

FALCONS VOLLEYBALL



2019 Henry Ford II High School Volleyball Tryout Packet

The Falcons Volleyball teams are teams of 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 Falcon uniform is a privilege, one that carries many responsibilities and rewards.

Tryouts for the 2019 season will start on Wednesday, August 14th and end on Friday, August 16th (first cuts may happen on Thursday per coach's discretion). Tryout times will be 6:00pm-8:00pm for 9th-10th grade (Fall 2019) and 7:30pm-9:30pm for 11th-12th grade (Fall 2019). Tryouts are your opportunity to learn more about the philosophy and expectations of the Falcon Volleyball program and to make your best impression on the coaching staff. You **MUST** attend every tryout, and every preseason practice, unless you have made specific arrangements – in advance – with the coaching staff.

BE ON TIME AND DO NOT SCHEDULE CONFLICTING APPOINTMENTS.

Tryout registration

1. To tryout, a student must have a current physical dated after April 15th, 2019.
2. They must also have passed 4 of 6 classes in semester two to be eligible.
3. Transfer students must have completed at least semester two of the 2018/2019 school year at Ford to be eligible.
4. The transfer rule does not apply to incoming 9th graders.

What to wear/What to bring

Wear comfortable clothes: t-shirt, shorts, socks, and court shoes. Do not wear spaghetti strap tops, tiny shorts, or shirts exposing a bare midriff. Do not bring jewelry (including earrings) to the gym. Kneepads are not required for tryouts but are encouraged. ***YOU MUST BRING A WATER BOTTLE EACH DAY.***

Tryout Criteria

The coaching staff will be looking for coachable athletes who have a great work ethic, love to compete, and want to learn to become better players and teammates. We are looking for future potential and for those whom desire to play at higher levels.

Prior volleyball experience or skill helps but are not required. (Great volleyball players are not made, just made better!) Prospective student-athletes will be tested and evaluated for their overall athletic ability and level of volleyball skill. Coaches will apply the following criteria:

1. **ATTITUDE:** Players who are positive, competitive and eager to learn. More points will be given to those who demonstrate strong leadership skills, ability work/communicate as a team (volleyball games do not last long with a team of one person!) and to those who are willing to take risks and are unafraid to learn from mistakes.
2. **ATHLETIC ABILITY:** Players with the ability to learn and perform complex skills. Volleyball puts a premium on explosiveness and rewards those who are unafraid to attack the ball.
3. **POSITION:** Players whose skills fit a specific need for the team's overall balance. As the level of play rises (from Freshmen to JV to Varsity), the requirement for position specific expertise rises.
4. **COACHABILITY:** Players who listen to coaches, follow instructions, and ask questions. No one is the perfect player, and we want players who are always striving to improve.

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. You will not sit-down during tryouts.

Expect to improve your volleyball skills. At tryouts, coaches will both teach and evaluate. Even if you are not selected to the team, you will become a better volleyball player by the end of the tryouts.

Expect to enjoy yourself: Tryouts are a normal part of the high school volleyball experience. We suggest you stay loose, make new friends, and decide that you will have a good time, no matter what the end result.

SKILL INSTRUCTION

Student-athletes being evaluated for the freshmen team will be taught volleyball basics including passing, serving, attacking, and setting. Students trying out for JV and Varsity teams will be evaluated on their current skills and experience plus will be given instructions for improvement as needed. All students will have the chance to become better volleyball players.

ATTITUDE EVALUATION

Prospective volleyball players should be willing to try hard, make mistakes, learn from those mistakes and keep trying. Coaches will take note of those players who listen, follow directions, and ask questions when necessary. Athletes who are **COACHABLE COMPETITORS** stand the best chance of making the team. We will be looking for individuals who are high speed and low drag. They must be able to lead, follow, or get out of the way!

SKILL & COMPETITION EVALUATION

Prospective players will be asked to demonstrate their understanding of basic volleyball skills (passing, serving, hitting, setting, blocking and defense) in competitive situations. Coaches will take note of those players who demonstrate progress while learning new skills. For Varsity, 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). For JV and freshmen, coaches will be looking for well-rounded players that could possibly play one or two positions.

HOW TO IMPRESS COACHES

1. Be coachable.
2. Help teammates.
3. Have a positive attitude.
4. Hustle!
5. Work hard.
6. Be among the first to arrive in the gym and among the first to help set up nets and equipment.
7. Be among the first to line up for drills.
8. Look the coach in the eye when she/he speaks to you or to the team.
9. Be loud.
10. Be a champion ball shagger.
11. Be among the first to help take down the nets and put away equipment.

OPTIONS FOR PLAYERS NOT SELECTED

Tryouts can be a difficult experience. One of the toughest jobs for any coach is the final decision about which players make the team, and those who do not. The Ford Volleyball coaching staff strives to make all decisions fairly, without bias, and after extended deliberation and evaluation of each prospective student athlete. 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 it over first with one of the coaches; it is possible you may be underestimating your chances.

FIRST AND SECOND CUTS

Depending on the number of student-athletes who attend tryouts, the coaching staff may decide to make firsts cuts on Thursday and 2nd/final cuts on Friday. This will give the coaches and better opportunity to evaluate those players who are on the bubble for making one of the teams.

MAKING A TEAM

The first practice will be August 19th. Practice will be every weekday barring a game or holiday. A practice schedule will be provided during your first week. You are expected to make every practice and be on time.