The Lady Tigers Volleyball Team is a team of dedicated female 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 Tigers uniform is a privilege, one that carries many responsibilities and rewards. Here is what you should know prior to trying out:

**ATHLETIC PAPERWORK:**
You may attend tryouts ONLY after you have filled out and turned in the required AHSAA paperwork to Jennifer Ferguson in the Athletic Office. See the link on the Auburn City Schools Athletics Website for the required forms. The forms can also be found on auburnhighvolleyball.com.

**Volleyball Tryout Schedule:**

<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Time</th>
<th>Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Auburn High School</td>
<td>Sunday, March 24</td>
<td>4:00pm – 6:00pm</td>
<td>1st</td>
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<tr>
<td>Auburn High School</td>
<td>Monday, March 25</td>
<td>6:00pm – 8:00pm</td>
<td>2nd</td>
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<tr>
<td>Auburn High School</td>
<td>Tuesday, March 26</td>
<td>6:00pm – 8:00pm</td>
<td>3rd</td>
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<tr>
<td>Auburn High School</td>
<td>Wednesday, March 27</td>
<td>6:00pm – 8:00pm</td>
<td>4th</td>
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<tr>
<td>Auburn High School</td>
<td>Thursday, March 28</td>
<td>6:00pm – 8:00pm</td>
<td>5th</td>
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</tbody>
</table>

* *Cuts may be made on any day. Tryouts are closed to parents/spectators.*

You must attend every tryout unless you have made specific arrangements—in advance—with the coaching staff.

**BE ON TIME AND DO NOT SCHEDULE CONFLICTING APPOINTMENTS.***

**WHAT TO BRING/WHAT TO WEAR:** Wear comfortable clothes: t-shirt, shorts/spandex, socks and court shoes. Do not wear spaghetti strap tops, tiny shorts or shirts exposing a bare midriff or your sports bra. Do not bring jewelry (including earrings) to the gym. Knee pads are required for tryouts.

*A WATER BOTTLE IS RECOMMENDED EACH DAY. Water breaks are short and the line for the water fountain is long.*

**Tryout Criteria:** The coaching staff will be looking for coachable athletes who have a great work ethic, love to compete, and want to learn to become 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:

1. **Attitude Evaluation:** Players who are positive, competitive and eager to learn. Part of the evaluation will be based on demonstration of strong leadership skills, ability to work and communicate as a team (volleyball games do not last long with a team of one person) willingness to take risks and the ability to learn from mistakes. Coaches will take note of those players who listen, follow directions, and ask questions when necessary. Athletes who are COACHABLE COMPETITORS stand the best chance of making the team. We will be looking for individuals who keep trying, are high speed and low drag. They must be able to lead, follow, or get out of the way!
2. **ATHLETIC ABILITY**: Players will be evaluated on the ability to learn and perform simple and complex volleyball skills. Prospective players will be asked to demonstrate 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. Volleyball puts a premium on explosiveness, going after every ball and rewards those who are unafraid to attack and block the ball.

3. **POSITION**: Players are allowed to choose any position(s) for tryouts. Players whose skills fit a specific need for the team’s overall balance will be selected. 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).

**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. You will not sit down during tryouts.

**Expect to improve your volleyball skills.** At tryouts, coaches will both teach and evaluate. Even if you are not selected for the team, tryouts provide students the opportunity to learn new techniques and improve volleyball skills.

**Expect to enjoy yourself:** Tryouts are a normal part of the Tiger experience. You will have plenty of opportunities to show your stuff and try your best. We suggest you stay loose, make new friends, and decide that you will have a good time, no matter what the end result.

**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.

**Tryouts can be a difficult experience.** One of the toughest jobs for any coach is the final decision about which players make the team, and those who do not. The Tigers volleyball coaching staff strives to make all decisions fairly, without bias, and after extensive deliberation and evaluation of each prospective student-athlete.

**What to Expect if You Make the Team**

**1. Fee Requirements**

<table>
<thead>
<tr>
<th></th>
<th>Varsity</th>
<th>Junior Varsity</th>
<th>Freshman</th>
<th>Junior High</th>
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<tbody>
<tr>
<td>Total Fee</td>
<td>$550</td>
<td>$500</td>
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<td>$450</td>
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<tr>
<td>First Install</td>
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<td>$100</td>
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<tr>
<td>May 1</td>
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<td>May 1</td>
<td>May 1</td>
<td>May 1</td>
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<tr>
<td>Second Install</td>
<td>$250</td>
<td>$200</td>
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<td>June 1</td>
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<td>June 1</td>
<td>June 1</td>
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<tr>
<td>Third Install</td>
<td>$200</td>
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<td>July 1</td>
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*Amounts may change slightly post-tryouts due to pricing of gear. You may also write one check or pay more for an installment if you wish. These are minimums that must be paid for us to order gear on time.

Fees include equipment and uniforms, tournament entry, camp fees, referee fees, and travel. Any non-payment will result in only essential items being ordered for your child (shoes and uniform).

There will be online team store available where you can purchase additional items for your child or yourself.
2. Time Commitments

A. Spring Conditioning
- Beginning in April, there will be two one-hour conditioning sessions per week for athletes who are not in season with another school sport. However, those athletes are also welcome to attend.

B. Summer Workouts
- There will be approximately 3 workouts per week beginning in June, focusing on weight training and conditioning in addition to skill development. You are expected to attend these workouts, as participation is necessary for personal and team growth and development. Any absences will be noted and should be communicated ahead of time to the coaching staff. Please try to plan vacations around workout times.

- Team Camps - Attendance at these two team camps are essential to skill development and team building.
  - Team Camp with Chris Akers, Auburn High School, June 26-28 (V/JV) Tentative
  - McGill-Toolen Play Camp, July 22-23 - Varsity and Junior Varsity

C. Mandatory Practices and Team Events
- Mandatory practice will begin the first week of August. Every practice should be attended by every athlete. Please do not schedule appointments during practice time. If volleyball conflicts with club sports or an out of season school sport, volleyball practices and games must take precedence during the season.

- Missed practices will result in a loss of playing time.
- Other events, such as the Charity Game and Senior Night, are required to be attended by all athletes in the program.

D. Games
- There are usually 2-3 matches per week. Some of these matches are tri-matches where we will play two teams in one night.

- For home games, athletes are expected to set up and take down and clean the gym. Athletes may not leave until told to do so by their coach after all clean-up has been taken care of.
- For away games, athletes are required to ride the bus to and from games with the team.
- Junior varsity players are required to watch varsity matches where time does not conflict. We usually travel together, so this will not require any extra travel.

E. Saturday Tournaments
- Attendance is mandatory for all weekend tournaments. Parent volunteers will be needed to help transport players and to keep score, libero track, and line judge.

<table>
<thead>
<tr>
<th>Varsity Tournaments</th>
<th>Junior Varsity Tournaments</th>
<th>Freshman Tournaments</th>
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</thead>
<tbody>
<tr>
<td>Briarwood Serve-Off, August 24th, Birmingham</td>
<td>Party on the Plains- August 24th, Auburn</td>
<td>Party on the Plains- August 24th, Auburn</td>
</tr>
<tr>
<td>Mayor’s Cup- August 30th - 31st, Montgomery</td>
<td>Mayor’s Cup- August 30th - 31st, Montgomery</td>
<td>Harris County Invitational- September 28th, Harris Co., GA</td>
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<tr>
<td>Party on the Plains, September 7th, Auburn</td>
<td>Dirty Dozen Invitational- September 6th-7th Mobile (Hotel)</td>
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<tr>
<td>Bayside Tournament, September 13th-14th, Mobile (Hotel)</td>
<td>Brew Tech Rams Slam Jam Invitational- September 21st, Montgomery</td>
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<tr>
<td>Spain Park Jaguar Invitational, September 20th-21st, Birmingham (Hotel)</td>
<td>Harris County Invitational- September 28th, Harris Co., GA</td>
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<tr>
<td>Spanish Fort, October 18th-19th, Mobile (Hotel)</td>
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*Teams will be required to work home tournaments for other teams (Junior High Tournament on Sept. 28th)

E. Parent Volunteers
- We appreciate all of the time and sacrifices made by parents to allow their daughters to play volleyball in our program. We encourage all parents to participate regularly in volunteering during games when at all possible. We are willing to teach all parents how to keep score, libero track, and line judge.
3. **Team First**
Volleyball is the ultimate team sport. As such, we expect parents and athletes to put the needs of the team first over those of the individual. This includes supporting all the athletes on the team and not speaking negatively of any athlete in the program. There should be no negativity or competition among athletes on different teams in the program.

- Please do not discuss the team or athletes in a negative manner on social media. If you have an issue, please discuss with your coach.
- Athletes are expected to support other athletes in the program and stay with the team during team events.

4. **Fundraising**
A. Booster Club Sponsorships - membership not required, but the booster club provides many services for the team such as snacks, equipment, etc.
B. Charity Game T-Shirt Sales - all proceeds will go to a charity of the team's choosing (i.e. Dig for a Cure, Sets for Pets, etc.)
C. Individual Fundraiser for Dues (TBD)
D. Tournaments - We host three home tournaments, which serve as a source of fundraising for the program. Athletes will be expected to work tournaments for other level teams serving as score keepers and line judges, while we need parent volunteers to help with concessions, ticket and t-shirt sales, and the hospitality rooms.

*All of the above allow us to have the tools necessary to provide your athlete with the best possible experience and opportunities for growth as a volleyball player. Having funding allows us to travel to play highly competitive teams and play in the best tournaments across the state. We appreciate your support.*

Thank you,

Bentley Stephenson
Head Varsity Volleyball Coach
bwstephenson@auburnschools.org
Auburn Volleyball Tryouts Rating System

**Passing/Serve Receive**
1. Lack of proper mechanics, rarely passes ball to target.
2. Inconsistently gets feet to ball and is balanced; inconsistently reacts quickly to movement/speed of ball; inconsistently passes ball to target.
3. Inconsistently gets feet to ball and is balanced; inconsistently reacts quickly to movement/speed of ball; frequently passes ball to target.
4. Consistently gets feet to ball and is balanced; reacts quickly to movement/speed of ball; consistently passes ball to target.

**Setting/Overhead Passing**
1. Lack of proper mechanics, rarely sets ball to target.
2. Inconsistently gets feet to ball and is balanced; inconsistently meets ball at forehead and uses proper extension; inconsistently uses legs to get ball to target; inconsistently sets ball to target.
3. Consistently gets feet to ball and is balanced; inconsistently meets ball at forehead and uses proper extension; uses legs to get ball to target; inconsistently sets ball to target.
4. Consistently gets feet to ball and is balanced; meets ball at forehead and uses proper extension; uses legs to get ball to target; consistently sets ball to target.

**Serving**
1. Lack of proper mechanics, rarely serves a fair ball.
2. Inconsistently serves a fair ball; attempts but is unsuccessful in serving all 6 zones (when asked); inconsistently maintains proper body positioning and toss; inconsistently serves flat and fast.
3. Consistently serves a fair ball; attempts but is inconsistent in serving all 6 zones (when asked); maintains proper body positioning and toss; consistently serves flat and fast.
4. Consistently serves a fair ball; can serve all 6 zones (when asked); maintains proper body positioning and toss; serves flat and fast.

**Attacking**
1. Lack of proper mechanics, poor footwork, poor timing or control.
2. Inconsistently uses proper footwork; attempts to hit line, seam, angle, tip and roll; maintains control of body; inconsistently meets ball at high point and swings through ball.
3. Inconsistently uses proper footwork; attempts and is moderately successful in hitting line, seam, angle, tipping and rolling; maintains control of body; inconsistently meets ball at high point and swings through ball.
4. Consistently uses proper footwork; can successfully hit line, seam, angle, tip and roll; maintains control of body; consistently meets ball at high point and swings through ball.

**Blocking**
1. Lack of proper mechanics, rarely touches the ball.
2. Inconsistently lines up properly with opposing hitter; inconsistently uses proper footwork along the net; inconsistently maintains a balanced and controlled body movement when blocking; attempts to touch every ball.
3. Inconsistently lines up properly with opposing hitter; inconsistently uses proper footwork along the net; maintains a balanced and controlled body movement when blocking; attempts to touch every ball.
4. Consistently lines up properly with opposing hitter; uses proper footwork along the net; maintains a balanced and controlled body movement when blocking; attempts to touch every ball.
**Defense**

1. Lack of proper mechanics, frequently out of defensive position, rarely passes ball to target/digs a playable ball.
2. Inconsistently maintains a low and stopped position; inconsistently moves quickly to defensive spot; inconsistently reacts quickly to movement/speed of ball; inconsistently passes ball to target/digs a playable ball.
3. Inconsistently maintains a low and stopped position; moves quickly to defensive spot; inconsistently reacts quickly to movement/speed of ball; inconsistently passes ball to target/digs a playable ball.
4. Consistently maintains a low and stopped position; moves quickly to defensive spot; reacts quickly to movement/speed of ball; consistently passes ball to target/digs a playable ball.

**Communication**

1. Does not speak on the court, refuses to call the ball, has poor communication with coaches and teammates.
2. Minimal communication, calls the ball/calls for sets sporadically, sometimes communicates with coaches and teammates.
3. Average communication, always calls the ball/calls for sets, frequently communicates with coaches and teammates.
4. Constant communication, always has a presence on the court, communicates clearly with coaches and teammates.

**Attitude/Effort**

1. Does not hustle, does not seem very determined to succeed, easily frustrated, negative attitude towards coaches, teammates and program.
2. Hustles only half the time or when reminded, shuts down when frustrated, does not have a negative attitude, but not noticeably positive either.
3. Hustles even when not being watched, determined to succeed even when frustrated; positive attitude towards self, teammates, coaches, and program.
4. Gives 100%, sets the standard for excellence and leads by example, extremely positive attitude towards self, coaches, teammates, and program.

**Character/Core Values**

1. Not coachable, has little to no commitment; focuses only on individual goals and not what is best for the team; struggles with good character and core values.
2. Coachable; academically eligible; has shown little to no commitment to the team; sometimes puts the team first; actions show inconsistent character and core values.
3. Coachable; academically eligible; has shown some commitment to the team; often puts the team first; often demonstrates good character and core values.
4. Embodies all the core values of Auburn Volleyball - leadership, accountability, focus, effort, toughness, and commitment; very coachable; academically eligible; always puts the team first; consistently demonstrates good character.