

# HART GIRL'S VOLLEYBALL 2019

7th Grade Coach – Ms. Poll  
8th Grade Coach – Mrs. McKouen

## Tryouts

**YOU MUST HAVE A PHYSICAL ON FILE IN THE OFFICE TO  
TRYOUT!!**

There will be **NO** exceptions to this rule!

**7<sup>th</sup> - 8<sup>th</sup> Grade Tryouts are as follows:**

**Monday, January 28th: 2:30-4:30 PM**

**Tuesday, January 29th: 2:30-4:30 PM**

**Wednesday, January 30th: 2:30-4:00 PM**

**Final Team Decisions will be made on Wednesday, January 30<sup>th</sup> at 3:55PM.**

**\*If there is a snow day on any of the tryout days, we will move the last date to Thursday unless otherwise notified.\***

**You should bring a snack and a water bottle for tryouts.**

**--Some of the skills and attributes we will be looking for during tryouts--**

**COACHABILITY AND ABILITY TO FOLLOW DIRECTIONS:** Are you listening and trying to apply what you've learned? Do you have a good work ethic? Are you a team player?

**ATHLETICISM:** Are you able to get to, read and judge the ball. Move around the area safely and still make plays on the ball.

**CITIZENSHIP:** Students must behave in a proper manner as you represent our school

**SERVING:** The ability to consistently put the ball in play on the serve.

**SETTING:** The ability to move on the court and accurately set the ball.

**PASSING:** The ability to receive and accurately pass the ball to the setter or hitter.

**HITTING:** Showing an understanding of the techniques to properly attack or spike the ball.

### **COURT**

**AWARENESS:** How well do you move to the ball, do you set yourself properly to receive the ball, do you communicate

**GRADES:** Athletes need to be attentive in class.

# **ONCE TEAMS HAVE BEEN SELECTED:**

## **PAY TO PARTICIPATE**

Rochester School District has adopted a fee to participate in middle school athletics. This fee covers the season you wish to participate in. If you are on a free lunch program, there is no cost. If you are on reduced lunch, the cost is a percentage. If you are on these programs you must fill out a waiver form.

## **PRACTICES**

Practices will start the day after tryouts end and will run every day, Mon. - Fri. 1<sup>st</sup> week until 5:15 after that until 4:30pm See calendar on the website. Players are expected to be at every practice unless they have missed school due to illness. In order to participate in practices or games you must be in attendance for at least half the school day. This is a team sport and if you're not there it hurts the team and yourself. Missing practices can affect your playing time during matches. Please be sure that a ride is here no later than 15 minutes after practice ends.

## **PARENT MEETING**

There will be a mandatory parent meeting Tuesday, Feb. 5th at 4:45 pm after practice. The meeting should last about half an hour.

## **Game Days**

All Players **MUST** ride the bus to the match. Busses are drop only, so all athletes will need a ride home from the match.

Matches begin at 4:00 PM unless otherwise stated on the schedule. 8<sup>th</sup> grade plays immediately following the 7<sup>th</sup> grade game. Each team plays 4 games, with no athlete playing in more than 2 games.

## **GAME SCHEDULE**

The season game schedule is on the Hart website under athletics and is subject to change. When the team is selected, a paper calendar with all practices and games will be handed out.

## **GRADES AND CITIZENSHIP**

Grades and Citizenship will be monitored on a regular basis. We expect every player to keep up with their academics during the season and to conduct themselves properly at all times.

Our goal is to teach every player the fundamentals of the game, to help them improve and grow in the sport, and to be competitive, but above all to have fun and enjoy one of the greatest team sports in the world! Good luck to everyone! If you have any questions please see either Coach Poll or Coach McKouen.