The Wolverines 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 a Wolverine uniform is a privilege, one that carries many responsibilities and rewards.

Tryouts for the 2016 season will start on Monday, August 1 and end on Thursday, August 4 (or Wednesday at coaches’ discretion). For tryout times, please see the West Potomac varsity volleyball team page under “News.” Tryouts are your opportunity to learn more about the philosophy and expectations of the Wolverine 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 the coaching staff.

BE ON TIME AND DO NOT SCHEDULE CONFLICTING APPOINTMENTS.

Here’s what you should know:

Pre-tryout Registration Night (Paperwork to Bring)

1) Tryout registration is on the same night as Fall Season Physical Turn-In Night (check main website for date). Times: 7:00 Freshmen, 8:15 Upperclassmen. Makeup registrations are 1 hour before your tryout session. **Please do not use the makeup session unless you are out of town during Tryout Registration Night.**

2) You may attend tryouts ONLY after receiving a yellow card, which shows you have completed all **physical and Emergency Care Form** paperwork required by FCPS and VHSL. Please see [http://www.westpotomacsports.org/main/filesLinks](http://www.westpotomacsports.org/main/filesLinks) for a detailed explanation of requirements.

3) The athlete and one parent must complete an **online concussion tutorial**. This is an annual requirement. Once completed, the Athletic Trainer is automatically notified and provides the current list to the coaches daily. Please complete this training at least one week before tryouts so you will be on the list when tryouts start.

4) In addition to above paperwork, bring:
   a. A **signed agreement page from the Team Policies** (found under team files). Both the athlete and one parent must read and sign the agreement.
   b. A completed **Tryout Evaluation Form** (found under team files).

5) Player will be assigned a number to participate in the tryout. The number will have the grade and the sequence number. For example, 1001 (10 grade, first player to register).

6) A headshot will be taken to assist coaches in selections.

What to wear/What to bring

Wear comfortable clothes: t-shirt, shorts, socks, and court shoes. Do not wear spaghetti-strap tops, tiny shorts, or shirts exposing a bare midriff. Do not bring jewelry (including earrings) to the gym. Knee pads are not required for tryouts but are encouraged. **YOU MUST BRING A WATER BOTTLE EACH DAY.**
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 whom 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. More points will be given to those who demonstrate strong leadership skills, ability 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 a 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 Freshmen to JV to Varsity), the requirement for position-specific expertise rises.

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. You will not sit down during tryouts.

**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 Wolverine 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 Wolverines 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. Be among the first to line up for drills.
8. Look the coach in the eye when she/he speaks to you or to the team.
10. Be a champion ball shagger.
11. 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 do not. The Wolverine 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.
Sample Physical Testing Drills

The following benchmarks are a sampling of some of the physical skills testing we may conduct during tryouts.

**TIMED RUN OR 10 LAPS AROUND COURT (record time)**

Long term goals for timed run:

- Varsity: 7:30 min mile
- JV: 8:15 min mile
- Freshmen: 9 min mile

**30 SECOND ARM HANG**

**PUSH UPS & SIT UPS** Push-ups and Sit-ups are a test of strength. Expectations:

- 30 pushups in a minute
- 40 sit ups in a minute

**STANDING VERTICAL REACH**

Stand Perpendicular to wall. Extend arm up AHAP (as high as possible) palm against the wall

**VERTICAL JUMP**

Player stands perpendicular to the wall and at a safe distance. Crouch down and jump AHAP. Swing arms, no movement with feet. Touch the measurement tape in the wall

**STANDING BLOCK REACH**

Player faces the wall, flat feet, toes against the wall, reach AHAP with both hands

**BLOCK JUMP**

Player faces the wall at a comfortable distance. Crouch down and explode up. Touch AHAP the measurement tape with both hands. No feet movement, hands in blocking position

**4-STEP APPROACH JUMP**

Players take a four-step approach by the basketball rim that has a measurement stick hanging out of it. Players jump from the two-foot take off position and try to touch AHAP on the measurement stick.

We're looking for how quick and explosive (the athletes) are. From bending their knees, to exploding straight up to see how high they can touch.

Disqualification: use of one-foot jump

**STANDING BROAD JUMP (3-IN-A-ROWS)**
Stand behind the line. Execute three consecutive two-foot hops across the floor. Go for maximum distance. No pausing between hop. Hold final position for measurement.

Disqualification: Falling back and one-foot hop.

**MAX SQUATS**

How many squats can be done in 30 seconds?

**9-METER SHUTTLE**

The player starts behind the sideline. When the whistle blows, the player runs from sideline to sideline, touching the line with a foot and one hand. Repeat it 6 times and record the time.

**18-METER SPRINT**

The player starts at lying position at the end line. Palm down and nose on the end line. When the whistle blows, get up and sprint to the opposite end line AFAP (as fast as possible).

**AGILITY**

Complete the course as quick as possible. Record the time. If a player touches or goes over obstacle, she must start over. Use the diagram to set the cones or chairs on the court.

![Diagram](image)

**3 CONE DRILL**

Players start in a three-point stance in front of three cones that are set up in a triangle or L shape, with each cone 15ft apart. They then sprint 15ft. to one cone, sprint back to the starting cone, and head back to the second cone where they run around it and cut right to the third cone. The players then run a circle around the third cone from the inside to the outside and run around the second cone before returning to the first cone.
**Sample Skills Testing Drills**

**PASSING DRILLS**

1. Pass to self (number of passes in a minute; passes must be above height of net). Partner counts.
2. Pass to self, pass to partner
3. Partner passing
4. Pass to target
5. Passing in games.

**DEFENSE & BALL CONTROL**

*Cone Drill:*

1. Four players will have their numbers called off and sent over to one side of the net behind a cone.
2. Two players will then take position behind two separate cones ready to dig.
3. Two coaches on the same side of the net attack 4 total balls at the player on their side.
4. The other two players are ready to switch in for the defenders after the four digs to repeat the drill.
5. After a player digs four balls at one cone, they will switch over lines to the other cone to dig 4 balls.
6. The players will shuffle side to side around the cone to dig the attacks hit at them from the coach.
7. After each player has gone once at each cone, a new group of four players will be called.
8. If time permits, the players will be put into a ball control circuit for evaluation.

**ATTACKING**

*Self-Toss Attack:*

1. Each player on the court will take a ball and get into one of three lines starting at the 10-12ft area.
2. Players will self-toss to attack the ball over the net.
3. The player will then shag their attack and get back into one of the other two lines for another self-toss attack.
4. After a short amount of time, the coaches will move the starting point of the line back 5ft.
5. The coaches will continue to move the line back until the players are self toss attacking from the baseline.

*Toss to Attack:*

1. All the players on the court will be broken into four equal numbered groups.
2. Two groups will be attacking off a tossed ball from a coach and the other two groups will shag and hand.
3. Each player will take an approach to attack and then get back into the same line.
4. The players will repeat the attacks until they are told to switch groups.

Attack a variety of sets

SETTERS

Setters will be evaluated on setter specific drills. Coaches will put the players through numerous drills where the players will be evaluated on their performance in the setter’s position.

1. Set to self
2. Set to self, set to partner
3. Partner setting
4. Game situation setting

SERVICES

1. Free serve to warm up.
2. Serve 20 in a row.
3. Serve five times in a row to six positions on the court. Count the number of successes in each spot.

Competition Drills

Competition drills will consist of 2 on 2, 4 on 4, 5 on 5 and 6 on 6 games where players will be evaluated by position and their all around skills.

We hope this pre-tryout information helps everyone prepare for the tryout process.