

JCU VOLLEYBALL FAQ

Are there tryouts for the team?

Yes; there are tryouts at the beginning of each semester (usually the first week of classes). For more information, attend the Athletics Session which will be held before tryouts for anyone who is interested.

How do I join the team?

To join the team, you must do the following:

Sign-Up

- DURING ORIENTATION: After signing the Athletics and Disclaimer form (included in the mandatory forms packet at the Forms room) Stop by the Athletics table to put your name on the "sign-up list"
- DURING THE SEMESTER: One can sign up in the Athletics office (located in the fitness center).

Try-Out

- Shortly after, you will be informed of the date and time of the Tryout.

Competitive Sports Physical

- If you successful became a JCU Gladiator, you will need to have a competitive physical exam performed by an Italian doctor in order to be eligible to play. For more information, see Italian Physical Exams FAQ.

Reminder a regular fitness physical will not suffice Italian regulations and you will not be able to participate in ANY competitive sports.

How long does the season run?

The official season begins in the fall and finishes in the spring; The JCU Gladiators, however, will hold tryouts at the beginning of each semester. Therefore, if a student wishes to participate for only a semester we highly encourage them to join.

Who do we play against?

John Cabot University belongs to a new volleyball league within the Roman Universities.

How often does the team practice?

The team practices at the RomaUno field located on Largo Ascianghi. Please see the [map](#) for directions. Players are responsible for getting to practice on time on their own.

The Volleyball players practice twice a week. Usually practices are on Mondays and Thursdays from 9pm to 10:30pm (subject to change). All team practices are mandatory. Players who do not go to practice are not eligible to play in games.

When does the team play games?

The Gladiators usually play games on Thursday evenings (may vary from semester to semester). Games do not take place on the weekend.

You can contact Athletics for more information at: Athletics@johncabot.edu.