



2014 HOLY CROSS HIGH SCHOOL VOLLEYBALL TRYOUT PACKET

The Knight Volleyball team is a team built on these three principles. It is a team of dedicated student-athletes who take pride in their school and are willing to make a maximum effort both in the classroom and on the court. Wearing a Knight uniform is a privilege, one that carries many responsibility and rewards.

Freshman, sophomores and juniors are eligible for junior varsity or varsity teams as deemed suitable by the coach. Seniors may not compete on junior varsity teams and are not guaranteed a place on a varsity team. A roster spot on any one team in a previous year does not guarantee the same spot on the same team in the current year. For example, a junior volleyball player who plays on varsity is not guaranteed to make the varsity volleyball roster in her senior year.

ATHLETIC PAPERWORK:

You may attend tryouts *ONLY* after completing a physical form and filed in the Holy Cross High School Athletic office.

TRYOUT SCHEDULE (TENTATIVE):

August 4	12:00am-1:30am 3:30pm-5:00pm 5:30pm-8:00pm	Seniors-Sophomores Fr Seniors-Sophomores
August 5	6:30am-8:00am 3:30pm 5:00pm-7:30pm	All Pictures All
August 6	6:30am-8:00am 3:30pm-5:00pm 5:30pm-7:30pm	All JV/ Fr Varsity
August 7	8:00am-10:00am 3:30pm-5:00pm 5:30pm-7:30pm	Fr JV Varsity
August 8	Scrimmage @ Floresville Team Development	TBA TBA
August 10	10:00am-11:15am 11:30am-1:00pm 1:30pm-?	JV/FR Scrimmage Alumni Scrimmage Parent Meeting

All practices are mandatory unless you have made specific arrangements-in advance-with the coaching staff. Volleyball practices/games will be held Monday thru Saturday all season long including holidays.

BE ON TIME AND DO NOT SCHEDULE CONFLICTING APPOINTMENTS

TRYOUT CRITERIA

WHAT TO WEAR:

T-shirt, spandex shorts, socks and court shoes. Kneepads are not required for tryouts. No jewelry (including earrings) to the gym

PHYSICAL ABILITY OR ATTRIBUTE:

The specific physical traits athletes need for volleyball and tests are:

- Quickness and agility - T-shuffle
- Speed - 40 yd sprint
- Cardiovascular Endurance - 1.5 mile run
- Vertical jump - standing, broad jump
- Lower body strength - squat 1RM
- Abdominal strength -1 min. sit-ups
- Upper body strength - bench 1RM
- Muscle endurance- 1 min. push-ups
- Height (helps)

LEVEL	STRENGTH			POWER		SPEED 40 yd Sprint	AGILITY T- Shuffle	ENDURANCE		
	Bench	Squat	Deadlift	Vertical Reach	Broad Jump			Sit-ups 1- min	Push ups 1- min	1.5 mile
Varsity										
Hitters	0.8	1.6	1.8	8" 10"	6' 6"	5.8	11.0	55	35	12.00
DS's/ Setters	0.8	1.6	1.8	7' 4"	5"10	5.4	10.0	55	35	12.00
Junior Varsity	0.7	1.4	1.6	8" 5"	5' 10"	5.8	11.0	46	25	13.00
Freshmen	0.6	1.2	1.4	8" 0"	5' 4"	6	12.0	36	20	14.00
Middle School	-	-	-	7' 11"	5' 0"	6.5	13.0	32	15	14.30

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. 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).

SKILL	MS	F	JV	V
SERVE				
Floater	√	√	√	√
Top-spin		√	√	√
Spot Serve - FLT			√	√
Spot Serve - TS				√

JUMP SERVE				
Floater		√	√	√
Top-spin				√
Spot Serve - FLT				√
Spot Serve - TS				√
PASSING				
Forearm	√	√	√	√
Overhead	√	√	√	√
DIG				
Sprawl	√	√	√	√
Dive			√	√
Pancake				√
HITTING				
Wall Hit	√	√	√	√
Toss & Hit	√	√	√	√
2-step (Quick)		√	√	√
3-step	√	√	√	√
4-step		√	√	√
5-step			√	√
Slide		√	√	√
Short shoot (22)			√	√
Shoot (11)				√
Back Row Attack-Floor	√	√	√	√
Back Row Attack-Jump		√	√	√
BLOCK				
Hand Position	√	√	√	√
Swing Block		√	√	√
Tandem Block		√	√	√
Triple Block				√
SET				
Overhead-Front	√	√	√	√
Overhead-Back		√	√	√
SETTERS				
14	√	√	√	√
22			√	√
32	√	√	√	√
31			√	√
41			√	√
42			√	√
52			√	√
54	√	√	√	√
A	√	√	√	√
Pipe	√	√	√	√
B	√	√	√	√
JUMP SET				
14		√	√	√
22				√
32		√	√	√
31			√	√
41			√	√
42			√	√
52				√
54			√	√
A			√	√
Pipe			√	√
B			√	√

SKILL	MS	F	JV	V
TEAM CONCEPTS				
Transition-Defense	√	√	√	√
Transition-Offense	√	√	√	√
PLAYER RESPONSIBILITIES				
Offense	√	√	√	√
Defense	√	√	√	√

OTHER CONSIDERATIONS:

- Coachability
- Team Players who are willing to help others
- Positive attitudes
- Loyalty
- Hustlers
- Dedicated team members
- Hard workers
- Ability to handle mistakes
- Affable character
- Athletic ability
- Position

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. Look the coach in the eye when she/he speaks to you or to the team.
- 4. Be loud.**
5. Be a champion ball shagger.
6. Be among the first to help take down the nets and put away equipment.

TRAINING SCHEDULE												
DEC	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	
OFF SEASON					PRE-SEASON			IN-SEASON				
HYPERTROHY				STRENGTH	POWER		PEAK	MAINTENANCE			AR	

TRAINING CAMP SCHEDULE

Date	Days	Event	Grade	Time
April 28-May 21	Mon-Friday	Preseason VB	All	4:00-5:30
June 2-June 5	Mon-Thurs	Setters	9-12	1:00-2:00
		Team Training	9-12	2:00-4:00
June 9-12 (@YMCA)	Mon-Thurs	Skills Camp	6-8	1:00-2:30
		Skills Camp	9-12	2:30-4:00
June 16-26	Mon-Thurs	Strength/ Cond	10-12	1:00-2:00
	Mon-Thurs	Skills Camp	10-12	2:30-4:00
	Mon-Thurs	Skills Camp	6-9	1:00-2:30
	Mon-Thurs	Strength/ Cond	6-9	2:30-3:30
	Mon/Wed	League Play	9-12	5:00
June 16-19	Mon-Thurs	Position Players-Htrs	9-12	12:00-1:00
June 23-26	Mon-Thurs	Position Players-DS	9-12	12:00-1:00
July 1-6	OFF			
July 7-24	Mon-Thurs	Strength/ Cond	10-12	1:00-2:00
	Mon-Thurs	Skills Camp	10-12	2:30-4:00
	Mon-Thurs	Skills Camp	6-9	1:00-2:30
	Mon-Thurs	Strength/ Cond	6-9	2:30-3:30
	Mon/Wed	League Play	9-12	5:00
July 28-Aug 1	DEAD WEEK			
August 4		TRYOUTS	9-12	Midnight



TRYOUT AGREEMENT

I, _____, and my parent(s), _____, have completely read and understand the 2014 Volleyball Tryout Packet for Holy Cross High School. By signing below, I agree to its terms and agree to abide by them.

Player Signature: _____

Parent/Guardian Signature: _____