

Fall 2010 Girls Volleyball: Spring Meeting

You must have a completed physical before we allow you inside the gym to tryout. Physicals will be done at GBH on 10 JUN and 27 JUL, and will cost possibly 12-25 dollars.

I. Summer / off-season

- A. Conditioning
- B. individual camps (CNU, VWC, high school camps, beach camps...)
- C. team camp
- D. playing
 1. open gyms in the area
 2. beach / grass
 3. local tournaments, leagues:
see <http://volleyballva.com> or <http://playtva.org/beach>
 4. pickup vs. leagues vs. tournaments
- E. individual work
 1. **ball-handling**: if you own a ball, use it over the summer. Don't be Miss August 1st.
 2. **condition**: being active, running, exercising...
 3. **strength**: lifting weights, theraband exercises
 4. **health**: good diet; condition of shoulder, back, legs, &c—do the exercises that will condition your body for the thousands of reps that will come in August.
 5. **plyometrics**: jumping exercises (build up number or time each week)
 6. **agility**: dot drills, cone drills – any quick, cutting types of foot movements in patterns will increase your quickness on the court.

II. Fall

- A. tryouts: 02-04 AUG 10 (Monday, Tuesday, Wednesday)
- B. fall schedule
 1. match schedule
 2. practice schedule (TBD, possibly before school)
- C. team philosophies
 1. JV
 2. varsity
- D. squad sizes
 1. JV: up to 14 players most years
 2. varsity: ideally 10:
(2 S, 4 OH, 3 M, 1 utility/defense)
- E. outlook:
 1. SED
 2. Eastern Region
- F. what we look for:
 1. **athleticism** (quickness, strength, vertical jump, arm swing speed, wrist snap, correct footwork): success in this game is ultimately measured in seconds (the time between a ball hit and dug—or not) and every single set, pass, attack is different, so only the best *athletes* are able to deliver successful touches consistently.
 2. **experience**: players who have played on various teams and at various levels are at an advantage. Therefore, young players are highly encouraged to consider playing club volleyball, which is far more competitive than high school volleyball. Also, players are highly encouraged to play on the beach—the majority of volleyball players in the US do not live this close to the beach, and playing volleyball on the beach consistently and against higher competition will help your game far more than playing in a gym. Experience doesn't always speak for itself though—we've seen players who have played volleyball for six+ years for whom we just don't have a spot. On the other hand, we've taken inexperienced players who are very strong athletes.
 3. **ability**: there are several skills used in volleyball, and the more skills a player can perform successfully and with consistency, the better chance the player has of making a team/starting.
 4. **knowledge**: the more a player knows about the game, the better that player is—generally speaking. We look for athletes who desire to become students of the game, that have a true desire to learn not only one position or even a couple of positions, but who want to learn more about the different strategies used on offense and defense and the ideas behind them.
 5. **coachability**: ultimately, any athlete may be successful, but only those who are most coachable become the most successful. Players should have an open mind toward everything a coach says, even when asked to do things that are totally different than what they've done on other teams or for other coaches.
 6. **attitude**: there are a thousand clichés about attitude being everything, and, as with many clichés, this one is rooted in truth. Athletes with good, open attitudes, and who are positive but at the same time committed to the cause—improving, achieving goals, and then winning (more than just being positive) are those who have the best attitudes.
 7. **commitment**: especially on a varsity team (and especially this program, which has been very successful for a lot of years now), a strong commitment is absolutely essential. Managing academics and a varsity sport is difficult enough, but players who try to have part-time jobs and get involved with a lot of other activities face additional challenges. This isn't to say that a varsity or JV player cannot do these things during the season, and there are student-athletes who are able to balance many activities effectively, but in this program, we ask for the following priority during the season: 1.family 2.classes 3.team.