

# Hermosa Volleyball



## 2014-2015

The Hermosa Matador volleyball program is committed to developing and promoting the sport of volleyball from the entry level student/athlete to the elite student/athlete. Our goal is to provide unparalleled instruction that insures the building of character, development of skills and sportsmanship, while providing a fun and nurturing environment for our student/athletes to reach their maximum playing potential. Our players will be challenged to excel on the court as well as in the classroom, not only individually but also for the betterment of their team and the community in which they live.

We teach them more than how to succeed in volleyball. We use volleyball to teach them how to succeed.

## **Welcome to Matador Volleyball**

The Matador Volleyball coaches are looking for dedicated student-athletes who take pride in their school and are willing to make a maximum effort in both the classroom and on the volleyball court. Wearing a Matador uniform is a privilege, one that carries both responsibilities and rewards.

## **Athletic Paperwork**

You can attend tryouts ONLY after completing all the paperwork required by the Farmington Municipal School District.

- You must visit your health care provider and have him/her complete the Farmington Municipal Schools **PHYSICAL EXAMINATION** form.
- A FHS Student/Athlete Contract
- A NMAA concussion form
- The Parent signature slip at the end of this document.

All your paperwork must be complete and returned to the volleyball coaches before participation will be allowed.

**All forms are available in the Hermosa Middle School office throughout the school year, and can also be found online on the Hermosa Athletic site.**

**<http://hermosa.fms.k12.nm.us/Athletics>**

## **Commitment to Volleyball**

- Like all worthwhile extra-curricular activities, sports require a substantial commitment. Volleyball – an ultimate TEAM sport – demands that diverse individuals work as one, in a fast-paced test of coordination, concentration and – above all – cooperation. Building a team requires a commitment of everyone's time.
- Our season is short...and focus during the brief period is incredibly important.
- As a member of the Matador Volleyball team, you are expected to:
  1. Attend every practice. Skills training, lesson plans and game preparations are all built one step on top of another. Coaches will not have the opportunity to help players "catch up." If you know you must miss a practice, you must call the coaches in advance. Phone numbers will be given out once teams are assigned. It will be your responsibility to make up the practice session that you missed.
  2. Attend school on match days
  3. Attend every match. On match days, Matador Volleyball athletes must attend each others matches as well as their own. The team not playing may be asked to help officiate the other match and/or record statistics and help during warm-ups and cleanup. **No one may leave a match early unless she receives permission from her coach; that permission is rarely given. And only given if prior arrangements have been made. DO NOT ASK TO LEAVE BETWEEN MATCHES OR GAMES UNLESS IT IS AN EXTREME EMERGENCY.**

## **School Work**

Your work ethic in the classroom is an indicator of how hard you will work on the volleyball court. Academic checks will be taken every Monday during the Volleyball season. **All players chosen for the team are expected to be in "Good Standing" in all classes!** Any player that does not meet the "Good Standing" requirement will do their homework instead of practice until they have the required standing. Since you chose not to do your classwork and you missed practice time, this means you will not play during matches until you get your standing up. It is very important that you maintain your academic status throughout the volleyball season. Remember you are a Student first and an Athlete second and if you don't maintain the academic portion of your life, you don't play volleyball, which means you are not just hurting yourself you are hurting the team.

**What you need to make the team.**

Varsity Team Goals							
Sit ups	Shuttle run	Pushups	Serving 12 att.	Volleying Hits on target in a row	Passing 10 attempts to target	Setting Right 10 attempts to target	Setting Left 10 attempts to target
40	10.2	20	10	10	9	9	9

  

JV Team Goals							
Sit ups 1 min	Shuttle run	Pushups 1 min	Serving 12 att.	Volleying Hits on target in 1 min	Passing 10 attempts to target	Setting Right 10 attempts to target	Setting Left 10 attempts to target
35	10.5	15	8	8	7	7	7

  

C Team Goals							
Sit ups 1 min	Shuttle run	Pushups 1 min	Serving 12 att.	Volleying Hits on target in 1 min	Passing 10 attempts to target	Setting Right 10 attempts to target	Setting Left 10 attempts to target
35	10.5	15	6	6	5	5	5

**Tryouts are a difficult time.**

One of the toughest jobs for any coach is the final decision about which players make the team, and those who do not. The Matador Volleyball coaching staff strives to make all decisions fairly, without bias, based on a numerical calculation of all evaluators throughout tryouts (**See Table Below**). As well as the requirements below the following will also be evaluated-Game play in offense and defense, attitude, communication with teammates, team work, work ethic, and coachability.

**Expect to work hard**

You will be asked to perform all physical testing and drills at full speed. You should run when shagging balls, when moving from drill to drill and when going to and from water breaks.

**How to impress the coaches**

1. Be among the first to arrive in the gym and among the first to help set up nets and equipment.
2. Be among the first to line up for drills.

3. Look the coach in the eye when she/he speaks to you or the team.
4. Be a champion ball shagger.
5. Be among the first to help take down the nets and put away the equipment.

#### **Options for players not selected**

During the tryout process, it is not unusual for some girls to decide they would rather not continue trying out. If you think you'd like to withdraw from consideration for a spot on the team, please talk with one of the coaches before leaving the gym.

If you are not selected this season, and would like to try out again in the future, there are other options available to you that may help you in the future.

1. **Be a team manager.** Volleyball managers have a chance to learn leadership and organizational skills and fill a valuable role on the team.
2. **Play another sport for the Matadors.**
3. **Try out for club volleyball.**

#### **What happens once you are selected**

There are only 30 ladies picked to be a Matador volleyball player. The team you are placed on is dependent on what skill set you have. **TEAMS ARE NOT PICKED BASED ON GRADE LEVEL! JUST BECAUSE YOU ARE A 8TH GRADER, IT DOESN'T GUARANTEE YOU A SPOT ON VARSITY OR JV!** Once you have been placed on a team, you will be given a position, it is your job to learn that position.

#### **Play time**

**COACHES, PRINCIPAL, AND VICE PRINCIPAL DO NOT DISCUSS PLAY TIME AT HERMOSA WITH PARENTS OR PLAYERS!** Play time during a game is not guaranteed, if you want play time make sure you are doing everything you can to help the team become better.

#### **Positions and team changes**

Position and team changes happen all the time in volleyball. The position you play and the team you play on are determined by a number of factors, some of those things include-

1. How well a player works and gets along with their team mates.
2. The skill you have as a player and what skills are needed to make up an effective team.
3. How hard you work at practice

If you are not in the position or on the team you desire, you need to communicate with the coaches and try to come up with a plan to help you get into the place you want to be. We will work with you! The thing to remember is that the volleyball season is short, and the coaches don't always have the luxury to wait on a player to get the required skill to be in the position they desire. Be patient, do the job we ask you to do, and then work on the job you want, good things will come!

# Parent and Student Signature Page

Student Name \_\_\_\_\_

**Please initial by each statement**

Student Initial

Parent Initial

**I have read the Hermosa Volleyball packet.**

**I understand that Matador Volleyball players must be at least “Good Standing” or better in all classes in order to participate in games.**

**I understand that Hermosa coaches, Principal, and Vice-Principal do not discuss play time with Parent’s and/or Students.**

**I understand that 8th graders are not guaranteed a position on the Varsity team and/or Junior Varsity team. That they can be placed on any team.**

**I understand that volleyball is a commitment and I will make every effort to make every practice and every game.**

**I understand that I must stay for all games, no matter what team I play on, unless a prior arrangement has been made.**

**I understand that I cannot ask to leave during a game or match unless it is an extreme emergency.**

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

Student Signature \_\_\_\_\_ Date \_\_\_\_\_