

ROCKFORD VOLLEYBALL

2007 Tryouts

Monday, August 13	All Levels	9:00 AM – 11:00 AM (HS) 7:00 PM – 9:00 PM (HS)
Tuesday, August 14	All Levels	9:00 AM - 12:00 PM (HS)
Wednesday, August 15 (CUTS)	Fresh./Soph. Juniors/Seniors	9:00 AM – 10:30 AM (HS) 10:30 AM – 12:00 PM (HS)

FIRST PRACTICE

Wed. August 15	All Levels	7:00 PM – 9:00 PM
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***You may not tryout without a physical on file in the athletic office.**

- Final cuts will be made Wednesday. We will meet with each player individually to address any questions.
- You will be evaluated in skills testing, and physical testing. Skill testing consists of wall passing, wall setting, wall spiking, spiking, serving, and passing. We will also take into consideration your technique and movement of all the basic skills. Physical testing includes a mile run, block jump height, vertical jump, triple jump, shuttle run/sprint, upper body strength, and ab stabilizer.
- Attitude, how you respond to coaches, willingness to learn, how you get along with other teammates, dedication, and position that you are able to play (we can't have 10 defensive specialists, or 10 setters) will also be considered.
- We will be keeping 12 for the freshmen team, 12 for the JV team, and 10-12 for the varsity team.
- Underclassmen may be advanced if their skills are good enough for them to make a substantial contribution at the next level. We don't pull players up unless they will receive at least equal the amount of playing time as they would at the lower level.
- If you have any questions, feel free to email or call me. (Coach Delacher at kdelacher@rockford.k12.mi.us 481-7580)