

## TRYOUT CRITERIA AND INFORMATION

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| <p>Welcome to Lady Leopards Volleyball</p> | <p>The La Grange Lady Leopards 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 Lady Leopards uniform is a privilege, one that carries both responsibilities and rewards.</p> <p>Pre-season tryouts begin <b>MONDAY, JULY 31st</b> where you will have the opportunity to learn more about the philosophy and expectations of the La Grange program, and to make your best impression on the La Grange coaching staff.</p>  |
| <p>Athletic Paperwork</p>                  | <p>You can only attend tryouts if you have completed your physical. After you have completed the necessary physical paperwork turn it in to Coach Coltrain.</p> <p>All information must be completed and submitted no later than 8am July 31 to participate in tryouts for the 2023 season.</p>  |
| <p>Tryout Schedule</p>                     | <p>Tryouts begin for the 2023 Season in the La Grange MS gym. All athletes should meet in the gym for check-in.</p> <p>Check-in begins at 7:30am.</p> <p>Tryouts will begin promptly at 8:00am.</p> <p>DO NOT BE LATE! You must attend every tryout session; do not schedule conflicting appointments.</p> <p>Experienced volleyball players arrive 15 minutes early. Please be prepared!</p> <p>Tryouts last 2 days, so please be prepared to show the coaches everything that you've got. Teams will be announced at the conclusion of the Tuesday, August 1st afternoon session.</p> <p>Practices with each team will begin Wednesday. On Thursday, August 3rd, there will be a Lady Leopards Volleyball Kick-off meeting for all players and their families at 6:30pm. On Friday and Saturday, players will attend scrimmages.</p> |

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| <p>What to Bring and What to Wear</p> | <p>At the morning workouts, tennis shoes and comfortable clothes will be required. Do not wear spaghetti strap tops or shirts that expose your midriff. Do not wear jewelry including earrings. You will need your volleyball shoes and knee pads at every session.</p> <p>At the afternoon workouts, please wear court shoes if available, kneepads, shorts/spandex, and t-shirt. Do not wear spaghetti strap tops or shirts that expose your midriff. Do not wear jewelry. Ankle braces are recommended for those players that make the team but are not required for tryouts.</p> <p>You should also bring your own water bottle and snacks each day. Please make sure that you are properly hydrating yourself and eating the proper foods during tryouts.</p>   |
| <p>Tryout Criteria</p>                | <p>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. Prospective student-athletes will be tested and evaluated on their overall athletic ability and level of volleyball skills. Coaches will judge the following skills:</p> <p><b>Attitude/ Work Ethic:</b> Players who are positive, competitive, and eager to learn. Your learning curve is very important to us.</p> <p><b>Athletic Ability:</b> Players with the ability to learn and perform complex skills.</p> <p><b>Position:</b> Players whose skills fit a specific need for the team's overall balance.</p>   |
| <p>What to Expect at Tryouts</p>      | <p>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. You will not sit down during tryouts.</p> <p><b>ATHLETIC TESTING:</b> Prospective student-athletes will be put through a series of volleyball-related physical tests including, but not limited to, standing reach, vertical jump, sprints, shuttle runs, etc.</p> <p><b>ATTITUDE EVALUATION:</b> Prospective La Grange Volleyball players should be willing to try hard, make mistakes, learn from those mistakes and keep trying. Coaches will take note of those players who listen, follow directions, and ask questions when necessary.</p> <p><b>SKILL/COMPETITION EVALUATION:</b> Prospective players will be asked to demonstrate their understanding of basic volleyball skills (serving, setting, passing, hitting, blocking) in competitive situations. Coaches will take note of those players who demonstrate progress while learning new skills.</p> <p>As with most team sports, coaches will evaluate players for their ability and potential to fill specific positional needs (setter, outside hitter, middle blocker, right side hitter, defensive specialist and/or libero).</p> |

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| <p>How to Impress Coaches</p>           | <ol style="list-style-type: none"> <li>1. Be among the first to arrive in the gym and among the first to help set up nets and equipment.</li> <li>2. Be among the first to line up for drills.</li> <li>3. Look the coach in the eye when she speaks to you or to the team.</li> <li>4. Strive to take instructions and execute the skill as asked. Success is not just measured by your ability to hit or serve over the net. More importantly, do you try to execute the skill properly- this means are you coachable?</li> <li>5. Be among the first to help take down the nets and put away equipment.</li> </ol>   |
| <p>Options for Players Not Selected</p> | <p>Tryouts can be a difficult time.</p> <p>One of the toughest jobs for any coach is the final decision about which players make the team, and those who do not. The La Grange Volleyball coaching staff strives to make all decisions fairly based on attitude, work ethic and skill development, 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; it is possible you may be underestimating your chances.</p> <p>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.</p> <ol style="list-style-type: none"> <li>1. Be a team manager. Volleyball managers have a chance to learn leadership and organizational skills and fill a valuable role on the team.</li> <li>2. Play another sport for the Lady Leopards.</li> <li>3. Attend open gyms and/or volleyball camps. Most universities in Texas offer volleyball camps during the summer.</li> <li>4. Try out for club volleyball. Hundreds of girls in the Lone Star region play in tournaments around the Texas area.</li> </ol> |