



## 2024 San Ramon Valley High School Volleyball Tryout Packet

Tryouts for the 2024 season will start on Monday, August 12 and end on Friday, August 16 (or earlier at the coaches' discretion). Tryout times are in this packet.

Selection for teams is based upon skill level, athletic ability, attitude, and position.

You must attend every tryout date, unless you have made specific arrangements, in advance, with the coaching staff.

Once selected for a team, all athletes are expected to attend all practices, games, tournaments, and team functions.

### What to wear/What to bring

Wear comfortable athletic clothes: t-shirt, shorts, socks, and court shoes. You must wear an SRV T-shirt every day. Do not wear anything club volleyball related. Do not bring jewelry, (including earrings), to the gym. Kneepads are not required for tryouts, but most girls will wear them. Bring plenty of water or Gatorade, you will be working hard.

### Tryout Criteria

The coaching staff will be looking for coachable athletes who have a great work ethic, love to compete, and want to learn to become better players and teammates. We are looking for future potential and for those who desire to play at higher levels.

Prior volleyball experience or skill helps but is not required to tryout. 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 supportive, positive and eager to learn. We are looking for players who demonstrate strong leadership skills, ability to work as a team, have strong communication skills, and those who are willing to take risks and understand that failure is the greatest teacher.
2. **Athletic Ability:** Players with the ability to learn and perform complex skills. We are looking for dynamic, coordinated athletes who are quick and strong.
3. **Position:** Players need to fit a specific need for the team and program's overall balance. As the level of play rises, (Freshmen-JV-Varsity), the requirement for position-specific expertise also rises. We are most interested in bringing balance to the **program**.

## **What to expect at Tryouts**

**Expect to work hard.** You will be asked to perform all physical testing and drills at full speed. Walking on the court, socializing, taking it easy, checking your phone are not ideal things to demonstrate to the coaches.

**Expect to improve your volleyball skills.** At tryouts, the coaches will both teach and evaluate. Even if you are not selected to the team, you will become a better volleyball player by the end of tryouts.

**Expect to enjoy yourself.** Tryouts are a normal part of the high school athletic experience. By putting yourself out there to be evaluated, you are learning to cope with the stress involved. We suggest that you stay in the moment, make new friends, and decide you will have a good time, no matter the result at the end of tryouts.

**Skill instruction:** Student athletes being evaluated for the freshmen team will be taught volleyball basics including passing, serving, attacking, and setting. Students trying out for JV and Varsity teams will be evaluated on their current skills and experience and will be given instructions for improvement as needed. All students will have the chance to become better volleyball players.

**Attitude evaluation:** Prospective athletes 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. Your best chance for making the program is to show that you can take instruction without resentment and apply that instruction into your dynamic play of volleyball.

**Skills, Competition, and Positional evaluation:** Prospective athletes 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. For Varsity, coaches will evaluate players for the ability and potential to fill specific positional needs, (setter, outside hitter, middle hitter, opposite, defensive specialist, and libero). For JV, coaches will be looking for well rounded players who could possibly play one or two positions.

## **How to impress the coaches**

1. Be coachable
2. Help your teammates
3. Have a positive attitude
4. Work hard
5. Be among the first to arrive in the gym and among the first to help set up nets and equipment
6. Be among the first to line up for drills
7. Look the coach in the eye when he or she speaks to you or to the team
8. Be the loudest on the court

9. Be the best ball shagger ever
10. Be among the first to help take down the nets and put away the equipment

### **11 Things You Should NEVER Do at a Volleyball Tryout**

1. ***Don't give your setter a hard time.*** Got blocked? Hit out? Shake it off and move on without placing blame.
2. ***Don't take your cell phone out of your backpack.*** Coaches don't want to see you texting, Snapchatting, or checking your Insta Stories when you should be concentrating on volleyball.
3. ***Don't form cliques.*** Be sure to rotate who your partner is for drills and invite new people into your group.
4. ***Don't ever quit on a ball.*** Even if you know it's unlikely that you'll get to a ball, don't quit on it. Coaches want players who give their all on every ball.
5. ***Don't talk when the coach is talking.*** It's disrespectful and sends a bad message to the coach.
6. ***Don't do anything halfway.*** Lazy footwork on free balls, not covering the hitter, walking to shag balls, etc. Give your all whenever you're in the gym.
7. ***Don't pay attention to your parents on the sidelines.*** No conversations or gestures. Coaches want to focus on the player, not the parent.
8. ***Don't carry a mistake with you into the next play.*** A coach can tell by your body language if you're not over being blocked on the previous point.
9. ***Don't be resistant to stepping into another position.*** Even if it's not a position you're trying out for, don't hesitate to show that you're flexible. Coaches want players who can adjust and are willing to be versatile if that's what is needed to make a drill work or help the team.
10. ***Don't give off a negative vibe.*** Look like you're having fun playing the game. Smile, be upbeat, support your teammates, and enjoy yourself. Coaches like players who bring positive energy to the court.
11. ***Don't try to analyze or interpret any action, reaction, facial expression, or conversation by a coach.*** It's very common for adolescent athletes to try to "figure out what they're thinking". You won't be successful and you're just setting yourself up for heartbreak later on when things don't work out like you thought they were going to.

### **Options for players not selected**

Tryouts can be an exceedingly difficult experience. The toughest job for any coach is making the final decision about which players make the team and those who do not. The SRV Volleyball coaching staff strives to make all decisions fairly, without bias, and after extended deliberation and evaluation of each prospective student-athlete. During the tryout process, it is not unusual for some girls to decide they would rather not continue tryout out. If you think you'd like to withdraw from consideration for a spot on the team, please talk it over first with one of the coaches. It is possible that you may be underestimating your chances.

### **Sample Physical Testing Drills**

**The following benchmarks are a sampling of some of the physical skills testing we may conduct during tryouts.**

**TIMED RUN or 10 LAPS AROUND COURT (recorded time)**

**PUSH UPS and CRUNCHES in ONE MINUTE** Push-ups and Crunches are a test of strength

**STANDING VERTICAL REACH**

Stand underneath the Vertec. Extend arm up as high as possible with feet flat on the ground.

**STANDING BLOCK JUMP**

While wearing the VERT, start with both feet flat on the ground, crouch, jump and reach as high as possible with both hands.

**APPROACH JUMP**

Wearing the VERT, take a four step approach and jump as high as possible.

**18-METER SPRINT**

The player starts at a lying position at the endline. Palm down and nose on the end line. When the whistle blows, get up and sprint to the opposite end line as fast as possible.

**300, LINERS**

The player starts in a standing position behind the endline. When the whistle blows, the player will run to the 10 foot line, back to the end line, to the center line, back to the end line, to the other 10 foot line, back to the end line, all the way to the other endline and then all the way back. The player must touch the actual line each time with his or her hand.

### **Sample Volleyball Skills Testing Drills**

**PASSING DRILLS**

1. Pass to self (number of passes in a minute; passes must be above the height of the net).  
Partner counts.
2. Pass to self, pass to partner
3. Partner passing
4. Pass to target
5. Passing in games

**SETTING SKILLS**

1. From 30 tosses, count number of successful sets into the target.
2. From 30 passes, count number of successful sets into the target.
3. Point evaluation where the team stays constant, but the setters change sides.

### **ATTACKING SKILLS**

1. Self-toss attack. Number of successful attacks over the net.
2. Toss from coaches to attack. Number of successful attacks over the net and direction to hit.

### **SERVE SKILLS**

1. Serve speed evaluation. A challenging float serve is at least 35 mph. A challenging jump float serve is at least 40 mph.
2. Serve location evaluation. Serve four times in a row to all six positions on the court. Number of successful serves in each spot.

### **COMPETITION DRILLS**

1. Competition drills will consist of 4 on 4, 5 on 5, and 6 on 6 games where players will be evaluated by position and their all-around skills.

# San Ramon Valley High School

## 2024 Women's Volleyball

### *Tryouts Information:*

- When are tryouts: August 12-16, 2024
- 4:00-6:00 PM – Frosh only (selected frosh will be asked to tryout with upperclass after first day)  
6:30-8:30 PM – All upperclass athletes
- First cuts will happen on Wednesday, August 9<sup>th</sup>
  - Teams will be determined on Thursday, August 10<sup>th</sup>
- What you need to do: Begin the online clearance process at [www.athleticclearance.com](http://www.athleticclearance.com)
- Have your medical exam soon!!**
- Where are tryouts: San Ramon Valley High School main gym.
- Selection process: Selection for teams is based upon skill level, athletic ability and attitude. Attendance at all days is strongly advised, but not required to be selected for a team.

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- ✓ Required forms are available for download on the SRVHS Web Site under Athletics (<http://www.srvhs.net>).
  - ✓ All athletes must have 2.0 or better GPA (last grading period) to participate.
  - ✓ Athletes are expected to come to tryouts in good physical condition. Tryouts will be strenuous.
  - ✓ Any athlete who is unable to attend tryouts must contact Coach Brian in advance of August 12 to discuss alternatives.
  - ✓ Once selected for a team, all athletes are expected to attend all practices, games, tournaments and team functions.
  - ✓ Requested Voluntary Donation for 2024 has yet to be determined but will likely be about \$400.
  - ✓ Questions? Call Coach Brian Fujinaga Varsity Volleyball Coach/Program Coordinator @ 925-212-3003 or email [bfujinaga@srvusd.net](mailto:bfujinaga@srvusd.net).
  - ✓ FYI, Summer Camps will be available for anyone interested. Summer Camps have no bearing on the selection of our teams.



2024 San Ramon Valley High School  
Volleyball Tryout Questionnaire

(Responses will be shared with the coaching staff but kept confidential from other prospective players.)

Name: \_\_\_\_\_

Position desired: \_\_\_\_\_

Number of seasons played volleyball (designate both club and school): \_\_\_\_\_

Other sport experience (club or school team): \_\_\_\_\_

What is your motivation for trying out for volleyball? (Long answers can be completed on the back)

What have you done on and off the court to prepare for this volleyball season? (Long answers can be completed on the back)

What sacrifices are you willing to make for the team and program at SRV?

There is no guaranteed playing time on any team at SRV. What does this mean to you?