



Welcome to Ballou Volleyball. As coaches, we are excited for the fall and the opportunity to coach your daughters. To tryout for volleyball, it is important to be cleared by Mr. Yoder, the Athletic Director, early. Tryouts are before school starts and clearance opportunities are limited. Don't wait for the last minute and discover that a signature or form is missing!!

Clearance Information:

All athletes MUST have the proper forms on file with Mr. Yoder, BEFORE you are allowed to attend any practices. Please see the Ballou Athletics website on August 3, 2017 for Clearance information. <https://puyallupschools.rankonesport.com>

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

- Aug. 22nd - 9AM-Noon
- Aug. 23rd – 9AM- Noon
- Aug. 24th – Prep Day – 8AM – Noon

Get Cleared Early! Don't forget! All athletes MUST be cleared through Mr. Yoder, BEFORE you are allowed to tryout.

Tryouts:

Tryouts will be before school starts! You will not be eligible to participate in tryouts without being cleared by Mr. Yoder. **You cannot tryout without being cleared first!**

Varsity (8th grade) Tryouts

- August 28, 29 and 30
- 3:30 – 5:30 pm

JV (7th grade) Tryouts

- August 28, 29, and 30
- 5:00 – 7:00 pm

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

- August 29 @ 5:00 pm
- Agenda: Team selection process, team expectations, and program philosophy

Team Selection

- August 30 @ 8:30 pm
- Teams will be posted on the back gym door

Practice Schedule:

- August 31 @ 3:30 – 5:30 (Varsity and JV teams will practice together!)
- Friday, September 1, 2017 - NO PRACTICE ☺
- Regular practice schedule begins Tuesday, September 5: 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 13, 2017 - 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. 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. Please plan accordingly.

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)
- Jacket – Optional (V-\$90, JV-\$50)
- Bag – Optional (\$50)

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.

Couch Contact Information:

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

Ballou Junior High Athletic Policies

As athletes at Ballou Junior High, you have an opportunity to participate in an extra-curricular activity and with this special opportunity come special responsibility. The most important principle under which we will operate is conducting ourselves in a manner that will bring credit and respect to our families, teammates, and Ballou Junior High. You will be expected to meet the following high standards of excellences.

1. Ballou volleyball players will maintain passing grades in all classes. Maintain an overall GPA of 2.0 with a goal of having no grade lower than a C-.
2. Attend school, as well as participate in PE classes, the day before, the day of, and the day after each game. Failure to do so will result in the player not participating in the next contest. If you do not suit up or participate in PE, you may NOT participate in that day's practice or game.
3. Abide by the Puyallup School District Athletic Code
4. Follow all of the rules stated in each classroom and in the Ballou student handbook.

Summer Exercise Ideas

We strongly suggest that you set up a regular exercise routine during the summer.

It can be a simple routine.

- a. Aerobic fitness: Running for 20 minutes at least 3-4 times a week.
- b. Flexibility: Stretch legs, back and shoulder muscles for 15 minute daily. This is can be done before going to bed.
- c. Leg strength: Target 1 continuous minute of high knee jumps increase by 5 seconds each week.
- d. Core strength: Target 100 sit-ups or crunches (combos work too) daily, increase by 5 each week.
- e. Arm strength: Target 10+ safe push-ups daily, increase by 2 each week.
- f. Hand strength: Work with handgrips or squeeze a tennis ball while sunbathing or watching T.V. or reading a book.
- g. Be very active during the summer- go bicycle riding, swimming, walking, play tennis, basketball, softball and some volleyball.

Camps and/or Clubs: there a variety of opportunities out there in the summer for Vball kids!

NO summer camps or league are required to try-out for Ballou Volleyball.

Volleyball Skill Progressions

Serving – lofted always over the net; lofted on target; power float serves always over the net; power float serves on target; top-spin serves always over the net; top-spin serves on target; jump serves over the net; jump serves on.

Passing – forearm pass any ball in your zone (a shuffle-step in any direction from defined position) up into the air for a second hit; forearm pass any ball in your zone to the target area; overhead pass in your zone to target; choose best pass to give target best ball; forearm or overhead pass for a hitter;

Defense – able to “dig” a ball in your zone up into the air for a second hit or to target; able to “collapse” to sitting on hard shot, able to “dive” and save balls outside your zone.

Setting – outside high arch sets from target; center shorts sets from target; back sets from target; sets based on her teammate's skills and the situation.

Hitting – hits above the net with force in downward direction; able to hit to more than one of the following specific hits: tip, line, deep angle, seam shots.

Blocking – reach the top of a vertical leap with both arms in the air as the ball arrives from hitters; block from the middle position the center and far angle shots; block from outside and the line shot; block in tandem with teammate; directionally block back into opponents court.

