Inglemoor High School Volleyball teams are teams of dedicated student-athletes who take pride in their school and are willing to make maximum effort in both the classroom and on the volleyball court. Wearing a Viking uniform is a privilege, one that contains many responsibilities and rewards.

Tryouts for the 2025 season are August 25th through August 26th. Tryouts are your opportunity to learn more about the philosophy and expectations of the Inglemoor Volleyball program and to make your best impression on the coaching staff. You MUST attend all the days of tryouts unless communicated otherwise with Coach Alex.

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. Please fill out and sign pages 5 & 6 in this packet and bring them to tryouts. Upon arrival, every athlete will turn in their tryout form and receive a number.

Here's what you should know

Tryouts

Tryouts this year will only be 2 days. We will have an all program day on the 25th from 1-5pm, working on Cardio and volleyball skills. The second day of tryouts will be split into 2 groups. A Varsity tryout will be held from 1-4pm on the 26th. Athletes will be invited to the Varsity tryouts on the first day of tryouts. If athletes are not invited to the varsity tryouts then they will attend the JV & C-Team tryouts from 4-7pm that same day. By splitting up, this allows for more coaches to be present watching all players during tryouts. (please see page 4 for more information)

Practice

All athletes must be available for practice during the regular season from 3:30-7:30 pm. We will have 2 teams practice from 3:30-5:30 and one team practice from 5:30-7:30. All teams will lift weights throughout the season and watch game film.

Physicals

Physicals expire every other year. Please check the date of your most recent physical to ensure that it has not expired or will expire during the fall season. **You will not be allowed to try out with an expired physical.**

Final forms

All athletes must be Green and have "complete" status in final forms to try out and/or practice. Please check final forms and make sure everything has been filled out before tryouts on August 26th

I. WHAT TO WEAR/WHAT TO BRING:

DO wear comfortable clothes: a t-shirt, shorts/spandex, socks, court and/or running shoes, knee pads, plenty of water, and signed forms in this packet.

DO bring a water bottle, a sack lunch, and snacks. Tryouts will be long days and keeping your energy up will be very important.

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.

II. 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. Prior volleyball experience or skill helps but is 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 use a tryout rubric and take notes on 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, the 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 a premium on explosiveness and rewards those 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 C to JV to Varsity), the requirement for position-specific expertise rises.

III. 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 for a 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 high school volleyball experience. We suggest you stay loose, make new friends, and decide that you will have a good time, no matter the result.

IV. SKILL INSTRUCTION:

Student-athletes being evaluated for the JV & C team will be taught volleyball basics including, passing, serving, attacking, and setting. Students trying out for the Varsity team 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.

V. ATTITUDE EVALUATION:

Prospective Vikings should be willing to try hard, make mistakes, learn from those mistakes, and keep trying. Coaches will use the tryout rubric and 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!

VI. 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 use the tryout rubric and also take notes on those players who demonstrate progress while learning new skills or already know and demonstrate mastery of 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 C-Team & JV, coaches will be looking for well-rounded players that could possibly play one or two positions.

VII. 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 is spoken to individually or in a group
8. Be loud/Have energy
9. Be a champion ball shagger
10. Be among the first to help take down the nets and put away equipment

VIII. OPTIONS FOR PLAYERS NOT SELECTED:

Tryouts can be a difficult experience. One of the most challenging jobs for any coach is the final decision about which players make the team and who do not. The Inglemoor 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'd like to withdraw from consideration for a spot on the team, please talk it over first with one of the coaches; 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 of area clubs in the Summer & Fall
2. Get private lessons.
3. Try out for club volleyball and attend camps/clinics.

IX. IHS VOLLEYBALL TRYOUT SCHEDULE:

Monday, August 25th	**Tuesday, August 26th**
The first day of Tryouts	**The second day of Tryouts (last day)**
(All athletes) **Check-in 12:45** **1-2 pm Games/Cardio** **2-2:30 pm Lunch** **2:30-5 pm Volleyball**	**Varsity Tryouts 1-4 pm (only athletes that have been invited)** **JV & C-Team tryouts 4-7pm (all athletes that did not attend the varsity tryouts)**

There will only be 2 days of tryouts this year. The first day will be a combination of games, cardio, athletic tests and Volleyball skills. All athletes will be there on the first day of tryouts. The second day of tryouts will be different this year. We will have 2 different group tryouts. From 1-4pm there will be Varsity tryouts. Athletes will be notified on the first day of tryouts if they are invited to attend the Varsity tryouts on the second day. If an athlete does not receive a varsity tryouts invite, then they will join the JV & c-team tryouts later that day.

X. PLAYER HANDBOOK:

Upon selection for a team, a player handbook and contract will be provided with all policies and expectations for players and parents. The contract must be signed and returned to the coaches before the first practice.

XI. Team chart

Varsity	**Junior Varsity**	**C-Team**
12-14 Players **All grades can make this team**	**12 Players** **All grades can make this team**	**14-16 Players** **Only Freshmen and Sophomores can make C-Team**

(Please bring pages 5 & 6 to the first day of tryouts)

I _____have completed all requirements, have a current physical on file, and am ready to begin tryouts. I have read this entire tryout packet and am aware of all expectations and requirements.

Name:_____Grade _____

Address _____

Phone#_____ Email _____

Parent Name _____ Phone #_____

Email Address _____

Parent Name _____ Phone #_____

Email Address _____

Student-Athlete Signature _____ Date _____

Parent Signature _____ Date_____

INGLEMOOR HIGH SCHOOL VOLLEYBALL TRYOUT EVALUATION FORM

Name _____ Dominant Hand (circle one): Left Right

Birthdate: _____ Age: _____ Grade: _____ Tryout Number _____

Tryout for (circle one or two):

Setter Outside-Hitter Middle-Hitter Right-Side Hitter Defensive Specialist Libero Unknown

At the end of volleyball tryouts, cuts are possible at every level (Varsity, JV, and C Team). Each girl will be assigned a number during tryouts. The day following tryouts, the teams will be posted on the Inglemoor High School Volleyball Webpage. Numbers will be listed—not the names of the girls. The coaches are not to be approached during or after tryouts. If you would like to speak with a coach or athletic director, please do so by email. It is encouraged to wait 24 hours after tryouts before sending an email.

Athlete Signature _____ Date _____

Parent Signature _____ Date _____

Skill	Rating Scale	Notes
Serve	1 2 3 4 5	
Pass/Bump	1 2 3 4 5	
Set	1 2 3 4 5	
Hitting	1 2 3 4 5	
Block	1 2 3 4 5	
Dig	1 2 3 4 5	
Footwork	1 2 3 4 5	
Attitude	1 2 3 4 5	
Leadership	1 2 3 4 5	
Following instructions	1 2 3 4 5	
Coachable	1 2 3 4 5	
Shagging	1 2 3 4 5	