

HASTINGS HS VOLLEYBALL TRY-OUTS

2021

WHEN: Monday, August 16th, 2021 – Wednesday, August 18th, 2021

WHERE: Hastings High School Gymnasium

WHO: Athletes entering grades 9 – 12

TIMES: MONDAY = 2:00 pm – 5:30 pm, 6:00 pm – 9:00 pm **Meet in Lecture Hall**

TUESDAY = 3:00 pm – 5:30 pm, 6:00 pm – 9:00 pm

WEDNESDAY = 3:00 pm – 5:30 pm, 6:00 pm – 9:00 pm

TEAM SELECTIONS (Wed)

Please bring your own water bottle and some sort of snack/dinner to eat between sessions. You may also want to bring an extra shirt to change if you wish.

TEAM PRACTICES

THURSDAY (19) = 3:00 pm – 6:00 pm (Uniforms & Locks, Player/Parent meeting and potluck @ 6:00)

FRIDAY (20) = 3:00 pm – 6:00 pm, 6:30 pm - 8:30 pm (Fundraiser Kick-Off)

MONDAY (23) = 3:00 pm – 6:00 pm, 6:30 pm – 8:30 pm

TUESDAY (24) = 3:00 pm – 6:00 pm, 6:30 pm – 8:30 pm

WEDNESDAY (25) = 3:00 pm – 6:00 pm, 6:30 pm – 8:30 pm

THURSDAY (26) = (V & JV – Home @ 4:00 pm) (B & 9th – Simley HS @ TBD)

FRIDAY (27) = 4:00 pm – 6:30 pm, 7:00 pm – 8:00 pm

ONLINE REGISTRATION

Online registration for Fall 2021 is available!

Any Athlete who registers on or after Monday, August 16th will NOT be cleared until the following day (at a minimum).

Go to www.hastingsathletics.org and click on the Registration link. Additional information is available at this website.

Once the online registration is complete the Athlete will need to be cleared by the Athletic Office. If an Athlete is not cleared they will be notified of what is needed in order to participate.

You are NOT eligible to try-out without being completely registered through the Athletic Office...**NO EXCEPTIONS!**

TRY-OUT EXPECTATIONS & FORMAT

All athletes interested in making a team must attend try-outs AND are expected to be at all of the training sessions. Your schedule should be cleared of overlapping time conflicts during the times of try-outs and preseason practices/activities. Family vacations and work obligations are not excused. To give all players a level playing field, we need everyone to be respectful of this expectation. If you have a different conflict, please contact Coach K a.s.a.p. to discuss possible alternative options. The coaching staff will make the final decision on whether or not to excuse you from any part of try-outs.

A commitment of 100% is expected from the first day of the season to the last day of the season.

Be punctual! Training sessions will begin as scheduled. Be ready at least 15 minutes prior to the established start time. This will allow you enough time to change your shoes, get equipment set up, fill your water bottle(s), etc.

Both sessions of each day will focus on technical skill reviews with practice, technical skill evaluations, and physical agility testing. Testing will include, but is not limited to: passing, digging, setting, hitting, serving, vertical jump, 1 mile run, 1/2 mile run, push-ups, sit ups, & shuttle run. One coach will individually evaluate and score each athlete for each designated skill.

MISCELLANEOUS REMINDERS

- Wear Athletic Gear
- Good indoor only shoes for on court training
- Outdoor shoes for the 1 mile and 1/2 mile run
- Short sleeve shirts (MUST HAVE SLEEVES)
- Knee pads are strongly recommended, but not mandatory
- Hair binder...Hair must be up and out of your face
- Water bottle(s)...It gets hot in the gym and you'll need to rehydrate often...please do not share water bottles
- Pack a healthy lunch that will help you refuel for the second session

You are encouraged to take advantage of the summer volleyball opportunities that are provided for Hastings High School Athletes. Set high standards for yourself and your teammates this summer. Challenge yourself regularly to achieve your personal and team goals. Take good care of yourself, have fun, and play a lot of volleyball!

The physical agility goals are listed below. You will be tested on each of these. **PRACTICE, PRACTICE, PRACTICE!!!** Push yourself to meet these goals and to be physically & mentally prepared for the 2021 volleyball season when you take the court for the first time on Monday, August 16th. Get after it...!!!

SUMMER GOALS...

MILE = 10:00 minutes or less
1/2 MILE = 4:15 minutes or less
PUSH-UPS = 15+ (regular)
SIT UPS = 35+/minute
VERTICAL JUMP = 12"-16"

PRESEASON GOALS...

MILE = 8:15 minutes or less
1/2 MILE = 3:40 minutes or less
PUSH-UPS = 20+ (regular)
SIT UPS = 45+/minute
VERTICAL JUMP = 17"+