



## Fall 2023 HHS Volleyball Tryout Information and Criteria

The Gremlin 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 Gremlin uniform is a privilege, one that carries both responsibilities and rewards.

**Tryouts are Monday, Tuesday and Wednesday, August 7-9, 2023.**

### Athletic Paperwork

**Student-athletes can attend tryouts ONLY after completing all of the paperwork required by the Athletic Department at HHS.**

This can all be done electronically via FinalForms. If you have any questions please contact the Athletic Office immediately. You can reach FinalForms using the link below or under the Athletics tab on the Houghton Portage Township Schools Website.

FinalForms Link: <https://houghtonportage-mi.finalforms.com/>

Athletic Office Contact: 906.482.0450 ext. 1040

All information on FinalForms will be **green** when the student-athlete has completed all required online paperwork.

### HHS Volleyball Tryout Schedule/First Week Schedule

- Monday, Aug. 7<sup>th</sup> Day 1 of Tryouts
- Tuesday, Aug. 8<sup>th</sup> Day 2 of Tryouts
- Wednesday, Aug. 9<sup>th</sup> Day 3 of Tryouts

\*Teams and cuts will be made for ALL levels at the conclusion of tryouts on Day 3.\*

All tryouts will be held in the HS gym and are closed practices. Times for all three teams are TBD.

- Thursday, Aug. 10<sup>th</sup> & Friday, Aug. 11<sup>th</sup> : First practices with official teams.

### What to Bring/What to Wear

- Wear comfortable workout clothes: short or long-sleeved t-shirt, shorts/spandex for practice, running/basketball shorts for conditioning, socks, court (indoor shoes) and outdoor running shoes.
- Kneepads
- Water Bottle: we will not provide cups for water, please no sharing of bottles.
- Tank tops of any kind or cropped shirts are not permitted at any time.

### Tryout Criteria

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 and those who demonstrate strong leadership skills, and the ability to work/communicate on a team.

**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.

**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 Gremlin Volleyball system, including passing, serving, attacking, setting, blocking and defense.

Attitude Evaluation: Prospective candidates should be willing to try hard, make mistakes, learn from those mistakes and keep trying.

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).

### Tryouts Criteria

Players will be rated on volleyball skills, agility, athleticism, position, attitude and coachability.

### Little Things that Matter

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.

### Tryout Drills

Each player in attendance will be rated on the following items:

- Speed
- Agility
- Endurance
- Strength
- Passing
- Receiving
- Setting
- Hitting
- Blocking
- Serving
- Overall Game Speed, performance under pressure

As well as these non-volleyball related skills:

- Quickness
- Athleticism
- Teamwork
- Character
- Following Directions
- Effort
- Finishing a Play/Drill
- Coachability

## Team Selection Process

The Freshman, Junior Varsity and Varsity teams will be formed using the following process:

1. Coaches will determine the number of players on each team.
2. Any grade level can make the Varsity team. Any juniors and seniors who are not selected for the Varsity team are not eligible for the Junior Varsity or Freshman teams.
3. Sophomores and freshman can make the Junior Varsity team. Any sophomores who are not selected for the Varsity or Junior Varsity teams are not eligible for the Freshman team.
4. Only freshman are eligible to make the Freshman team.
5. Only players that attend the tryouts may be chosen for a select team. A player missing a tryout session or those signing-up after tryouts are ineligible for a select team. If there is a legitimate excuse, i.e. a death in the family or injury to the player, an individual decision will be made and it will be at the discretion of the coaching staff in consultation with the Athletic Department and Administration.
6. The following will be used to influence a coach's selection:
  - Tryout Evaluation Form: The evaluation process is an important piece of information to a coach's decision but not the only piece. The tryout evaluation form provides an independent observers opinion on an individual's specific skill; it does not provide important details regarding non-skills attributes nor does it take into consideration a coach's style of play.
  - Player Distribution: A quality, competitive team must have players that collectively possess all volleyball skills and attributes.
  - Intangible Skills: In addition to the tangible volleyball skills, we will also consider intangible elements when finalizing our rosters. Intangible attributes would include: character, coachability, competitiveness, performance under pressure, court awareness, and team chemistry.

## Options for Players That Do Not Make a Team:

Tryouts are a difficult time. One of the toughest jobs for any coach is the final decision about which players make which team. The HHS Volleyball coaching staff strives to make all decisions fairly, without bias throughout the sessions of tryouts.

If you are not selected to participate on a team there are other options available to you that can keep you involved in volleyball.

1. **Be a Team Manager.** Volleyball managers have a chance to learn leadership and organizational skills and fill a valuable role on the team. You will undergo a selection process from the coaches.
2. **Be a Team Statistician.** This person will be traveling with the team and taking stats for the players. This position is important because it will help the coaches make decisions about offensive and defensive strategies for the games.

### TIME COMMITMENT FOR VOLLEYBALL

Like all worthwhile extra-curricular activities, high school sports require a substantial commitment. Volleyball – an ultimate TEAM sport – demands that diverse individuals work as one, in a fast-paced test of coordination, concentration and – above all – cooperation. Building a team requires a commitment of everyone's TIME.