We are very excited to be back this year to help lead all you Lady Cougs in a fun volleyball season! Olivia Batchelor will be coaching 8th grade and Nikki Steiner will be coaching 7th grade again this year.

We hope you are all having a fantastic summer. Maybe you have even played a little volleyball at the beach!

Tryouts this year will be Sept 6th and 7th directly after school 11:30-1:30pm. TRYOUTS ARE MANDATORY!!! We are not promising a no cut policy this season. We would like this to stay the case but it will depend on a few things.

You will need to pick up a sports packet from Mrs Eaton in the office the week before tryouts. To tryout you must have a school physical by a doctor and turn in the form along with the sports packet and sports fee to the office. You will also need to purchase an ASB card. After you hand in all necessary paperwork to Mrs. Eaton she will give you a note saying you are ready to play. If you do not give this note to one of the coaches you will not be able to tryout.

We practice Mon-Fri after school for 2 hours.

During the first or second week of practice we will have a mandatory player and parent meeting following a practice so we can go over with your parents our expectations of being an LMS Cougar volleyball player and how we run our teams. We will inform you of date and time after tryouts.

We are ready to have a great and exciting season! LET'S GO LADY COUGS!!!!!!

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PLEASE CONTACT US WITH ANY QUESTIONS!