**2025 Lakewood High School/Middle School**   **Volleyball Tryout Packet**

**04/16/2025**

The Lakewood High School/ Middle School Volleyball teams are teams of dedicated student-athletes who take pride in their school, are hard-working, competitive, have an insatiable drive to be better every day in everything they do, and care as much about their teammates’ success as their own. As a Lakewood volleyball player, a lot is expected of you; you are expected to set the standard for all other teams in all phases – energy, work ethic, spirit, in the classroom, and of course FUN. Wearing a Lakewood uniform is a privilege, one that contains many responsibilities and rewards. This program’s vision is to make Lakewood High School Volleyball relevant and competitive by expecting and achieving high working, principled and fundamental standards from each athlete in the program, both on and off the court.

**Tryouts for the 2025 season are August 1st and August 2nd. MS is 1:00 – 4:00 pm on August 1 and 9:00am – 11:00 am on August 2nd. HS tryouts are from 4:30 pm – 7:00 pm on August 1st and 12:00 pm– 2:00 pm on August 2nd. All tryouts are at the high school. Both tryout days are mandatory, in other words you MUST be at BOTH tryout sessions, in order to be considered for a team. DO NOT SCHEDULE CONFLICTING APPOINTMENTS during any part of tryouts.**

1. **ATHLETIC PAPERWORK**: ONLINE ATHLETIC FORMS -to be completed
   1. You are required to register on the FinalForms website and complete ALL required items.
   2. **All forms must be completed BEFORE tryouts. This includes the PHYSICAL from your doctor. You will not be allowed to tryout without all of the required forms and physical.**
2. **WHAT TO WEAR/WHAT TO BRING**: Wear comfortable clothes: t-shirt, shorts/spandex, socks, court and/or running shoes, knee pads, plenty of water (water fountains are not available).
3. **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 and teammates. We are looking for future potential and for those who desire to play at higher levels. Prospective student-athletes will be tested and evaluated for their overall athletic ability and level of volleyball skill. In addition to volleyball skill evaluation the following testing will be done:

Height, Standing Reach, Block Touch, Standing Vertical, Approach Touch, Acceleration (quickness), and Agility. Coaches will also take notes on the following criteria:

1. ATTITUDE: Players who are positive, competitive, and eager to learn.

2. ATHLETIC ABILITY: Players with the ability to learn and perform complex skills. Players will be rated on the 6 volleyball skills plus team offense and team defense.

3. POSITION: Players whose skills fit a specific need for the team’s overall balance. As the level of play rises (from JV to Varsity), the requirement for position-specific expertise rises.

4. POTENTIAL: Where is the athlete currently at skill wise and how much more can they improve.

**IV. 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.

**V. SKILL INSTRUCTION**: For JV and Freshmen teams, some instruction may be given during tryouts. This is not to help one player over another but to assess a player’s ability to accept constructive criticism and put that instruction into practice.

**VI. ATTITUDE EVALUATION**: Prospective Rangers 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.

**VII. 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.

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). Roster size will be 10-12 players.

For JV, coaches will be looking for well-rounded players that could possibly play one or two positions. Roster size will be 11-12 players.

For Freshmen, coaches will be looking for those players who demonstrate progress while learning new skills or already know and demonstrate mastery of skills. Roster size will 12 players.

For 7th / 8th Grade, coaches will be looking for athleticism, enthusiasm, and a willingness to learn. Roster size will be 12 players for each grade at each school.

**VIII.** **HOW TO IMPRESS THE COACHES**: **1**. Be coachable **2**. Help teammates **3**. Have a positive attitude **4**. Hustle - the coach should never see you walking to an activity or standing around talking. **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/Have energy **9**. Be a champion ball shagger **10**. Be among the first to help set up and take down the nets and put away equipment

**IX. 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 do not. The Lakewood High School 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 would 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 camps/ clinics or look for online instructional videos.
2. Try out for a club volleyball.
3. Get private lessons

**X. PLAYER HANDBOOK**: Upon selection for the team, a player handbook will be provided with all policies and expectations for players and parents. The handbook signature page must be signed and returned to the coaches prior to the start of the season.