How to conduct a tryout!
Information Sheet

Players Name:  

Grade Level:   

Height:  

Position’s Played  

Camps you attended this summer:  

Other Summer **Athletic** Activity you want to tell us about:  

Vertical Reach:  

Vertical Jump:  

Mile Run:   

Shuttle Run:  
Why testing?

• More information is better
• Parent conflict with decisions
• One mile mentality
HS Camp

- We hold camp the last week of May for our HS athletes
  - Important because it allows us to get our eyes on them before tryouts
  - Coordination w/ club and state rules
  - Inclusion in summer activities
- 9th graders are separate from upper classmen
  - Only 2 courts in our gym-space issue
  - Allows us to see them individually
  - Less intimidating to them
- Last day of camp we combine
Drills: Day 1:

• Ball Control
  • Allows us to define those girls that have experience
  • Five coaches (myself, V assistant, JV, So, Fr coach)
    • Separate the info sheets by grade/ability
  • At the end of Day 1 make a list of who falls where at that point and identify those on the cusp of one team vs. another
  • HS camp should help making this list easier
Day 2: Play, Play, Play

• After Day 1 using the sheets and the list we created make lineups for each court
  • Freshman and sophomore level players on one court competing
  • JV and Varsity level players on the other
• Switch players in and out often, lots of combinations
• Put #1 setter vs #2 setter with your better hitters, see how they compete
Day 3: Focus on the Line

• At this point we have a pretty good idea of who is going where

• There are always tough decisions
  • A senior who won’t play
  • A junior on JV

• Focus on Day 3 on those decisions, use all your coaches so you can have an honest & well balanced decision
Day 3: Decision Time

• On the final day we end early, leave the room and talk; the girls wait together

• At this point we discuss those tough choices and make a decision as a team

• Don’t move someone up to a higher level too early; it’s better to put them on the lower level to start and move them later
How many people to keep?

• The lower the level the more people I’m willing to keep
• Freshman team: 10-12 (we’ve even kept 13)
• Sophomore team 10-12
• JV-10
• Varsity-10

• While 12 makes it easier to scrimmage etc, the more people you have on the bench the more unhappy people you have in the stands!
Varsity = 10

• We like this number because we feel like their toughest competition should come at practice.
• Fortunate to have alumni in the area that played in college who come back to play
• We as coaches play
• It’s better to have a quality 2nd side then a side B your side A crushes everyday...no one gets better that way.
Maximize your options

• Freshman team is about experience
• Sophomore team is about giving them another year to develop to see if they can make a difference on V down the road
• JV is about development to prepare them to play Varsity
  • Don’t get caught up in the “right” positions here.
  • It’s good for girls to be flexible and learn new things = versatility
Seniors who won’t play

• Reasons not to keep them:
  • Numbers game
  • No playing time = angry everyone
  • Bad attitude/won’t accept role = disease for your team

• Reasons to keep them:
  • Good attitude
  • Can handle not playing, accept their role
  • Good motivators
  • A good reward for someone who’s given your program 3 years already
How to tell the girls

• Options:
  • List
  • Personal conversations
  • Letters
Why/How I use the letter system

• As a coach of young women we want to respect & preserve the dignity of the person

• Problems with a list:
  • If it’s posted online...everyone can see it, it’s a public document = humiliation
  • Girls are standing around in a hallway trying to find their name = humiliation

• Problems with a personal conversation:
  • You have a tough conversation the girl then has to walk back into the locker room and face that humiliation
  • Doesn’t leave room for the 24 hour rule
Why/How I use the letter system

• When we reenter the gym each girl’s name will be called.
• Each receives a sealed letter
• Each letter tells them either what time to be at practice the next day or that they have been cut
• We ask the girls not to open them until they are in their car alone with their parents
• We ask girls to be mindful that there are people sitting amongst them that didn’t make a team
The letter

We regret to inform you that you have not made the 2017 Thunder Volleyball Team. We appreciate your hard work and effort throughout tryouts and hope that you will be a support system for the Volleyball Program this next year. If you would still like to be a part of the team we are looking for managers to help us take statistics and help with drills at practice. A manager will be a very important part of our team.

Don’t forget there is always next year! Good luck with your year at St. James Academy.

If you would like to discuss this decision with the coaches please feel free to set up a meeting before or after practice. Also if becoming a manager interests you please contact Coach Dorsey at ndorsey@sjakeepingfaith.org

Sincerely,

Coach Dorsey’s, Coach Ehler, Coach Brown and Coach Scherer