

## Attention All Volleyball Players North High School

This packet is filled with information you will need as you begin to prepare for the 2008 Volleyball Season. Please read this information carefully and email Coach Anderson with any questions (sanderson1@isd622.org).

### **TRYOUTS**

The North Volleyball program is very competitive. Each year we are forced to make cuts at every level in order to competitively field teams. The North Volleyball Program employs five coaches who will individually rate and rank each player that tries out. Players will be rated on their volleyball skill development, game knowledge, strength and conditioning, attitude and work ethic during tryouts. Each player will be timed on the mile run, players are expected to be able to run under an 8 minute mile. Entering tryouts on August 11<sup>th</sup> you should be in top physical and mental shape. You are encouraged to take advantage of summer volleyball opportunities at North High School and other organizations, as well as Polar Speed (conditioning program). Take care of yourself this summer, have fun and play volleyball as much as possible.

Before tryouts you will need to go to the North High Activities office to complete the necessary forms, pay the participation fee and ensure that an up to date physical (within the last three years) is on file. Upon completion of your registration you will receive a "Green Slip" indicating that you are eligible to tryout. On the first day of tryouts bring your "Green Slip" to the North High Gymnasium to sign in. **IF YOU DO NOT HAVE A "GREEN SLIP" you will not be able to tryout.** If you do not make a team, we will give you a letter that you can bring to the North High Activities Office to receive a refund of your payment.

All players must be present during tryouts. Although we recognize the importance of family vacations, work and other commitments, we cannot make accommodations for someone who misses all or part of tryouts. To give everyone a level playing field, we all need to respect this rule.

**NOTE:** Please plan ahead by doing the following. Make your appointment for your physical **NOW!** The doctor's offices are very busy in the summer and people who wait too long to schedule an appointment may not be able to get in prior to tryouts. If possible get your "Green Slip" days in advance. The Activities Office will be very busy at the beginning of August so please do not wait until the last minute and expect that they will be able to help you. **YOU NEED A "GREEN SLIP" WHEN YOU CHECK IN ON AUGUST 11<sup>TH</sup>, THERE WILL BE NO EXCEPTIONS!**

\*\*\*You can contact the Activities Office if you have questions regarding the "Green Slip", physical forms, or payment. Make sure your schedule is cleared of family commitments, vacations and work during the times of tryouts and preseason practices/activities.

**Tentative Preseason Schedule:**

**Week 1**

**Monday August 11<sup>th</sup>**

2:30-3:00 p.m.

Check-In & Warm-Up (on your own)

3:00-5:30 p.m.

Tryouts

5:30-6:00 p.m.

Dinner (bring your own food)

6:00-8:00

Tryouts

**Tuesday August 12<sup>th</sup>**

3:00-5:30

Tryouts

5:30-6:00

Dinner (bring your own food)

6:00-8:00

Tryouts

8:00

First Round of Cuts

**Wednesday August 13<sup>th</sup>**

3:00-5:30

Tryouts

5:30-6:00

Dinner (bring your own food)

6:00-8:00

Tryouts

8:00

Final Round of Cuts

**Thursday August 14<sup>th</sup>**

**First Day of Practice**

2:30-3:00

Setters and Middles

3:00-5:30

Practice

5:30-6:00

Dinner (bring your own food)

6:00-8:00

Practice

8:00-8:30

Fundraiser Distribution

**Friday August 15<sup>th</sup>**

2:30-3:00

Setters and Middles

3:00-5:30

Practice

5:30-6:00

Dinner (bring your own food)

6:00-8:00

Practice

**Tentative Preseason Schedule (cont.):**

**Week 2**

**Monday August 18<sup>th</sup>**

2:30-3:00 p.m.	Setters and Middles
3:00-5:30 p.m.	Practice
5:30-6:00 p.m.	Dinner (bring your own food)
6:00-8:00	Practice
8:00-8:15	Setup for Scrimmage

**Tuesday August 19<sup>th</sup>**

8:30-12:30	Varsity and JV Scrimmage @ North
2:00-4:30	B-Squad and Freshman Practice
6:30-8:00	Potluck Dinner (player and 1 parent must be present)

**Wednesday August 20<sup>th</sup>**

2:30-3:00	Setters and Middles
3:00-5:30	Practice
5:30-6:00	Dinner (bring your own food)
6:00-8:00	Practice

**Thursday August 21<sup>st</sup>**

9:00-11:30	B-Squad and Freshman Practice
3:00-7:00	Varsity and JV Scrimmage @ North

**Friday August 22<sup>nd</sup>**

2:30-3:00	Setters and Middles
3:00-5:30	Practice
5:30-6:00	Dinner (bring your own food)
6:00-8:00	Practice

**August 25<sup>th</sup> – End of Season**

3:15-3:45 p.m.	Setters and Middles
3:45-6:00 p.m.	Practice

\*\*\* First game Tuesday August 26<sup>th</sup> @ Tartan \*\*\*