



# Roslyn Volleyball

**Dear Parents/Guardians and Athletes:**

The JV and varsity volleyball coaching staff is looking forward to a successful and fun-filled season where athletes will learn and improve their skills as well as the values of teamwork, sportsmanship and fair play. Our goals are to create a positive, supportive environment so that every player, has an enjoyable experience.

**Here are some important information regarding to the upcoming season:**

## **Athletic Paperwork**

You can attend tryouts ONLY after completing all the following paperwork required by Roslyn High School.

This will be done online athletic registration through FamilyID ([www.familyid.com](http://www.familyid.com)). Please refer to the Roslyn High School website under athletics and follow the steps below:

1. Completed registration through FamilyID.
2. Current physical on file with the school nurse, must be on a Roslyn physical form. You can upload the physical form directly to your FamilyID account.
3. Valid ImPACT concussion test
4. Completed self-medicated form, if applicable.

## **JV AND VARSITY TRYOUT/PRACTICE SCHEDULE:**

Varsity & Junior Varsity Tryout Schedule			
Location	Date	Time	
Roslyn High School (North Gym)	<b>Monday, August 27</b>	<b>8am-10am, 1pm-3pm</b>	1 <sup>st</sup> Day of Tryout
Roslyn High School (Main Gym)	<b>Tuesday, August 28</b>	<b>8am-10am, 1pm-3pm</b>	2 <sup>nd</sup> Day of Tryout
Roslyn High School (North Gym)	<b>Wednesday, August 29</b>	<b>8am-10am, 1pm-3pm</b>	3rd Day of Tryout/ Team Selection
Roslyn High School (Main Gym)	<b>Thursday, August 30</b>	<b>3pm-5:30pm</b>	Practice
Roslyn High School (North Gym)	<b>Friday, August 31</b>	<b>3pm-5:30pm</b>	Practice
Roslyn High School (Main Gym)	<b>Saturday, September 1st</b>	<b>8am-11am</b>	Practice
Roslyn High School (North Gym)	<b>Monday, September 3rd</b>	<b>8am-11am</b>	Practice

**YOU MUST ATTEND EVERY TRYOUT, AND EVERY PRE-SEASON PRACTICE. BE ON TIME AND DO NOT SCHEDULE CONFLICTING APPOINTMENTS.**

## **What To Bring/What To Wear:**

Wear comfortable clothes: t-shirt, shorts, socks and court sneakers. Knee pads (if available).  
**A WATER BOTTLE IS RECOMMENDED EACH DAY.**

## **What To Expect At Tryouts:**

**Expect to work hard.** You will be asked to perform all physical testing and drills at full speed.

**Expect to improve your volleyball skills.** At tryouts, coaches will both teach and evaluate.

Even if you are not selected for the team, tryouts provide students the opportunity to learn new techniques and improve volleyball skills.

**Expect to enjoy yourself:** Tryouts are a normal part of life experience. Whether you are competing for a seat in the band, for a role in the school play or musical, for a spot on the basketball or wrestling team, you will have plenty of opportunities to show your stuff and try your best. We suggest you stay relax, meet new friends, and decide that you will have a good time, no matter what the outcome.

### **Recommendations/Suggestions:**

You have practically 2 months to prepare yourself by staying active/fit throughout summer time.

- ✓ Do 25-30 proper push-ups, 40-50 sit-ups, 10 pull-ups and 15-20 minutes jog.
- ✓ Watch some instructional YouTube videos on how to pass, set, spike and transition in volleyball.
- ✓ Play, play and more play volleyball whenever possible (backyards, camp, beach or park)
- ✓ Attend one specialized volleyball camp (if possible)



**Have a safe and healthy summer!**

**Varsity Head Coach – Nguyen**

**Varsity Assist. Coach – Mr. Sorensen**

**JV Coach – TBA**