

AVON VOLLEYBALL PROTOCOL

Head Coach Input

- . An open tryout is conducted at the beginning of every season. It typically lasts three (3) days and involves ten (10) hours of evaluation by the coaching staff. Included is volleyball physical ability testing and ranking plus volleyball skills evaluation (both acquired and potential) plus team dynamics.
- . Team selections are made at the conclusion of Day 3 of the open tryout. All athletes trying out are conferred with by the volleyball coaching staff and are informed if they were or were not selected into the program. Reasons for their selection or not being selected are explained to each athlete. Non-selected athletes are offered alternative options (call-back list, team manager, other Avon HS sports, etc.) at this time as well.
- . Whether a selected athlete is a varsity, junior varsity or freshman level player is kept fluid during the season. Athletes may be assigned or move between levels for their own and/or the volleyball program's best interest.
- . All athletes are required and expected to attend all practices and contests. Punctuality is expected as well. Missed practices result in sanctions disallowing starting or reducing playing time in subsequent contests.
- . No jewelry is allowed to be worn during any tryout, practice or match play. If the item is not allowed to be worn in an official match (as determined by NFHS governing rules), it cannot be worn in practice.
- . A zero-tolerance policy is in effect concerning the matter of hazing, initiations, bullying, etc.
- . Only the varsity level has captains. These players must apply for a captaincy following the required actions posted on the Avon Athletics website. Once these criteria have been met, the players are interviewed by the Avon Volleyball coaching staff to be selected team captain for that season. Sub-varsity levels have captains that are selected by their team's coach to represent their team at pre-match officials meetings.
- . Playing time in matches at all levels is earned thru competition and coaching staff evaluations at team practices.
- . The 50% rule is a guideline to determine if a player earns a varsity letter in volleyball. A player should participate in at least half of the varsity matches (a match entry determines this) during the season. Example: If Avon Volleyball competes in 20 matches in a season, an athlete earning a varsity letter should appear in 10 matches. However, if an athlete in late season contests, by virtue of marked improvement and impact on the varsity level before season conclusion (i.e., playing time in post-season tournaments) could be eligible to earn a varsity letter.
- . Communication process follows this protocol:
 - Player to player's coach
 - Player/player's coach to Head Coach
 - Parent to Head Coach
- . 24 Hour Rule: any player/coach, playing time, player's role, other matters involving player/coach are only addressed at a later scheduled meeting at a minimum of 24 hours after the occurrence.

SELECTION CRITERIA:

In selecting athletes for the Avon High School volleyball program, the coaching staff will consider:

- . Athletic abilities for the sport of volleyball
- . Observation evaluations of athletes
- . Volleyball skills execution and efficiency which will include:
 - serving
 - passing
 - setting
 - attacking
 - blocking
 - digging
- . The above listed criteria will carry different importance depending on position played:
 - outside hitter
 - middle blocker
 - setter
 - opposite
 - libero
 - defensive specialist
 - serving specialist
 - blocking specialist

Other considerations will be factored into the selection process. These will include:

- . Teamwork: The willingness to accept a role that leads to team success
- . Positive Attitude: Exhibiting enthusiasm for and support of teammates
- . Versatility: Exhibiting offensive and defensive skills and the ability to play multiple positions or roles
- . Maturity: Exhibiting ability to adjust to situations, deal with adversity and reacting appropriately
- . Coaching Direction: Exhibit ability and willingness to process and incorporate input from coaching staff

The sport of volleyball is not a measured or timed event. In the selection of athletes who will compete together as a team, it is difficult to make selection decisions based only on objective criteria. The Avon High School volleyball coaching staff believes in including subjective components as well. When combined with objective statistical measures of performance ability, the desired result will hopefully be the selection of the best athletes who will work together as an effective team contributing to team success at our conference (CCC) and State (CIAC Class L) competition levels.

AVON VOLLEYBALL

DAY 1: OPEN TRYOUT ANNOUNCEMENTS

Mission Statement:

- . To select student-athletes from an open tryout to represent Avon High School in a CIAC-sanctioned interscholastic sport.
- . This is NOT gym class, intramurals, open gym or a recreation league -*It is varsity and sub-varsity high school athletics*
- . While off-season activities such as club volleyball, summer league, camps and clinics are encouraged to gain experience or improve skills, participation in these activities does NOT guarantee selection to the Avon High School volleyball program.

Tryout Format & Evaluation Parameters:

- . Attendance is very important. Be here, be seen, be active and be evaluated by the volleyball coaching staff.
- . Be willing to compete for a roster spot. You may be requested to participate in extra training or competitions.
- . Be active at all times (exception: designated breaks). Don't sit, hang out, etc. Shag, feed balls, encourage fellow athletes - try to be the player who pitches in to help out (set-up, breakdown, ball shagging/feeding, equipment storage, etc.)
- . Although the tryout is a cauldron of competition, think TEAM first. Be unselfish, be a good teammate.
- . The volleyball coaching staff will confer with ALL tryout athletes on Selection Day, whether you were selected or not.
- . Athletes are evaluated versus the entire tryout group (grade/peer group consideration may be given to sub-varsity levels).
- . Our goal is to select manageable numbers for three (3) levels of competition (varsity/junior varsity/freshman) but also to select an adequate number for depth and player development. Manageable roster size lends to increased playing time.
- . 2nd/back-up units can often trend younger (by class) on the JV and varsity levels for future development consideration.

Teams (or levels) within the program:

- . **Freshman:** Freshmen ONLY are eligible. Volleyball physical ability test scores and early skill development are important.
- . **Junior Varsity:** Freshmen, sophomores and juniors eligible. Any experience level, but will favor those freshmen and sophomores scoring good volleyball physical ability metrics along with early skills and projected skill development.
- . **Varsity:** ALL grades are eligible. These are the best players who bring a volleyball skill set, outstanding physical ability or other intangibles that contribute to overall team success at the highest level of the program.

Veterans (1 or more years of experience playing HS volleyball):

- . Land a roster spot and embrace a role on a team that benefits the good of the entire program.
- . Be willing to compete for a position and playing time (position rank/depth chart).
- . Work to improve each practice, whether it's physical ability, volleyball skill set, conditioning, mental toughness, etc.
- . Use practice time to help determine the best team unit made from individual players.
- . Volleyball physical ability, skill sets and intangibles that improve overall team dynamics are important to being selected.
- . It is not always the 12 best individual players...it is the 12 players that will create the best TEAM.
- . We are a very competitive program in a 31 team league with a significant number of athletes trying out. The reality does exist that not every athlete who wishes to be selected to the volleyball program will secure a roster spot.

Rookies (Freshmen/1st Year Players):

- . Always give your best effort in the volleyball physical ability testing and the volleyball conditioning course.
- . Work to improve every practice in all aspects of the sport (conditioning/physical ability, technique/skill development, etc.)
- . Accept coaching instruction when learning individual skills and team concepts.
- . Attempt to learn to play multiple positions and fill various team roles.
- . Aspire to play at the highest level of the program that you can, but also be willing to accept assignment to a level that will best benefit you and your team.

Other:

- . Managers: needed everyday in practice (collect/summarize data; score drills) and on match days (event management)
- . Call back list: Let us know if you want to be added. We have made call backs to players who were initially not selected.
- . Pay to participate fee (per the district) for Avon Volleyball is \$175. Hardship waivers can be an option if necessary.