

Frequently Asked Questions - NPJO Volleyball

**update Oct 2024*

When are the volleyball tryouts?

Mandatory Parent Meeting:

Sunday, November 3rd at 5:00PM in the Lecture Hall (rm 265) at New Prague High School. Please bring the completed Medical Release Form. It is posted on the website above.

Tryouts will be held on two different dates depending on age

4th-7th Grade

-1st tryout date: Sunday, November 10th.

-4th-6th: check-in at 9:30 a.m. with tryouts being 10:00-12:00.

-7th-8th: check in at 11:30 a.m. with tryouts being 12:00-2:00 p.m.

-2nd tryout date: Sunday, November 17th.

-4th-6th: 10:00 a.m.-12:00 p.m.

-7th-8th grade: 12:00-2:00 p.m.

9th and Up

-Monday, November 11th at 7:15-9:15 PM -check-in at 6:30 p.m.

-2nd tryout date: Sunday, November 17th. -2:00-4:00 p.m. check in at 1:30 p.m.

*Jersey and warm-ups will be sized during check-in. Parents of all athletes should come into the gym on tryout day to help their athletes choose the correct size jersey, warm up and jogger. Then the parents can leave.

Can I try out at a different time? No. If for some reason a player can not attend a tryout date due to an injury, please communicate that ASAP to Michelle Fischer.

What are the ages that compete for New Prague JO Volleyball?

We accept the age range of 10-16 years old.

How many players make each team?

Team sizes depend on our numbers of registrations and needs for a team. Typical team sizes range from 9-11 athletes per team.

Do players have to try out or does everyone make a team?

Players should make every effort to be at all tryout sessions. It is highly likely that most athletes will make a team. If athletes do not make a team, those families will receive a refund for their registration fee.

How are players evaluated?

During tryouts, athletes will be ranked in comparison to other players in the gym. Players will be evaluated by the judges and coaching staff and assessed in the following areas:

1. Physical Volleyball Skills - passing, defense/offense, transition, ball control, serve receive, serving, hitting, blocking, setting, attacking
2. Non-physical Volleyball Skills - hustle, attitude, work ethic, communication, teamwork, volleyball IQ, and ability to follow instruction

How does JO volleyball work?

After tryouts, and teams are announced, players will practice with their assigned teams for the duration of the season. The season starts immediately after tryouts and season practice times will be announced by the club board until teams are finalized. After teams are finalized, your athletes respective coaches will communicate practice times via the SportsEngine app.

I need to ask a question about the volleyball program/team/schedule, etc. - who should I ask? During tryouts or before, all questions should be directed to Michelle Fischer. After teams are announced, direct your questions to your player's specific coach.

My athlete experienced an injury and is unable to try out but is scheduled per a doctor's/trainer's note to heal in time to participate for the majority of the season if she makes a team. How does that work?

Players are expected to register and come to all tryout sessions - regardless of if she is injured - to be considered for a team. She will be evaluated on her prior year's performance and discussion with prior coaches. Please contact Michelle Fischer for more specific instructions and communicate the situation BEFORE tryouts.

My athlete made a team but.... we have an annual vacation (or other scheduling conflict) coming up soon. What should we do? Players really need to be at ALL practices/tournaments. It is expected that players are at all practices and tournaments on time. Missing practices hold not only the player back, but impact the team as well. If you have any schedule conflicts, please communicate this with your coach.

I don't believe that the team my athlete made is the correct one. In other words, I disagree with my athlete's placement. What should I do?

Player's team placement is based on skill and the team's needs (not the player's needs). Often position has a big part in team placement. It is expected that players and parents give the team assignment a chance. Also, it is expected that all players and parents follow the NPJO Volleyball line of communication. No phone calls/meetings regarding team placement will be taken until after the first tournament for that level. If after the first tournament there is still the need to communicate, please follow the policy in regards to communication.

Do teams ever change?

No, not typically but athletes may be asked to play up to help out a team if they are down athletes for that tournament.

My athlete is injured during the season - now what?

First, we want to make sure that the player is well cared for, so check in with your physician and communicate the best course of action to be taken. Every player is expected to be at practice. If doctor appointments are needed, players should communicate with their coach about these

appointments. Players will be kept busy with rehab or assisting in some way at practice even while injured. Team concepts will be covered at practice - players are expected to listen and learn so they are prepared when they are cleared to play again. Under NO CIRCUMSTANCE is skipping practice acceptable while injured. Injured players should plan to communicate with their coaches prior to each practice. If a player is cleared by a doctor about an injury, a return-to-play note is required.

How does rehab work?

It is the player's responsibility to work with a physician and communicate with their respective coach. Players are NOT to be "hanging out near the training room or weight room" just because they are injured, instead of coming to practice.

I brought my athlete to the emergency room/doctor because we believe she is injured or is very ill. Every player - regardless of the injury/illness - needs to bring a return-to-play note to her coach. This note can be as simple as a handwritten note from the physician stating the EXACT terms of the player's return to play. Players will sit until this note is received by the coach.

My athlete is ill, should she stay home?

YES! If a player has a fever or is ill in any way - STAY HOME even if it results in missing a practice/ match. Players must be fever free for 24 hours to attend school. We do NOT want other players getting sick. Staying home because of sickness does NOT impact playing time.

Players: Send an email or SportsEngine text to your coach BEFORE noon to let your coach know you will not be at practice. Players/Parents: Please practice good COVID screening before attending school/practice/matches.

Do I need to buy a uniform or is it provided?

Uniforms are provided for all players in grades 4-12. ALL level teams/players are expected to wear the uniform top that is provided. Players must provide their own all-black spandex shorts (with no graphics, designs, or branding on the waistband).

What kind of shoes, socks and knee pads should I buy?

You should wear whatever you prefer since this is not part of the provided NPJO uniform.

How do I order a NPJO Volleyball gear?

You can place orders on our website, npjovolleyball.com, through our IDThreadz link at any time.

I need to contact my athlete's coach. The best way to contact your athlete's coach is by the SportsEngine app or email. Coaches encourage PLAYER communication. If players need some sort of clarification, please encourage them to ask at practice.

Any parent contact with a coach by telephone should be EMERGENCY ONLY. Texting coaches in most situations is NOT acceptable. Please send an email if you have a question. If you have a question about match times, please consult the schedule online. Please be considerate of coaches' time away from the gym. The "24 hour rule" will apply with all issues and will be enforced on match days. Most coaches on staff will set up a SportsEngine to communicate with players.

My question has not been answered.
Contact Piper Ries via email at piperries@gmail.com.