

# Kerrville Tivy Volleyball 2018 Information

#TFND

“Intensity Begets Greatness (#IBG)”

In order to try out for the team you must have completed a recent physical.

## Summer Camp Dates:

June 15th-16th - Incoming 3rd - 7th Graders (8am -1pm)

July 23rd - 25th - Incoming 8th - 9th Graders (1pm -4pm)

July 26th - 27th - Incoming 10th - 12th Graders (8am -Noon)

## Summer Open Gym:

June 5th -8th - Noon - 2pm

June 11th - 14th - Noon - 2pm

June 18th - 21st - Noon - 2pm

## Tryout Attire and Equipment:

- **Plain** White T-shirt and Black Spandex – (shirts need to be tucked in)
- Running shoes and volleyball shoes, knee pads, and water
- Any inhalers or other personal items needed to be successful

**(TIVY Volleyball Equipment will be handed out once final team selection is made)**

Each student athlete trying out for the 2018-2019 Tivy Volleyball Team will be tested and timed on the following:

(One) – 800 meter dash in less than 3:15 min

(Two) – 400 meter dash in less than 1:45 secs each

- Passing
- Attacking
- Setting
- Blocking
- Defense
- Serving
- Communication and Teamwork Skills
- Mental Toughness

### **Tentative Team Numbers:**

(\*\*Please note numbers may change pending the number of athletes trying out)

- Freshman 14-17 players
- Junior Varsity 12-15 players
- Varsity 9 – 12 players

### **“Closed” Tryout Information for 9<sup>th</sup> – 12<sup>th</sup> graders:**

Arrival times stated below are when coaching instruction will start – **Please arrive 15 min before stated times**. Doors will open at 6am each morning and remain open until the conclusion of the last practice.

#### **Wednesday, August 1<sup>st</sup>:**

##### **6:15 am – Registration (Must have a completed and recent physical)**

6:30am – 8:30am

(1<sup>st</sup> cut will be posted at 8:40am on Coach’s office Door)

11:00am – 2:00pm

(2<sup>nd</sup> cut will be posted at 2:30pm on Coach’s office Door)

#### **Thursday, August 2<sup>nd</sup>:**

6:30am – 8:30am

(“Team List” will be posted at 8:40am on Coach’s office Door)

11:00am – 2:00pm – **All Teams**

(Please bring a Black **or** Blue 1” three ring Binder with five dividers and writing utensils)

##### **Divider labels:**

1. Program Rules and Expectations
2. Practice Sheets
3. Match Sheets
4. Inspirational Quotes
5. Paper (you will need to supply your own lined paper)

#### **Friday, August 3<sup>rd</sup>:**

6:30am – 9:30am: Freshman and JV Only

8:30am – 11:30pm: Varsity Only

Noon – 2pm: Freshman and JV Only

1pm – 3pm: – Varsity Only

**Saturday, August 4<sup>th</sup>** – 1<sup>st</sup> Scrimmage – Arrive at the gym at 8am

#### **Sunday, August 5<sup>th</sup>:**

Hydrate, Ice and Rest

**Monday, August 6<sup>th</sup>**: 2nd Scrimmage – Depart from gym at 6:00am

#### **Tuesday, August 7<sup>th</sup>:**

6:00 am – 7:45 am **and** 3pm – 5pm - Varsity Only

8am – 11am – Freshman and Junior Varsity Only

**Wednesday, August 8<sup>th</sup>**: 1st match vs. Fredericksburg (5pm, 6pm, 7pm)

\*\*Remainder of schedule is found in Player’s Packet (Players will receive Player’s Packet once teams are set)