
**SPRING CREEK HIGH SCHOOL VOLLEYBALL**

**VOLLEYBALL TRYOUTS AND CRITERIA**

**Welcome to Lady Spartan Volleyball**

The Lady Spartan 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 Lady Spartan

uniform is a *privilege*, one that carries both great responsibilities and rewards.

**Athletic Paperwork**

You can attend tryouts ONLY after completing all the paperwork required

by the Spring Creek High School, which CAN NOT be turned in to the coach.

All paperwork must be turned in to Holly in the office.

⃝ You must visit your health care provider and have him/her complete

the PHYSICAL EXAMINATION form and turn it in to Holly in the office.

⃝ You must have a completed IMPACT test on file.

**Volleyball Tryout Schedule**

To be announced at time of tryouts

**What to Bring/ What to Wear**

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

Do not bring jewelry (including earrings) to the gym. During the season,

jewelry is not permitted on the court. We must get into the habit now.

Kneepads are required. A full water bottle is recommended.

**The coaching staff will be looking for coachable athletes who have a great**

**work ethic and want to continue 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, respectful, competitive and eager to learn.

⃝ Athletic Ability: Players with the ability to learn and perform complex skills.

⃝ 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 are expected to 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 Lady Spartan Volleyball system; including passing, serving, attacking,

setting, blocking and defense.

**Attitude Evaluation:** Prospective Lady Spartans should be willing to try hard,

make mistakes, learn from those mistakes and **keep trying you best**! 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 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.

6. ALWAYS be a team player.

7. All the coaches can ask for is your very best effort.

 **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 mutual respect for yourself as

a student-athlete, each one of your teammates and your coaches.

Lady Spartan Volleyball is a commitment of everyone’s TIME and ENERGY.

**Attend every practice**

Just as your academic responsibilities in the classroom,

skills training, lesson plans and game preparations are all built one step on

top of another. Coaches will not have the opportunity to help players

“catch up.” If you know you must miss a practice, you must call the

coaches well in advance. Phone numbers will be given out once teams are

assigned. It will be your responsibility to make up the practice session

that you missed by attending one of the other team practices as well.

**ATTEND SCHOOL ON MATCH DAYS**

 If a student-athlete misses school on the day of a match, she will not be permitted to play. **ATTEND EVERY MATCH**

**On match days, Lady Spartan Volleyball athletes must attend each others**

**matches as well as their own.** The team not playing may be asked to help

officiate the other match and/or record statistics and help during warm-ups

and cleanup. No one may leave a match early unless she receives

permission from her coach; that permission is rarely given.

**Ride the team bus**

For most road matches at other high schools, all players must ride the team

bus to the game. A player should be prepared to do homework during the

bus rides. A player may, however, go home from the opponent’s gym

with her parents as long as the proper release form has been signed in

advance. All other players must return to Spring Creek High School on the team bus.

A player may not drive her own car to or from road matches.

**Avoid other conflicts**

I realize that other obligations are happening during volleyball season

(Band, Cheerleading, etc). I will not penalize anyone for participation in

other school activities. However, players must understand that missing practices

does affect the group dynamic and tends weaken the bond between the teams.

 **Volleyball is different from any other sport for 3 reasons**

**1. Volleyball is one of the only true team sports that require players to act as one!**
Consistency in working daily as a TEAM or UNIT is crucial in this sport. Minor adjustments

may be necessary at times, and one should always be prepared to take on new

responsibilities or to play with someone new at any given time. However, true dedication

and hard work TOGETHER every single day creates ***unified skills***. With unified skills comes a

special ***bond*** or ***strength*** on the court and sense of ***trust*** in one another as a TEAM.

With that trust, comes great team ***chemistry***.

With dedication, unified skills, strength, trust and team chemistry comes **PRIDE & SUCCESS!**

**2. Playing time is not necessarily guaranteed at any time and the main priority as a true

volleyball athlete is what is *best for the team* as a whole in that moment!**

OFF DAYS WILL HAPPEN! This is true for every athlete, in every sport, at every skill level!

When a volleyball athlete is having an off day or off moment, she instantly becomes the

target for the opponent. Harsh? Maybe…but it is the truth for every smart athlete. When

this day or time comes for you, you must trust in your coach to make the right decision for

the team as a whole. Take that time to recollect yourself and focus all of your energy and

what you can do to help your teammates, **on or off** the court.

**3. In volleyball, sitting on the bench is still an accomplishment!**

A player on the volleyball bench has beaten other girls out for that honor and

should not feel bad at all because the team members on the court are the ones chosen

for that day or situation . The athletes on the bench at any given time still play a

huge role in the success of the team. You are expected to be eager and ready

go in at any given time. You are expected to show PRIDE in your team by cheering each

and every one of your teammates on. **YOU ARE A LADY SPARTAN**!

**Spring Creek Lady Spartans Parent Guidelines**

**Parent Roles:**

⃝ Respect the decisions of the officials.

⃝ Respect other fans, coaches and athletes.

⃝ Be mindful of how you express negative thoughts about the program, coaches or other athletes

⃝ Contact the coach through agreed-upon procedures.

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

⃝ Be a respectful fan of every student-athlete on the team.

**Contacting the Coach:**

⃝ Proper phone numbers and email addresses will be provided.

⃝ Coach Keen works Monday - Friday from 8am-5pm, but will return

 any emails, text messages or phone calls as soon as possible.

 

**In order to maintain a positive team environment, it is important to establish a code of**

**conduct. This code is for the betterment of the team and the game. The code is:**

1. Negative talk or acts of disrespect regarding teammates, other teams, officials, coaches, managers, parents

 or anyone else WILL NOT be tolerated.

2. Hustle is of the utmost importance when on the court, in a game or in practice.

3. Tardiness will not be tolerated. A true emergency will obviously be acceptable.

4. Teamwork is the number one thing in volleyball. If you have a problem with a Teammate, DO NOT bring it

 to practice or games and DO NOT drag others into it. This behavior will not be tolerated.

5. Drugs and alcohol are not permitted in any way at any time.

6. You must be willing to take instruction and make changes to your game in order to become better.

7. Your schoolwork is of the utmost importance. Check in with teachers weekly and maintain a proper GPA.

8. Failure to listen to the coach or assistant coach undermines the team.

9. Your behavior at school will be monitored. You must conduct yourself as a respectful, respectable

 student-athlete at all times.

10. You are a representative of Spring Creek High School and your volleyball team.

 Think about your choices and behavior at all times.

 **Repercussions:**

These repercussions for breaking the code of conduct are in order, but the severity of the situation may warrant

more severe action. Greater severity will be required with repeating offenses. The coach may dismiss a student

athlete from the team for disciplinary actions that would be detrimental to the team.

1. Warning- this could be verbal or written. (The player will get a copy and the coach will maintain a copy on file)

2. Suspension from a game or games.

3. Removal from the team.

We are going to win this season, but not at any cost. No player is more important than

any other player. If a player breaks the team rules, they will deal with the consequences.

By signing this, you agree to follow this code of conduct and accept the disciplinary

action for a violation.

Parent Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Student Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_