



Lady Panther Volleyball

2010-2011 Season 7th Grade Coach—Jenn Jordan
Schimelpfenig 8th Grade Coach—Pat Stevens

7th and 8th Volleyball Informational meeting after school Monday August 23, 2010

****ALL MUST HAVE PHYSICAL ON FILE OR YOU CAN NOT TRY OUT!!**

Expectations/What I am looking for

The number you sign up by:

*Must be visible on the front and back of your shirt

*Must be done before try-outs starts

*Athletes will not be given anything to make a number the day of tryouts

Hint: Get an old white shirt and use a sharpie or fabric paint or sign up by the number of an old jersey you have.

What to work on before the tryouts

Running: get in shape

Overhand serve

Setting

Passing

Spike/hit

Control

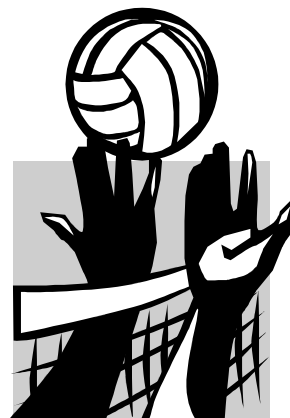
Play volleyball

Ready to Play (when you walk in the gym)

- *Hair Back
- *Athletic shoes/ knee pads
- *Jewelry off
- *NO Spandex or Sophie's
- *Follow school dress code

Hard Worker

- *Excitement
- *Hustler
- *Jogging/running for all drills



A Player

- * Attitude
- *Coachable
- *Fast learner
- *Knowledge of the game

Commitment

You will be there for every game. Practices are mandatory. (sectionals are different)

If you can not make a game for an outside interest or grades your coach needs to know.

Try out- Times 7th grade & 8th grade

Tuesday August 24th 3:45-5:15am 7th grade only

Wednesday August 25th 7:00am-8:15am/ 3:45pm-5:15pm

Thursday August 26th 7:00am-8:15am/ 3:45pm-5:15pm

Friday August 27th 7:00am-8:15am/ 3:45pm-5:15pm

West side doors, near the gym, will be open @ 6:45am for 7th grade. Change in locker room, then go to the Big Gym.

Come with number on your shirt ready to go