

LAKESIDE VIKINGS VOLLEYBALL TRYOUT INFORMATION 2023

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 **Tuesday, May 2nd / Wednesday, May 3rd / Thursday, May 4th** for girls enrolled at Lakeside, 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- DCSD is now using DRAGONFLY MAX.

ALL PLAYERS MUST UPLOAD A RECENT PHYSICAL AND FILL OUT REQUIRED FORMS ON DRAGONFLY MAX.

Parents will need to logon/create an account and add/update your players info prior to tryouts. **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 through tryouts. Even if your physical is up to date for tryouts, you will need to make sure it is up to date during the season as well by uploading any new physical forms as needed.

DragonFly Max Website: www.dragonflymax.com. Our School code is **YPDBBB**

You can attend tryouts ONLY after your athlete profile is completed on DragonFly Max.

Volleyball Tryout Schedule

Tryouts for the 2023 Viking Volleyball teams (9th grade, JV and Varsity) will be held TUESDAY through THURSDAY May 2, 3, and 4, 2023.

Players Need to Arrive 30 Minutes Before Their Slot Time.

Tryouts will be held at the Lakeside Gym from 4:30pm – 6:00pm and 6:15pm – 7:45pm 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 **9 pm on THURSDAY, MAY 4th**

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. You must be an athlete attending Lakeside or live in the Lakeside district and plan to attend LHS for high school.

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 and JV----Mondays & Wednesdays for the month of June from 4:30-6:30; 9th grade—coming soon
- Team Camp / All players are expected to attend.
- Per GHSA, volleyball season runs from July 29 – November 2nd (state).
- Practices: 9th grade: coming soon
- 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 in August at Lakeside High school. 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 \$375 for Varsity, \$325 for JV, and \$200 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