



TRYOUT GUIDE

This guide is intended to provide an understanding of our tryout process, including what to expect and how to succeed. This information is to help athletes and parents prepare for the tryouts, both mentally and physically.

What to expect at try-outs:

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:

1. **ATTITUDE:** Players who are positive, competitive and eager to learn
2. **ATHLETIC ABILITY:** Players with the ability to learn and perform complex skills
3. **POSITION:** Players whose skills fit a specific need for the team's overall balance

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, except when told to.

EXPECT TO IMPROVE YOUR VOLLEYBALL SKILLS. At tryouts, coaches will both teach and evaluate. Even if you are not selected to the team, you should be a better volleyball player by the end of the week.

SKILL INSTRUCTION: Prospective student-athletes will be taught the basics of the Longmeadow Volleyball system, including passing, serving, attacking, setting, blocking and defense. Even students not eventually selected to the team have the chance to become better volleyball players. Our system puts a premium on quickness, strength and athleticism.

ATTITUDE EVALUATION: Prospective Lancers 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. Athletes who are COACHABLE COMPETITORS stand the best chance of making the team.

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).