

Mance Park Lady Hornets



Volleyball Tryouts 2009/2010

WHO: Incoming 7th and 8th graders

YOU MUST HAVE A PHYSICAL ON FILE TO COME TO TRYOUTS!!

YOU MUST ATTEND ALL 3 DAYS OF TRYOUTS TO BE ELIGIBLE TO MAKE THE TEAM.

PLACE:

MANCE PARK GYMS

DATE:

AUGUST 26, 27 AND 28 (WED.-FRI.)

TIME:

TRYOUTS FOR BOTH **7th and 8th** GRADES WILL BE AFTER SCHOOL FROM **3:40 – 5:15 PM.**

VOLLEYBALL TRYOUT REQUIREMENTS:

- 1) HAVE A PHYSICAL
- 2) BE ON TIME
- 3) MUST BE PRESENT ALL 3 DAYS
- 4) PROPER ATTIRE (ATHLETIC CLOTHING-ATHLETIC SHOES ONLY – NO JEWELRY)

VOLLEYBALL SKILLS TESTING:

PASS TO TARGET: Number of good passes to target out of 10 attempts.

SET TO TARGET: Number of good sets to target out of 10 attempts.

SERVE: Number of overhand serves out of 10 attempts. Coaches will grade the players form.

SCRIMMAGE: Coaches observe individual skills of players during a volleyball game.