



Welcome to Ballou Volleyball. As coaches, we are excited for the fall and the opportunity to coach your daughters. To tryout for volleyball, you must be cleared by Ms. Ferguson, the Athletic Director. Tryouts begin the day before school starts and clearance opportunities are limited. Don't wait for the last minute and discover that something is missing!!

Clearance Information:

All athletes **MUST** have the proper forms on file with Ms. Ferguson, **BEFORE** you are allowed to tryout. Please see the attached clearance sheet for detailed information!

Don't forget! You **MUST** be cleared before you are eligible to tryout. Once you have been cleared, Ms. Ferguson will let you know! She will be available at the following times to clear athletes for tryouts.

- August 22: 8 AM to noon and 1 PM to 3 PM
- August 23: 8 AM to noon
- August 30: 12 PM to 3:00 PM
- September 3: 1:00 PM to 3:00PM

Tryouts:

Tryouts will begin before school starts! You will not be eligible to participate in tryouts without being cleared first!

Varsity (8th grade) Tryouts

- September 3 @ 1:00 – 2:45
- September 4-5 @ 2:20 – 4:15

JV (7th grade) Tryouts

- September 3 @ 2:15 – 4:00
- September 4-5 @ 2:20 – 4:15

Team Selection Process (Varsity and JV)

Both coaches will independently evaluate each player. The Ballou volleyball program's philosophy is to create a positive and FUN environment where student athletes can improve their understanding and fundamentals of volleyball, while serving as positive role models within our school and positive ambassadors for our school. The selection of both teams will be made by Mrs. Valdez -Varsity coach and Mrs. Greenup -JV coach. We work cooperatively in evaluating the athletes and selecting the varsity and junior varsity teams.

Parent and Player Meeting

- September 3 @ 4:00 pm
- Agenda: Team selection process, team expectations, and program philosophy

Team Selection

- September 5 @ 6:30 pm
- Teams will be posted on the back gym door

Practice schedule:

- Regular team practice schedule begins Friday, September 6: Varsity begins setup at 2:20, practice begins at 2:30, JV clean-up begins at 4:15. Varsity is dismissed about 4:15, JV is dismissed when equipment is put away
- Wednesday, September 11, 2019 - Fair day NO PRACTICE ☺

Expectations:

All athletes are required to attend school AND practice the day before and the day after a game. Athletes are also required to attend school the day of a game. If you have a PE class during Volleyball season, you are required to participate in PE Class. Athletes who miss school/ practice the day before, the day of, and/or the day after a game will not be eligible to participate in the game. If a player skips a practice or the absence is unexcused, she will not participate in the next game. The player will be removed from the team on the second offense. If a player knows she is going to be absent, late, or needs to leave early from practice, **personal contact with a coach is required**. If a player is home sick, email (preferred) or phone **contact with the coach is required**. Missing a whole or part of practice for any reason will result in a reduction of play time. *Coaches spend training time preparing players for games and helping athletes improve their overall skills. Players that ignore or defy expectations will notice a direct impact on their playing time.*

Volleyball is your first commitment over other activities! All athletes are required to come to all matches. Demonstrate sportsmanship at all times: toward teammates, toward opponents, toward officials. Behavior issues, at any time, may negatively impact play time. Athletes are expected to be a positive role model on the team, around the school, and in the community. Behaviors and attitudes that negatively impact the team will be grounds for dismissal from the program.

NOTE: No Activity buses on Fridays or on Game Days. Please plan accordingly. All athletes **must** be off campus within 15 minutes of dismissal from practice and home games or arriving back to Ballou on away games. (We will have a few Fridays with NO Practice.)

Equipment:

Required Personal Equipment

- Kneepads (Black or White)
- 3/4 Black Game Socks (Any brand)
- Black Spandex shorts (Small logo Ok)

School Issued – (Replacement Cost, if lost)

- Game Jersey - Required (\$50-100)

Fees:

ASB Card or a Per Sport User Fee and an Athletic Fee. Students who qualify for free or reduced lunch receive a reduced fee. See office for details.

Games:

A complete game schedule will be provided to the athletes once the teams have been selected. The Varsity games begin at 3:30 pm with the JV warm-up and game starting immediately after. (Except one FLIPPED game in which the JV game will begin at 3:30 and the Varsity warm-up/game will begin immediately after!)

Spirit Packs:

The Varsity and JV teams will have the option of ordering t-shirts and sweatshirts. More information will be provided to the selected teams.

Coach Contact Information:

Mrs. Valdez - Varsity Coach – valdebj@puyallup.k12.wa.us
Mrs. Greenup – JV Coach – greenusm@puyallup.k12.wa.us