

Gull Lake Volleyball 2023

Season Summer Summary & Tryout Information

First and Foremost, I want to sincerely Thank all of you that have been a part of this summer's volleyball activities as players, parents, family members, and coaches.

Summer Activities Left

We are down to 1 summer opportunity left as the varsity heads to Union City on Monday Night.

Some of what we accomplished:

Youth Camp and summer training- 110 campers and 50 HS coaches attended this year. Great turnout, great experience sharing the love of the game with a lot of amazing campers. This is not just a great experience for the youth of Gull Lake but it is also a vital fundraiser for the program itself. The HS coaches this year were simply amazing and gave the campers an experience that they will cherish.

Summer Scrimmages- Attended or hosted scrimmages at: Gull Lake, Galesburg, Portage Central, Portage Northern, Aquinas, MVA, Union City, Marshall. We worked with over 40 different schools over the course of several evenings. That is a lot of opportunities and I appreciated all of you that put in time and effort to make this happen. All of these allow the girls to bond and compete while they continue to sharpen their skills at the game of volleyball.

Everything you should know about GLVB tryouts.

Official Tryouts -Gull Lake High School Volleyball

***Note: All physicals must be on file in the athletic office for tryouts Dated after April 15th 2023**

***Submit everything to Planeths at the link below**

<https://studentcentral.bigteams.com/index.php?keyword=/user/signin&schoolID=718&next=%2Findex.php%3Fkeyword%3D%2Fhome%26schoolID%3D718>

All tryouts are held in the Gull Lake High School Gymnasium

Monday August 7th All Grades 9:00-12:00

Tuesday August 8th Freshmen 9:00-11:00 Soph-Seniors 11:30-1:30

Wednesday August 9th Fr & Soph 9:00-11:00 Juniors-Seniors-* 11:30-1:30

***We will move some players around on this final day based on the first 2 days of tryouts**

****All team decisions will be finalized on this day**

NOTE: The Wednesday of tryouts is the happiest and crappiest day of the season, as some players will be offered spots and some will not. I am blessed to have so many amazing players who want to be part of the Gull lake Volleyball program. However, this is a sport that does not have an unlimited amount of positions on a team. Over the years we typically offer positions to 10-13 girls at each of the levels Fr, JV, and Varsity. So far this summer we have had 54 girls attend at least one of the opportunities and that means just by the numbers alone that not everyone will make a team. Just because someone does not make a team does not mean that they are not good at volleyball it simply means that they attend are a student at a competitive district with a lot of other like minded amazing young ladies that are doing everything they can to be better and those other players simply fit the team's needs better in this particular season.

3 things we look for:

Below is a brief summary of our tryout process and what goes into our decision-making. We evaluate all athletes basically in three areas:

- 1. Physical/Athletic ability: how high you can jump, speed, agility, quickness off the floor, and quickness to the ball are a few examples.**
- 2. Skill ability: How well can you perform each volleyball skill? We evaluate attacking, passing, serving, setting, defense, etc.**
- 3. Attitude and effort: Do you have a positive attitude? Are you a team player? Do you communicate with your team on the court? How do you act when you are not in the drill? Do you put forth effort on your own or do the coaches have to constantly get on you to work harder?**

Once we evaluate the above three areas we then evaluate each athlete based on the position(s) they could play on a team. Just like any other sport, a volleyball team cannot be made up of players of the same position. A typical volleyball team will be made up of the following:

2-3 Setters/RS

3-4 Outside Hitters

2-3 Middle Blockers

2-3 Defensive Specialists/Liberos

Who can play on what teams? Any academically, and athletically eligible female athlete who attends the Gull Lake School District. Coaching staff discusses every situation but it is Coach Belz who will be making all final decisions

Freshmen - can only be made up of 9th grade athletes

JV- can be made up of 9th, 10th, 11th grade athletes or a foreign exchange student that may be in the 12th grade

Varsity- Can be any grade, however I as a coach will not move an underclassman up unless they are going to be part of the regular rotation. Just because a player may have more skill than a given player on a higher team is not cause for bringing that player up, they must be consistently better than the players who would be starting on that team.

Finally if you are chosen for the team you are making a commitment as a player and a family to a very long but rewarding season. We practice 5 days a week and play many weekends and the season goes from August 7th into Novemeber. Please make sure that you are willing to make this commitment if you intend to tryout.

As always if you have any questions, let me know

GLVB Varsity Coach, Eric Belz

ebelz@gulllakecs.org

(269)720-9625