



Volleyball Packet

As a Spartan athlete at Cypress Lakes, you have placed yourself in an extremely important position. You will be a member of an elite group that has expressed, by your participation, the desire to work hard, be dedicated and disciplined, and to do everything within the spirit of good sportsmanship to succeed as a team and an individual.

This packet contains some information that will be pertinent to you for future reference. Know what is required of you and then PREPARE FOR GLORY!

"Spartans! Prepare for glory! No retreat, no surrender; that is Spartan law. And by Spartan law we will stand and fight... and die. A new age has begun. An age of freedom, and all will know, that 300 Spartans gave their last breath to defend it!"

- King Leonidas

The Cy-Lakes Spartans will be a team of dedicated student-athletes who take pride in our school and are willing to make a maximum effort in both the classroom and on the volleyball court. Wearing a Spartan uniform is a privilege, one that carries many responsibilities and rewards.

Preseason tryouts for the 2010 season begin **MONDAY, AUGUST 2** – your opportunity to learn more about the philosophy and expectations of the Spartan Volleyball program, and to make your best impression on the Spartan coaching staff. Here's what you should know:

ATHLETIC PAPERWORK

You may attend tryouts **ONLY** after completing all paperwork required by the Cy-Fair School District.

VOLLEYBALL TRYOUT SCHEDULE

Tryouts for the 2010 teams begin **MONDAY, AUGUST 2** in the Cy-Lakes High School main gymnasium.

You **must** attend every tryout, and **every** preseason practice, unless you have made specific arrangements – in advance – with the coaching staff. Do not schedule conflicting appointments during any part of tryouts or preseason practice. There will possibly be a practice on Labor Day (September 7). Schedules will be handed out on Wednesday, August 5.

Tryouts will tentatively run:

- o Monday, August 2 from 7:00 to 10:00 and 12:00 to 2:00
- o Tuesday, August 3 from 7:00 to 10:00 and 12:00 to 2:00

BE ON TIME!! You should plan to arrive 10 minutes early and be dressed and completely ready to go at 7:00.

WHO MAY ATTEND TRYOUTS?

Any girl officially enrolled at Cy-Lakes for the 2010-11 school year may tryout for the volleyball team, as long as she meets school district academic eligibility requirements and has completed the necessary paperwork **BEFORE** coming to the gym.

WHAT SHOULD I BRING? WHAT SHOULD I WEAR?

Wear comfortable clothes: t-shirt, spandex/shorts, socks and court shoes. Also, bring a pair of running shoes for the morning sessions as we will be on the track. Do not wear spaghetti-strap tops or shirts exposing a bare midriff. Do not wear jewelry (including earrings) to the gym.

Kneepads are recommended, but not required, for tryouts (loaner kneepads will be available). Ankle braces are also recommended, but not required.

It is highly recommended that you bring a water bottle to both sessions of tryouts each day. Water fountains will be available.

WHO WILL BE SELECTED?

The coaching staff will be looking for coachable **ATHLETES**: girls who have a great work ethic and want to learn to be better players and teammates.

Prior volleyball experience or skill helps, but is not required. **(Many volleyball players grew up playing soccer or basketball and learned to play volleyball only after they entered high school)**. Prospective student-athletes will be tested and evaluated for their overall athletic ability and level of volleyball skill. Coaches will apply the following criteria (in this order):

1. **ATTITUDE:** Players who are positive, competitive and eager to learn. Big bonus points are awarded to those who demonstrate strong leadership skills, and to those who are willing to take risks and are unafraid to learn from mistakes.
2. **ATHLETIC ABILITY:** Players with the ability to learn and perform complex skills. Volleyball puts a premium on explosiveness and rewards those who are unafraid to attack the ball.
3. **POSITION:** Players whose skills fit a specific need for the team's overall balance.

WHAT SHOULD I EXPECT AT TRYOUTS?

Expect to work hard. You will be asked to perform all physical testing and drills at full speed. You should run when shagging balls, moving from drill to drill and when going to and from water breaks. You will not be sitting down during tryouts.

Expect to improve your volleyball skills. At tryouts, 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 the tryout period.

Expect to enjoy yourself. Tryouts will be a normal part of the Spartan experience. Whether you are competing for a spot on the drill team, or for a role in a school play, or for a spot on the basketball or softball team, you will have plenty of opportunities to show your stuff and try your best. We suggest that you stay loose, make new friends, and decide that you will have a good time, no matter what the end result.

SKILL INSTRUCTION: Prospective student-athletes will be taught the basics of the Spartan Volleyball system, including passing, serving, attacking, setting, blocking and defense.

ATTITUDE EVALUATION: Prospective Spartans 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. Athletes who are COACHABLE COMPETITORS stand the best chance of making the team.

SKILL/COMPETITION EVALUATION: Prospective players 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.

As with most team sports, coaches evaluate players for their ability and potential to fill specific positional needs (setter, outside hitter, middle blocker, right side, defensive specialist and/or libero).

WHAT IF I'M NOT SELECTED TO THE TEAM?

The Spartan coaching staff strives to make all decisions fairly, without bias, and after extended deliberation and evaluation of each prospective student-athlete.

If you are not selected this season, and would like to tryout again in the future, there are other options available to you that may help you in the future.

1. **Apply to become a team manager.** Volleyball managers have a chance to learn leadership and organizational skills and fill a valuable role on the team.
2. **Play another sport for the Spartans.** Fall sports include tennis and cross-country; in the spring you can play basketball, soccer, golf, track, or softball.
3. **Attend open gyms and/or volleyball camps.** There is an active recreational volleyball community year-round in Houston. Most universities offer volleyball programs during July.
4. **Tryout for club volleyball.** Any chance to be on a team out of the regular season is always an advantage. No matter what type of team you are on, you are getting to touch a volleyball and compete.

IMPORTANT DATES

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|----------------|----------------------------|-----------------------------------|
| July 26 – 29 | Incoming Freshman Camp | 8:00 – 12:00 |
| August 2 and 3 | Tryouts | 7:00 – 10:00am and 12:00 – 2:00pm |
| August 4 and 5 | Practice | 6:00 – 7:00am and 8:00 – 11:00am |
| August 6 | Scrimmage at Klein Collins | 8:00am (tentative) |
| August 7 | Scrimmage at Cy-Lakes | 8:00am (tentative) |
| August 25 | First Day of School | |

FINAL WORDS OF WISDOM?

Have a goal!

For a few players, the goal may be to make the team. But for most girls, a better goal might be to simply try your best, compete as hard as you can, learn a lot, and have fun. If you make it, great (and there will be plenty of hard work ahead). If you don't make it this time, keep working and tryout again next season. Either way, you can't lose!

I look forward to meeting you all and starting a winning tradition at Cy-Lakes!!

Carrie Schneider

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Spartan Volleyball



“Prepare for Glory”