

# Volleyball Selection Process

## Tryouts Fall 2017

### Tryout Times/Dates:

- **7<sup>th</sup> Graders** will begin the **FIRST** day of school **Monday**, August 21<sup>st</sup>, 4pm and continue until 5:30pm. **DO NOT DRESS OUT**- attend in school clothes
  - First day will consist of procedures for volleyball/tryouts, check physicals, lockers, etc.
  - **SECOND** day of school, **Tuesday**, August 22<sup>nd</sup> tryouts will begin at 7:15am and will continue into 1<sup>st</sup> period, 9:30am, throughout the rest of the week.
- **8<sup>th</sup> graders** will begin **the first day** of school **Monday**, August 21<sup>st</sup> during ninth period athletics and will continue after school from 3:30 until 5:30 pm throughout the week.

The team lists will be posted on our athletic web page (link is in parent meeting power point), Friday evening after completion of tryouts. The team list will consist of all members of the blue, gold and white teams combined. Placement of blue, gold, and white team members will not be determined until sometime the following week.

- **VB team PARENT MEETING**- August 28<sup>th</sup> at 6pm in the Girl's Gym: *This meeting is for all parents for all 7<sup>th</sup> and 8<sup>th</sup> grade parents whose daughter made the volleyball team.*

### Paperwork:

- Completed and acceptable UIL *Physicals* for all athletes are required to be on file in the coaches' office **BEFORE they are allowed to tryout for any sport at AHJS (Monday, August 21<sup>st</sup>)**. All 7<sup>th</sup> graders must turn in a physical. All 8<sup>th</sup> graders need to have a new completed Medical History Form (front page of physical) turned.
- Online link (AHISD.net/athletics)- all other forms must be signed electronically by Monday, August 21<sup>st</sup>

### Rubric:

During tryouts the following drills, court play, and attributes will be observed and scored:

1. Vertical Jump – This will be a standing vertical reach vs jump.
2. Forearm Passing (Bump) – Passing to a target using the correct form while moving in a figure-8 pattern around two cones. Each player gets 10 tossed balls.
3. Serve Test – each athlete will attempt five serves. Illegal or out-of-bounds serves score no points. Serves may be overhand or underhand, but the form grade will be higher for overhand serves.
4. Down Ball – Athletes will hit five down balls from behind the 10-foot line from a toss by one of the coaches. Only balls going over the net and hitting inbounds will score points.
5. Court Play – 3 on 3, 6 on 6 and drills involving passing, setting, hitting, serve receive, and base and free-ball. 25 possible points.
6. Intangibles – Other important factors will be observed and scored during the tryouts. Some of these factors consist of coachability, hustle/effort, general fitness/agility/movement, communication, mental toughness/aggressiveness, teamwork, attitude/energy, and ability to follow directions. 35 possible points.

100 points are possible for the entire tryout process. 40 points come from 1-4 above, each being worth 10 points. The second 60 points comes from 5 & 6 above.

The coaches will observe and rate each athlete's form during each of these skill drills. Each athlete will earn a score based upon her performance in each of these categories. Those with the highest totals (scores of all categories) will be selected for the 2017 Blue/Gold/ White Volleyball Teams. All other athletes trying out will be placed in off-season during their athletic classes.

### **GOOD LUCK, LADIES!!**

The Alamo Heights Junior School Volleyball Coaching Staff,

Michelle Boyer	Olivia Tacker
Kelsey Johnson	Ismael Villarreal
Nicole Wogstad	Whitney Jones