

# 12 American

## Tryouts

Sunday, October 22nd, 2023  
Check in - 11:00 AM - 12:00 PM  
Tryouts - 12:00 PM - 2:00 PM

## Cost

\$2,400

## Player Package

2 Jerseys  
1 Pair of Spandex  
1 Jacket  
1 Bag  
1 Pair of Knee pads  
2 Practice Shirts

## Head Coach

GO - Shanna Sarisky  
Travel - Bryn Whittmer

## Strength Training

Weekly Training

## Practice Schedule

**Tuesday's & Thursdays**  
5:00 PM - 7:00 PM

### **Saturday**

11:00 AM - 1:00 PM

## Tournament Schedule

### **January**

27th - 28th Greater Columbus  
Convention Center - Columbus, OH

### **March**

9th - 10th Cedar Point Sports Center -  
Sandusky, OH

### **April**

13th - 14th Breakout Bash - Sandusky,  
OH

### **May**

TBD OVR Champs - Columbus, OH

\*\*Additional dates to come as  
schedule is released

# 12 Regional

## Tryouts

Sunday, October 22nd, 2023  
Check in - 11:00 AM - 12:00 PM  
Tryouts - 12:00 PM - 2:00 PM

## Cost

\$1,375

## Player Package

1 Jersey  
1 Pair of Spandex  
1 Bag  
1 Pair of Knee pads  
2 Practice Shirts

## Head Coach

White - Rebecca Johnson

## Strength Training

Weekly Training

## Practice Schedule

### December - January

Only Mondays  
5:00 PM - 7:00 PM

### January 8th - End of Season

Mondays & Wednesdays  
5:00 PM - 7:00 PM

## Tournament Schedule

### **February**

3rd - Buckeye Volleyball Center -  
Columbus

10th - Dayton Sports Complex

### **March**

2nd - Eastside Athletics

23rd - Game Time Sports Center

### **April**

13 - Kids America

\*\*Additional dates to come as  
schedule is released