Canby High School Volleyball Tryouts 2012

YOU MUST HAVE CLEARANCE FORM FROM THE ATHLETIC OFFICE AND A PHYSICAL BEFORE TRYING OUT. In late July or early August You will receive athletic clearance and eligibility information through the mail. Dates, times, and locations for school sponsored physicals will also be included. If you do not receive this information, or have further questions call Lonnie at 503-263-7216 in the athletic office.

You can also visit the Canby High School volleyball website by going to: <http://www.canbyhs.canby.k12.or.us/entries/733> and clicking on the link next to ‘Volleyball.’

When: August 20th- 24th Daily Doubles format: 9am-noon & 1pm-3pm

Where: Canby High School Main Gymnasium

What to Wear/Bring:

Gym Shoes (and shoes you can wear outside, can be the same pair! :)

 Athletic shorts, T-shirt or sleeveless T…(NO spaghetti straps!!)

Ankle protection highly recommended (Will be required if you make a team)

 Knee Pads (if you are buying new, I prefer black)

 LUNCH/SNACKS (especially if you are staying at CHS during the lunch break)

Other things that are good to have: Water Bottle, Extra socks, sports bra, and t-shirt (to change into for afternoon session)

For more Information Contact:

Head Coach Caitlin Gustin

503-997-3217

caitlingustin@gmail.com

All volleyball hopefuls should come to tryouts with a positive attitude, a strong work ethic, and a smile on their face. For a more detailed list of skills we will be looking for see reverse.

What the Varsity Coaching Staff is looking for:

Outside Hitters: Range of ‘shots’; line, sharp cross, chip shots, splitting the block, & tooling the block. Ability to play all six rotations, and be an offensive threat in the back row. Strong serve receive and defense (including blocking), as well as the ability to jump serve.

Middle Blocker: There are two things on a MB that should never stop moving: Their MOUTH and their FEET! Middles need to be extremely vocal, calling out plays, what the offense is doing, where to block, and audibles to the setter. Middles also need to ‘drive’ every play, and be able to hit; an A, B, C, and D. Blocking is obviously very important, and players should be able to close the block consistantly, as well as set a proffitiant block in the middle. (Know what it means to ‘front’ the hitter)

Right Side Hitters: Blocking should be strongest, and knowledge of where and how to set the block should be second nature. Needs to be highly vocal calling plays and talking to MB about blocking. Right Sides need to be able to hit quicks and run tandem and “x” plays. Needs to have the strength and ability to set, and should also preferably be a six rotation player as well as jump serve.

Libero/Defensive Specialist: Much like a MB, mouths and feet should always be moving. Needs to pass and play defense in an exemplary fashion and know how to read the defense and also needs to know our offense to be able to cover the hitters effectively. The most important quality that every Libero/ds needs to have is GUTS! No ball hits the floor… ever!

Setter: Needs the strength and ability to run a full offense while in system (perfect pass), and the ‘volleyball IQ’ to run a proficient and effective offense while out of system (less than perfect pass). Must be a **positive** team leader and be very vocal about calling plays and running the floor. My *preference* is to run a 5-1 offense, so setters must be able to block well. Setters should also jump serve, as well as jump set the majority of the time. We run a quick offense and jump setting is a necessity.

\*Those whom are not trying out for varsity can use these guidelines to begin to prepare for their future with the Canby High School Varsity Volleyball Program!