

2023 Irondale Knights Tryout Information



VOLLEYBALL TRYOUTS AND CRITERIA

Welcome to Knights Volleyball!

The Knights Volleyball coaches are looking for 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 Knights uniform is a privilege, one that carries both responsibilities and rewards.

Preseason tryouts begin **MONDAY, AUGUST 14TH** – to make your best impression on the Knights coaching staff, here's what you should know:

Athletic Paperwork

Online Registration:

All registrations must be completed online through the Irondale Athletics & Activities website at <https://www.moundviewschools.org/Page/5324>. This webpage also includes important information regarding the requirement of a valid sports qualifying physical, the cap on co-curricular fees, academic eligibility guidelines, and other general information.

For questions regarding registration, please contact: Sue Weber

Activities Administrative Assistant

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Volleyball Tryout Schedule

- **Monday, August 14th**. We would like any **Seniors, Juniors** and **Sophomores** interested in trying out to come on **Monday from 9 am-11 am**. All players in all grades interested, please come on **Monday from Noon- 2 pm**. **Tuesday** and **Wednesday** will have all players in all grades for both the **9 am-11 am** and **Noon- 2 pm** tryout. We hope to have teams set by the end of practice on Wednesday, and we will begin the **regular practice schedule** on Thursday.

- The regular practice schedule before school starts will be as follows:

Varsity: 9-Noon

JV: 9:00-11:00 am

Sophomores: 9:00-11:00 am

Freshman Gold: 3:00-5:00 pm

Freshman Maroon: 3:00-5:00 pm

Be on time. Do not schedule conflicting appointments during any part of tryouts, August 15th – 17th. Experienced volleyball players **always arrive early:** you must be dressed and completely ready to practice **at the beginning of each practice.** Therefore you should arrive fifteen minutes early.

What to Bring/ What to Wear

Wear comfortable clothes: t-shirt, shorts/spandex, socks and court shoes. Do not bring jewelry (including earrings) to the gym. Kneepads are recommended, but not required for tryouts.

Tryout Criteria

The coaching staff will be looking for coachable athletes who have a great work ethic and want to learn to be better players and teammates. Prior volleyball experience or skill helps, but is not required.

Prospective student-athletes will be tested and evaluated for their overall athletic ability and level of volleyball skill. Coaches will apply the following criteria:

- **Attitude:** Players who are positive, competitive and eager to learn.
- **Athletic Ability:** Players with the ability to learn and perform complex skills.
- **Position:** Players whose skills fit a specific need for the team's overall balance.

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.

Skill Introduction: Prospective student-athletes will be taught the basics of the Knights Volleyball system, including passing, serving, attacking, setting, blocking and defense.

Attitude Evaluation: Prospective Knights should be willing to try hard, make mistakes, learn from those mistakes and keep trying. Coaches will take note of those players who demonstrate progress while learning new skills.

As with most team sports, 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).

How to Impress the Coaches

1. Be among the first to arrive in the gym and among the first to help set up nets and equipment.
2. Be among the first to line up for drills.
3. Show your best effort in everything you do.
4. Show your best attitude in everything you do.
5. Be among the first to help take down the nets and put away the equipment.

Options for players

Tryouts are a difficult time. One of the toughest jobs for any coach is the final decision about which players make which team. The Knights Volleyball coaching staff strives to make all decisions fairly, without bias, based on a numerical calculation of all evaluators throughout the sessions of tryouts. 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 with one of the coaches before leaving the gym.

If you are not satisfied with your performance, and are considering not playing, there are other options available to you that can keep you involved in volleyball.

1. **Be a team manager.** Volleyball managers have a chance to learn leadership and organizational skills and fill a valuable role on the team.
2. **Be a team statistician.** This person will be traveling with the team and taking stats for the players. This position is important because it will help the coaches make decisions about offensive and defensive strategies for the games.

TIME COMMITMENT FOR VOLLEYBALL

Like all worthwhile extra-curricular activities, high school sports require a substantial commitment. Volleyball – an ultimate TEAM sport – demands that diverse individuals work as one, in a fast-paced test of coordination, concentration and – above all – cooperation. Building a team requires a commitment of everyone’s TIME.

As a member of the Knights Volleyball team, you are expected to:

Attend every practice

Skills training, lesson plans and game preparations are all built one step on top of another.

Coaches will not have the opportunity to help players “catch up.” If you know you must miss a practice, you must call the coaches in advance. Phone numbers will be given out once teams are assigned.

Attend every match

On match days, Knights Volleyball athletes must attend each others matches as well as their own. The team not playing may be asked to help officiate the other match and/or record statistics and help during warm-ups and cleanup.

Ride the team bus

For most road matches at other high schools, all players must ride the team bus to the game. A player should be prepared to do homework during the bus rides. A player may, however, go home from the opponent’s gym with her parents as long as the coaching staff has been made aware prior to leaving. All other players must return to Irondale High School on the team bus. A player may not drive her own car to or from road matches.

Avoid other conflicts

There are often different types of testing that takes place during the volleyball season. Before you plan anything outside volleyball, please check with your coach for any VB obligation that you may be interfering with. Try to avoid conflicts. We will have team study times that will help with school make-up weekly.

KNIGHTS VOLLEYBALL TEAM PHILOSOPHY

Volleyball played well is a thing of beauty. Few athletic endeavors require as much teamwork; rarely does a sport reward hard work so completely. Athletes who study the game and apply the lessons learned relish every opportunity to practice and play. Spectators who watch competitive volleyball for the first time are easily hooked. Your Knights coaches love volleyball. They are committed to you as students, as athletes and as young women. It is their goal to provide every opportunity for you to become as good as you want to be. More important, they strive to help you and your teammates become the best team you can be.

The team comes first

As a Knights volleyball player, you agree that the team is paramount. Your individual goals and your team’s goals do not necessarily conflict, but when they do, you accept that decisions are made for the good of the team. Successes are sweeter – setbacks sting less – when they are shared.

Rules help our team run smoothly

Each player must decide if she buys into our system and is willing to commit to this team.

Every rule is for the benefit of the team, and you have to decide, in advance, whether you want to follow them. If not, you should not be part of the team.

Our team thrives on trust and respect

You must trust your coach and your teammates, and behave in a way that earns their respect.

You must do everything reasonably necessary to make yourself and your team better.

Our athletes learn to be coachable

There is often more than one way to do things correctly. In some cases, however, your coaches will select a specific strategy for the benefit of the entire team, even if it may not seem to benefit a particular individual. You must be willing to make changes according to your coaches’ suggestions. If coaches seem to be ‘riding’ you, it is usually because they think you are capable of a higher level of performance.

Our team works hard

Everyone wants to win, but few make the sacrifices to do it. No one will give you anything in life, you must earn it. You cannot cut corners. If, for example, you don't have a consistent, killer serve, you should work long and hard to get one.

Our team has balance

To balance academics, athletics, work and family, you must plan ahead and make difficult choices. The choices you make will affect your future opportunities. Choose wisely.

On our team, bench time is playing time

As a Knights volleyball player, you maintain the same focus and enthusiasm whether you are between the lines or on the bench. You accept that playing time is decided by the coach for the good of the team in the circumstances of the moment. Every player has her head in the game at every moment, and is ready to come in at any opportunity.

Our team can be successful

Your coaches want you to know that almost any obstacle can be overcome with hard work. Commitment, perseverance and responsibility will be rewarded.

Our team has fun

Volleyball is one of the most fun sports in the world. You know you've chosen the right sport if you simply can't wait to get back in the gym, and absolutely love stepping on the court with your friends and teammates every chance you get.

Our team passes it on

As you move through high school, share your new skills and insights with new or younger players. Be generous with your time. Consider helping at the middle school or club level as an assistant coach or referee. Be an active and involved Knights alumnus.

Playing time

For coaches, delegating playing time is a zero-sum exercise; the decision to give one player more time on the court means another player will get less. As such, all good coaches know that with each decision, however well-considered, comes the likelihood that someone will be disappointed.

- Strong teams have strong benches. Players who keep focused on the match while not on the court greatly increase their chances of success once they enter the game. Spirited bench players almost always infect their teammates with optimism and extra energy.
- Lineup decisions are primarily the result of careful consideration about our own team's chemistry, and our opponent's strengths and weaknesses. Playing time is earned by hard work, proven performance and an occasional hunch. Coaches take a season-long view about each player's time on the court.

Parents should resist measuring their daughter's volleyball experience solely by the amount of her playing time. We strive to inject each player with a love for the sport, teaching her to value the opportunity to be strong and confident, whether in practice or a game.

