
T-shirts must have sleeves.

**Ladies' & Mens' Cross Country Information**

**Tryout Dates:** Mon., 8/18 9:00 AM to 11:00 AM  
Tues., 8/19 9:00 AM to 11:00 AM\*

**Regular Practices:** Players will receive a practice schedule on 8/19

\* Team will be posted after this practice at 12:15 PM

**Tryout Attire:** Falcon Sport Camp T-shirt or FLCS PE shirt & FLCS PE shorts. T-shirts must have sleeves.

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**ATTENTION: ALL SPORTS TEAMS**

All school policies are in effect at the start of tryouts. These include policies of proper attire, hair code, and facial hair. Students not meeting FLCS requirements in any area will not be allowed to tryout for their team until the standards are met. Should you have any questions in this area, see Mr. Wickstrom for clarification prior to tryout dates.

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**\*\*\*\*\* IMPORTANT TRYOUT INFORMATION \*\*\*\*\***

You **must** have a physical exam each year **prior** to the start of tryouts for any FLCS athletic team. Student/athletes must provide the following: 1) Completed Physical Exam Form; 2) Green Emergency Card; 3) Sports Participation Agreement (see reverse). This information must be brought to the coach or the Athletic Director prior to tryouts on the first day. Student/Athletes without these three items on file will not be allowed to tryout or practice! Physical Exam Forms, Emergency Cards, and Sports Participation Agreements are available at the High School Office.

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**TEAM PARTICIPATION REQUIREMENT**

Once having been selected for a team, the coach will collect an Athletic Participation Fee from each team member. The fee is \$100.00 per participant per sport at the High School level and \$50.00 per participant per sport at the Junior High School level. Other potential costs such as practice gear or travel apparel will be kept to a minimum by coaches. All athletes are required to wear approved practice gear.

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