

LAKESIDE VIKINGS VOLLEYBALL TRYOUT INFORMATION

2019

Welcome to Viking Volleyball!

The Viking Volleyball coaches are looking for dedicated student-athletes who take pride in their school and are willing to make a maximum effort in both the classroom and on the volleyball court. Wearing a Viking uniform is a privilege, one that carries both responsibilities and rewards.

Tryouts are **Wednesday, May 1- Friday, May 3rd** for girls enrolled at Lakeside and rising 8th and 9th grade girls coming from Henderson Middle or private schools in the Lakeside district. This is your opportunity to learn more about the philosophy and expectations of the Viking program, and to make your best impression on the Viking coaching staff. Here's what you should know:

Athletic Paperwork

ALL PLAYERS MUST PROVIDE A COPY OF A CURRENT PHYSICAL RELEASE.

Physicals are good for one calendar year. If you are a returning Lakeside player, please check the date on your physical to make sure it is still current.

You can attend tryouts ONLY after completing and submitting all the paperwork required by the DCSS (4-page DeKalb County Athletic Participation Consent Form). Forms can be found on our website.

- You must have a complete **PHYSICAL EXAMINATION** form.
- You must have your parent/guardian complete a medical consent form.
- All your paperwork must be complete before participation will be allowed.

Volleyball Tryout Schedule

Tryouts for the 2019 Viking Volleyball teams (9th grade, JV and Varsity) will be held WEDNESDAY through FRIDAY, May 1,2,3, 2019.

You must attend every tryout day.

Tryouts will be held at the Lakeside Gym from 3:30pm – 6:00pm each day. Girls coming from middle school should arrive as soon as possible.

NOTE: Only players and coaches are allowed in the gym during practice and tryout times. Parents/friends are asked to wait in the gym lobby.

Tryouts last 3 days. Girls who have made a team will be posted on the Lakeside Volleyball website no later than Friday, May 3

What to Bring/ What to Wear

Wear comfortable clothes: t-shirt, shorts/spandex, socks and court shoes.

Do not bring/wear jewelry (including earrings) to the gym.

Kneepads are recommended, but not required for tryouts.

You must bring a water bottle.

Tryout Criteria

The coaching staff will be looking for **coachable, student** athletes who have a great work ethic and want to learn to be better players and teammates.

Prior volleyball experience or skill helps but is not required. Prospective student-athletes will be tested and evaluated for their overall athletic ability and level of volleyball skill. Coaches will apply the following criteria:

- Attitude: Players who are positive, competitive and eager to learn.
- Athletic Ability: Players with the ability to learn and perform complex skills.
- Position: Players whose skills fit a specific need for the teams' overall balance.
- Student: Players must adhere to the **Dekalb County Student Code of Conduct and Lakeside High School Handbook**.

What to Expect at Tryouts

Expect to work hard: You will be asked to perform all physical testing and drills at full speed. You should run when shagging balls, when moving from drill to drill and when going to and from water breaks.

Skill Introduction: Prospective student-athletes will be taught the basics of the Viking Volleyball system, including passing, serving, attacking, setting, blocking and defense.

Attitude Evaluation: Prospective Vikings should be willing to try hard, make mistakes, learn from those mistakes and keep trying. Coaches will take note of those players who demonstrate progress while learning new skills.

As with most team sports, coaches will evaluate players for their ability and potential to fill specific positional needs (setter, outside hitter, middle blocker, opposite hitter, defensive specialist, and/or libero).

How to Impress the Coaches

- Be among the first to arrive in the gym and among the first to help set up nets and equipment.
- Be among the first to line up for drills.
- Look the coach in the eye when she/he speaks to you or the team.
- Be a champion ball shagger.
- Be among the first to help take down the nets and put away the equipment.

Options for players not selected

Tryouts are a difficult time. One of the toughest jobs for any coach is the final decision about which players make the team, and those who do not. The Viking Volleyball coaching staff strives to make all decisions fairly and without bias. During the tryout process, it is not unusual for some girls to decide they would rather not continue trying out. If you think you'd like to withdraw from consideration for a spot on the team, please talk with one of the coaches before leaving the gym.

If you are not selected this season, and would like to try out again in the future, there are other options available to you that may help you in the future.

- Be a team manager. Volleyball managers have a chance to learn leadership and organizational skills and fill a valuable role on the team.
- Try out for club volleyball throughout the Atlanta area during the off season.

What to expect when you make a Lakeside Volleyball team:

- Summer practice schedules are as follows: Varsity----Monday/ Wednesday for the month of June from 11 am - 1:00 pm; JV & 9th grade----Tuesday and Wednesday for the month of June from 4:30-6:30.
- Team camp for Varsity ---- July 15 ,16, 17 at UGA. All players are expected to attend. Varsity players are required to stay overnight with the team.
- Per GHSA, volleyball season runs from July 30 – October 29. Practices are held every day after school until 5:30pm (Varsity); 6:00pm (JV/9th grade).
- Varsity players will host an elementary and middle school camp in place of practice on Wednesday, June 19 from 9am-3pm. Varsity players are expected to attend. This is a fundraiser for the booster club.
- A kickoff event for all players, coaches and their families will be held prior to the start of the season. Details to follow.
- A car wash is scheduled for Saturday, August 3rd from 10 am – 2 pm at the Oak Grove Market. This is a fundraiser for the booster club. Player participation is mandatory and parental help is greatly appreciated!
- All players are required to purchase their own black spandex shorts.
- The Lakeside Volleyball Booster Club is composed of the parents of volleyball players. **Club dues are \$250 for Varsity, \$225 for JV, and \$190 for 9th grade.** The dues pay for training coaches, tournament fees, team socks, kneepads, water bottle, practice equipment, team t-shirt, senior gifts, trophies, awards and banquet costs and other expenses not covered by the school and/or county.
- Coach Thompson will provide each player with a document outlining her expectations regarding practices/games, absences, sportsmanship and participation/dedication.

Thank you for your continued support and we look forward to a GREAT year!

LAKESIDE VIKING COACHING STAFF