



# 2016-2017 Lady Bears Volleyball Tryout Requirements



- **Tryout Dates:** Starting the 2<sup>nd</sup> day of school, August 24<sup>th</sup> – 30<sup>th</sup>  
*(The number of days we tryout could change depending on the amount of girls that tryout)*
  - Team Roster will be decided by the end of the school day on August 30<sup>th</sup>.
    - Approximately 25-30 girls will make the final cut per grade.
  - Girls that make the final cut will have their first day of practice on August 31<sup>st</sup>.
    - A, B, and C teams will be formed before the first game.
1. **MUST HAVE A 2016-2017 ATHLETIC PHYSICAL:** Each athlete that is trying out must have a 2016-2017 Athletic Physical on file in order to tryout. If you **DO NOT** have one, you will not be able to tryout and will be sent home. We encourage all athletes to turn in their physicals before the 1<sup>st</sup> day of school, but if you are not able to, they will be accepted on the 1<sup>st</sup> day of tryouts.
  2. **TIME AND LOCATION:** Each day tryouts will be held in both gyms. The times will depend on grade level.
    - ❖ *Tryout times are subject to change due to the number of girls that tryout in each grade level. Parents will be notified of any changes.*
- **7<sup>th</sup> Grade-**
    - Athletes that are in 1<sup>st</sup> period Athletics will get dressed at school starting at 7:15 am in the locker room. Athletes that turned in their physicals before the 1<sup>st</sup> day, on the 1<sup>st</sup> day of school, or on the 1<sup>st</sup> day of tryouts will change into their MJH issued Athletic clothes and use their MJH issued locker. Athletes that do not have a physical will not be allowed to tryout.
    - We will promptly start tryouts at the beginning of 1<sup>st</sup> period (7:32 am) until the end of the period (8:07 am). Each athlete will have approximately 10 minutes to get dressed for the school day.
    - If you are in PE, tryouts will begin at the end of the school day (2:45 pm). Remember, athletes in PE also need an athletic physical on file to tryout. When the bell rings to release students for the school day, athletes trying out need to hurry to the locker room and change into the appropriate clothing. (see below)
    - All athletes will tryout after school until 5:30 pm.
    - After tryouts are over, all athletes will need to be picked up by 5:30 pm on the **BUS LOOP**. When picking up athletes, please **DO NOT** park side by side blocking anyone trying to exit the bus loop.
    - TRYOUTS ARE CLOSED TO SPECTATORS AND PARENTS. Please wait for your athlete outside of the building, near the bus loop, until tryouts are completed for the day.
  - **8<sup>th</sup> Grade-**
    - Athletes that are in 8<sup>th</sup> period Athletics will get dressed at school starting at 1:50 pm in the locker room. Athletes that turned in their physicals before the 1<sup>st</sup> day, on the 1<sup>st</sup> day of school, or on the 1<sup>st</sup> day of tryouts will change into their MJH issued Athletic clothes and use their MJH issued locker. Athletes that do not have a physical will not be allowed to tryout.
    - We will promptly start tryouts at the beginning of 8<sup>th</sup> period (2:00 pm) and end at 5:30 pm.

- If you are in PE, tryouts will begin at the end of the school day (2:45 pm). Remember, athletes in PE still need an athletic physical on file to tryout. When the bell rings to release students for the school day, athletes trying out need to hurry to the locker room and change into the appropriate clothing. *(see below)*
- All Athletes will tryout after school until 5:30 pm.
- After tryouts are over, all athletes will need to be picked up by 5:30 pm on the **BUS LOOP**. When picking up Athletes please **DO NOT** park side by side blocking anyone trying to exit the bus loop.
- TRYOUTS ARE CLOSED TO SPECTATORS AND PARENTS. Please wait for your athlete outside of the building, near the bus loop, until tryouts are completed for the day.

3. **MUST BE PRESENT ALL DAYS**: We will **NOT** do make-ups. If you are absent, you will miss what is covered that day.

4. **PROPER ATTIRE**:

- If you are in 1<sup>st</sup> or 8<sup>th</sup> Athletics class you will wear:
  - MJH issued Athletic Uniform
  - Athletic type shoes or Volleyball shoes
  - Volleyball knee pads
  - Hair pulled back and put up
- If you are in PE you will wear:
  - PE shirt (if already issued one) or a
  - Loose fitting short sleeve shirt
  - Athletic type shorts that are school appropriate length
  - Athletic type shoes or volleyball shoes
  - Volleyball knee pads
  - Hair pulled back and put up
- You **CAN NOT** wear:
  - Tank tops
  - Volleyball spandex shorts
  - Any jewelry of any kind
    - *earrings (it is against U.I.L. Rules to wear them)*
  - Hair down

5. **VOLLEYBALL SKILLS THAT WILL BE TESTED:**

- Passing
- Setting
- Hitting
- Serving
- Game Play
- Game Awareness
- Fitness Level/Conditioning
- Coachable
- Attitude/Work Ethic
- Responsibility
- Behavior
  - *All skills are up to Coach's discretion.*



**GOOD LUCK AND SEE YOU AT TRYOUTS!!!**

- If you have any questions, please email Lauren Pavloske (Head Coach) at [lpavloske@misd.org](mailto:lpavloske@misd.org) or Stacy Inman (Athletic Coordinator) at [sinman@misd.org](mailto:sinman@misd.org)

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**FYI:**

1. Starting August 31<sup>st</sup> all athletes who make the final cut will have their 1<sup>st</sup> day of practice.
  - 7<sup>th</sup> grade- practices are held during 1<sup>st</sup> period and after school from 2:35- 4:00 pm.
  - 8<sup>th</sup> Grade- practices are held during 8<sup>th</sup> period until 4:00 pm.
2. There will be a mandatory parent meeting on September 1<sup>st</sup> at 4:15 in the MJH Cafeteria for all athletes that make the final cut on August 30<sup>th</sup>. All information regarding the season will be discussed on that date.