2015-2016 Carroll High

 Varsity/Junior Varsity Volleyball Tryout Packet

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The Lady Eagles Volleyball Program is made up of dedicated female 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 Carroll uniform is a privilege, one that carries many responsibilities and rewards.

PreSeason tryouts for the 2015 season will be **May 11-May 14 from 3:30-5:30 at the Carroll High gym.** This will be your opportunity to learn more about the philosophy and expectations of the program and to make your best impression on the Carroll High Volleyball coaching staff.

**Here’s what you should know:**

**PARENT MEETING AND PLAYER FEE:**

**This year the Lady Eagle Volleyball program is implementing a $250 player fee for the season. There will be a MANDATORY parent meeting the week following tryouts to discuss the fee in further detail. The Parent Meeting will be Monday, May 18 at 5:30 in the MultiPurpose Room at Carroll High School.**

**ATHLETIC PAPERWORK:**

You may attend tryouts **ONLY** after completing all paperwork required by the Ozark City School System, Carroll High School, and Coach Mularz. The required forms are attached to this packet.

* You must visit your health care provider and have him/her complete the Physical Evaluation form.
* Athletic Participation Parental Consent Form
* AHSAA Participant Agreement, Consent, and Release Form
* Concussion Information Form
* Complete the signature page of this packet.

You will not be allowed to tryout if there is any missing paperwork!

\*\* Any student with below a C average or has been suspended from school should not tryout.\*\*

**Volleyball Tryout Schedule: (Tentative):**

Tryouts for the 2015 Varsity and Junior Varsity teams will be on Monday, May 11-May 14, from 3:30-5:30 in the Carroll High Gym. You must attend every day of the tryout unless you have made specific arrangements—in advance—with the coaching staff.

**BE ON TIME AND DO NOT SCHEDULE CONFLICTING APPOINTMENTS.**

**WHAT TO BRING/WHAT TO WEAR**:

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 highly recommended. Ankle support is recommended for those who make the team, but are not required for tryouts.

YOU MUST BRING A WATER BOTTLE.

**TRYOUT CRITERIA:**

The coaching staff will be looking for coachable athletes who have a great work ethic, great attitudes, love to compete, and want to learn to become better players and teammates.

Prior volleyball experience or skill helps, but is 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 (in this order):

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

**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, except during the daily break.

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 experience. Whether you are competing for a seat in the band, or for a role in the school play or musical, or for a spot on the basketball or tennis team, you will have plenty of opportunities to show your stuff and try your best. 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:**

Prospective student-athletes will be taught the basics of the game of volleyball, including passing, serving, attacking, setting, blocking and defense. Even students not eventually selected to the team have the chance to become better volleyball players.

**ATTITUDE EVALUATION:**

Prospective Lady Eagles 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, defense, and scrimmage play) in competitive situations. 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 to the team.

4. Be respectful to the coaches and other participants.

5. Be loud, be seen.

6. Be a champion ball shagger.

7. Be among the first to help take down the nets and put away equipment.

Carroll Lady Eagles Parents’ Guidelines

**Parents’ Roles:**

1. Communicate with your daughter.

2. Respect the decisions of the officials.

3. Respect other fans, coaches, and players.

4. Do not talk negatively either publicly or in electronic forum about the program, the coaches,

 administration, parents, and/or other players.

5. Contact the coach through agreed upon procedures.

6. Understand that the coaches are responsible for doing what is best for the entire team, not just one

 player.

7. Be a fan of everyone on the team.

8. Be supportive of your child.

9. Respect the chain of command: child—head coach—athletic director—Principal—

 School Board, and give each an opportunity to examine the issue.

Contacting the Coach:

* Contact the head coach, rather than the assistant coach.
* Call the school at (334) 774-4915
* If Coach Mularz is not available, please leave a message and she will return your call promptly.

Meeting with the Coach:

* Your daughter must know that you are meeting with the coach and/or be present.
* Conversation must be in a professional manner with regard to both language and conduct.
* Everyone gets a chance to talk, but everyone must listen as well.
* Emotional control by all parties is imperative
* Meetings must not occur on game days, only by appointment, and only with the Principal, Assistant Principal, or Athletic Director

Things to ask about:

* What was your reasoning for doing what you did in this situation involving my child?
* Does my child work hard in practice and have a positive attitude at practice?
* In what areas does my child need to improve?
* Do you have some drills she could use to make these improvements?
* Is my child a positive addition to the team?
* Is there something I can do to help you?

**Things NOT to ask about:**

* **Playing time**
* **Game Strategies**
* **Other Players**

**Policies and Procedures for Players**

All female volleyball players are expected to present themselves with class and pride. You will be expected to act as a young lady at all times, in school as well as outside of school. There will be ZERO tolerance to unruly behavior. Not only are you representing yourself and your family you are also a reflection on the volleyball team, coaches, and school.

**Removal from Team**

1. Suspension from school for any reason will result in removal from the team.
2. Any behavior deemed unnecessary towards the coaches or players will be left up to the coaches on discipline.

**Grades** – Grade are very important and will be checked on a regular basis.

 C= 10 Suicides

 D= 15 Suicides

 F= 25- plus tutoring and possible game suspension till grade is up.

**Practice Expectations**

Being prepared and on time is very important, not only for volleyball, as punctuality is a good habit to develop. Anytime you are late or miss practices, not only are you losing out on making yourself better, but the team also suffers from your absence. Due to those circumstances, there will be consequences for your absence.

If you are going to be late or miss practice for any reason, YOU need to let your coach know BEFORE practice. Each coach will have a contact procedure so each athlete will be able to contact her coach. This is very important and again shows your commitment to the team.

**1. If You Are Late for Practice/Lifting/Meetings (unexcused):**

* 1st Time: Extra Conditioning
* 2nd Time: Extra Conditioning and may not start in the next match
* 3rd Time: Extra Conditioning and may not play in the next match

**2. If You Miss Practice/Lifting/Meetings (excused and unexcused)**

* 1st Time: Extra Conditioning and may not start in the next match
* 2nd Time: Extra Conditioning and may not play in the next match
* 3rd time: possible dismissal from the team.

Players late to practice, meetings, or lifting will only be excused if there is:

* Prior approval and note from a teacher for working on school work.

Exceptions to this policy include the following:

* Medical Appointments that the coach has prior knowledge of.
* Other rare situations prearranged with the principal or athletic director.

**Lady Eagle Volleyball Players will…**

* First and foremost be a STUDENT Athlete first then a volleyball player. Grades will be checked at the end of every two weeks. Any student struggling may face appropriate discipline.
* Have nets set up and equipment ready for practice prior to the designated start time
* Maintain and keep school facilities clean including: locker room, gym, equipment room, weight room, etc.
* Arrive on time and prepared to all meetings and practices
* Hustle at all times
* Listen when a coach is talking, mental reps are almost as important as physical reps
* Not draw attention to ourselves through apparel or behaviors
* Remain in control of our emotions at all times, but not limit our enthusiasm
* Address our teammates and other members of the program in a respectful positive manner
* Push their teammates to be the best they can be

**General Practice Expectations:**

* Be dressed in a proper manner with gym shoes and clothes
* Absolutely no jewelry. This is a safety issue as well as a self-discipline issue. Due to
* rules dealing with games, and illegally equipped players, this is a good rule and habit to
* get into
* Hustling at all times – Absolutely no walking during practice
* Listen when a Coach is talking
* Address Coaches properly and respond accordingly
* The most important contribution you can make to this team is to be a positive leader
* Practice like you will play in a game
* Call for the ball prior to contact
* Shag balls during drills
* Pick up after yourself – items found in the gym after practice will have to be *Earned Back*

**General Practice Procedures:**

* Be early, make sure your nets are set up and you are dressed to play
* There will be consequences for players that are late to meetings or practice
* If you are injured, talk with a coach and our trainer. Players will still attend practice in

full practice clothes (mental reps)

* + Absolutely no street clothes, cell phones at practice or games
	+ Check activities bulletin boards for important information

**Locker Room Rules:**

* Athletes are responsible for the cleanliness of our locker room
* Equipment found outside the locker will have to be Earned Back.
* If the locker room is not treated with respect the “TEAM” will be held accountable –
* RESPECT other teams in the locker room as well
* Do not touch, take, or borrow without asking.
* No foul language or listening to explicit music permitted.

**Game Day Procedures:**

* Game day attire will be decided by the captains or the team. Remember you are representing your team and school as well as yourself.
* Uniforms will be provided to all athletes. All athletes are responsible for the care of their uniform and it must be returned to their coach in proper condition at the end of the season.
* Statisticians:
* Line Judges:
* Home Games: All athletes should be ready to play 45 minutes PRIOR to match time.
* Athletes are encouraged to watch and cheer on other level teams before or after their match. This creates great team chemistry between teams and provides an opportunity to learn from other Yellow Jacket Volleyball Athletes.
* Away Games: Be sure to check all bus times. Athletes should be early for the bus. We will not wait for tardy athletes. Be sure you have all items necessary to play. **Athletes are expected to ride to and from events on the team bus**. Written permission is required to ride home with your parent, signed and dated by an administrator. Athletes must stay to support team members; no running around during matches will be permitted. You will be expected to conduct yourselves as he outstanding people you have proven yourself to be. Cell phones will be turned off during the bus ride to the match for safety purposes.
* Managers: We know as a team, without our managers matches would be chaos. Your responsibility will be to fill up the water bottles, prepare clipboards with stat sheets and pencils prior to each match, and accumulate the stat totals and sheets after each match. Mangers might have to take turns taking stats, doing the scorebook, line judging, or other areas that need covered.

**Please keep above information and return all of the following forms! -Thanks!**

**I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and my parent(s),\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,**

**Have completely read and understand the 2015 Girls’ Volleyball Packet for Carroll**

**High School. By signing below, I agree to its terms and agree to abide by them.**

**Member Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Parent/guardian Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**(Please circle one)**

**As the parent/guardian of the above young adult, I AM or AM NOT**

**interested in becoming involved in the CHS Volleyball Booster Club.**

**CONTACT INFORMATION:**

**Player Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Player Cell Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Player Email (check most frequently-school email if possible): ­­­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**TShirt Size: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Parent Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Parent Cell Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Parent Email (check most recently): ­­­­­­­­­­­­­­­­­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**