

VIKINGS VOLLEYBALL

TRYOUT INFORMATION

VOLLEYBALL TRYOUTS AND CRITERIA

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 begin **MONDAY, AUGUST 1st**– 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

You can attend tryouts **ONLY** after completing all the paperwork required by the DCSS (DeKalb County Athletic Participation Form)

- You must have a complete **PHYSICAL EXAMINATION** form.
- You must have your parents/guardians complete a medical consent form.

All your paperwork must be complete before participation will be allowed.

Volleyball Tryout Schedule

Tryouts for the 2011-2012 Viking Volleyball teams are **MONDAY, AUGUST 1st**, **TUESDAY, AUGUST 2nd**, **WEDNESDAY, August 3rd** and **THURSDAY, AUGUST 4th**. You must attend every tryout date.

TRYOUTS WILL BE HELD AT THE TUCKER HS GYM from 5-7 p.m.
Be sure to check www.lakesidevolleyball.com for any updates.

Tryouts last FOUR DAYS. Team selections will be made following the last tryout day on August 4th. Those selected **must meet in the gym AUGUST 8th at 3:30 pm for practice.**

What to Bring/ What to Wear

Wear comfortable clothes: t-shirt, shorts/spandex, socks and court shoes. Do not bring jewelry (including earrings) to the gym. Kneepads are recommended, but not required for tryouts. **You must bring a water bottle.**

****Note:** Parents, family members or friends are welcome to wait in the gym lobby during tryouts or practice.

Tryout Criteria

Eligibility: Tryouts are open to girls from the 8th-12th grade who are enrolled at either Henderson Middle School (8th) or Lakeside High School.

The coaching staff will be looking for coachable 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 team's overall balance.

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 Viking 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

1. Be among the first to arrive in the gym and among the first to help set up nets and equipment.

2. Be among the first to line up for drills.
3. Look the coach in the eye when she/he speaks to you or the team.
4. Be a champion ball shagger.
5. 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.

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

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

LAKESIDE VIKING COACHING STAFF