



## 2021 Archer High School Volleyball Tryout Packet

The Archer Girls' 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 an Archer Tiger uniform is a privilege, one that carries many responsibilities and rewards.

Tryouts for the 2021 season will start May 3rd and will continue May 4th-5th. Tryouts are your opportunity to learn more about the philosophy and expectations of the Archer 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 Coach Parr.

**BE ON TIME**, which means 15 minutes prior. **DO NOT SCHEDULE CONFLICTING APPOINTMENTS** during any part of tryouts. Registration takes time and we want to ensure a prompt start time.

Here's what you should know:

### I. ATHLETIC PAPERWORK:

#### a. – ONLINE ATHLETIC PAPERWORK

Step 1: Go to the following website –[Dragonflymax.com](http://Dragonflymax.com)

Step 2: Sign up and use Archer's code: SN3JHD

Step 3: Enter in all basic information (name, date of birth, etc.)

Step 4: Start the paperwork. All items must be filled out/uploaded in order to be able to come to tryouts.

Step 5: There are 13 forms that need to be uploaded/filled out

- You must visit your healthcare provider and have them complete the PHYSICAL EXAMINATION form
- If you are transferring from a school outside of the district, please contact Coach Parr (706)286-0609 prior to tryouts for additional paperwork.

All of the above stated must be completed before participation will be allowed.



## II. WHAT TO WEAR/WHAT TO BRING:

Wear comfortable clothes: t-shirt, shorts/spandex, socks, court and/or running shoes

Knee Pads

Water

DO NOT wear spaghetti-strap tops, head wraps (i.e. bandannas, sleeping scarves), or shirts exposing the midriff.

DO NOT wear jewelry, this includes but is not limited to, earrings, nose rings, and belly button rings. If certain jewelry cannot be removed you will be asked to leave tryouts, so please plan piercings accordingly.

## III. 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, people, and teammates. We are looking for future potential and for those who 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. A higher rating will be given to those who demonstrate strong leadership skills, ability to 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 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 Freshman to JV to Varsity), the requirement for position-specific expertise rises.



## VI. 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.

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 Tiger 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 Tigers 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, coaches will be looking for well-rounded players that could possibly play one or two positions.



#### HOW TO IMPRESS THE 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. Look the coach in the eye when she/he speaks to you or to the team
8. Be loud
9. Be a champion ball shagger
10. 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 not. The Archer 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.

If you are not selected this season, and would like to try out again in the future, there are other options available to you that may help you in the future.

1. Attend open gym in the spring/summer of 2022.
2. Get private lessons.
3. Try out for club volleyball and attend camps/clinic



## Tryout Schedule

Monday	Tuesday	Wednesday
<b>Fundamentals:</b> Basic passing, hitting, serving, etc. drills be done today as well as a fitness test.	More complex drills that combine 2 or more fundamentals and small team game play.	<b>GAME PLAY</b>
First round of cuts will be made after both tryouts are finished.	Second round of cuts will be made after both tryouts are finished.	Final cuts will be made by 7:30 pm.



## Frequently Asked Questions

### 2021 Season

#### Archer High School Volleyball has 3 teams

Varsity - Consists of the top 10-12 players in the program (regardless of age). JV - Usually consists of mostly sophomores, a few juniors and a few talented freshmen (12-13 players).

FRESHMAN - Consists of 12 players per team

#### Do I automatically make the team if I played on the Archer Freshman, Junior Varsity or Varsity team?

No you do not. Each position is earned yearly. Nothing is guaranteed. Athletes can be cut or on a lower or higher level team.

#### Can I make the high school team if I did not play Club?

Yes. We have some players in the high school program that are not involved in club volleyball. The majority of our older girls DO play club, as it gets more competitive at the JV/Varsity levels.

Can I make the team if I didn't play in middle school (or I was on the B team)? YES!! We are looking for athletic young ladies who are willing to work hard, learn the game and be coachable. Past team placement or participation has no bearing on your team placements here at the high school.

#### Do you make Cuts?

Unfortunately, we can only keep a certain number of girls on each team, so we do usually have to make a few cuts, especially on the junior varsity and varsity levels. The number of cuts varies year to year, depending on how many we have trying out, but we absolutely keep as many girls as possible that will help the program.

#### When are Try-outs?

Tryouts for volleyball are going to be May 3, they are mandatory. There will be cuts made every day.

#### What does the practice/game schedule for volleyball look like?

Once school starts, we have matches on Tuesdays and Thursdays for varsity, Monday and Wednesdays for JV and 9th. Plan to practice every day there is not a game. Practice calendars will be given weekly.

#### Can you play multiple sports?

We encourage our athletes to play as many sports as they want. As soon as volleyball season is over, there is a smooth transition into whatever the athlete's next sport is. If they do not play another sport, then they stay in volleyball off-season for the remainder of the year and are highly encouraged to participate in club volleyball to excel in the game. Club volleyball is highly encouraged after the school season.

#### What about camps?

We often try to go to team camp in July. We have previously been to Auburn, Emory, and Berry college volleyball camps.



2021 Archer Volleyball Tryout Evaluation Rubric

	<b>POOR (1)</b>	<b>FAIR (2)</b>	<b>GOOD (3)</b>	<b>EXCELLENT (4)</b>
<b>Passing /SR</b>	Hands were apart, body in upright position, did not call the ball	Weight on heels, elbows were bent, ball was playable for teammates, some control of ball	Body in low athletic stance, weight on balls of feet, knees bent, called mine, hands together, ball went towards target, control of the ball	Body in low athletic stance, weight on balls of feet, knees bent, called mine, hands together, ball went towards target, control of the ball, pass had a purpose
<b>Setting / overhand</b>	Hands were apart, body not in athletic position, lift, no control of ball	Made a triangle, hit ball off of palms (not fingers), some control of ball	Body in athletic position, made a triangle with hands, called mine, weight on balls of feet, good follow through, control of ball to target	Body in athletic position, made a triangle with hands, called mine, weight on balls of feet, good follow through, control of ball to target, pass could be spiked, pass had a purpose
<b>Serving</b>	Ball not over and in or close, no control of ball, ball hit off of wrist or fingers	Serve was over and in or close. Had some control of ball, arm was too low, not proper weight transfer	Serve was over the net and in bounds, arm correct, weight transfer, control of the ball	Serve was over the net and in bounds, arm correct, weight transfer, control of the ball, ball was placed in a difficult area to return
<b>Attacking</b>	Can't make an approach, can't make contact with the ball. Doesn't jump and wont correct when told.	Steps are wrong, punches at the ball and timing is off.	Has an approach and makes good contact. Strong swing and has power.	Good 3 step approach, timing is good on jump and has good snap and wrap. Strong contact



<b>Blocking</b>	Stationary, does not move to the ball	Moves 1 or 2 steps, given effort but reaction time is slow	Movement/Footwork allows for adequate good court coverage, closes in on hitter, good high hands pressed over the net	Movement/Footwork allows for adequate good court coverage, closes to the hitter, good high hands, pressed over the net, and directs others to close the block
<b>Defense</b>	Failed to get in position, hands were apart, body in upright position, did not get the ball up for it to be playable	Was slightly in a defensive position. Weight on heels, elbows were bent, ball was playable for teammates, some control of ball (Level 1 Pass)	Was in a defensive position. Body in low athletic stance, weight on balls of feet, knees bent, called mine, hands together, ball went towards target (Level 2 Pass), control of the ball	Was in a defensive position. Body in low athletic stance, weight on balls of feet, knees bent, called mine, hands together, ball went towards target (Level 3 Pass), control of the ball and was ready to cover the hitter
<b>Communication</b>	Does not communicate with team or coaches, often runs into players because of lack of oration	Changes personal movement on the court due to the communications from team and coaches	Aggressively calls for ball, backs away when another has called, encourages communication	Aggressively calls for ball, backs away when another has called, encourages communication, is calling out help to teammates, helps call hits in and out
<b>Attitude/ Effort</b>	Negative towards self and teammates, does not work hard	Gets down on self, is quiet. Tries but noticeably does not give maximum effort	Encourages teammates, stays positive, includes others in plays. Works hard in drills and through transitions	Encourages teammates, stays positive, includes others in plays, work hard in drills and through transitions.
<b>Character/ Core Values</b>	Argues with other teams, not interested in team play, poor court presence	Discourages others from trying to play, negative attitude about games	Helps others on the team, does not interact with the other team in a negative manner	Clearly takes on a leadership role for the team. Knows the rules and follows them.



