

KNOX VOLLEYBALL TRYOUTS

You must have a physical dated after April 15th 2019 to enter the gym.

Tryout Dates:

- August 15th-16th and 19th-20th.
- We do **not** have make-up days for volleyball tryouts. Athletes must attend every day of tryouts, unless they are not requested back.

7th grade

- Student drop off time: 6:45 AM.
- Student check-in time: 7:00 AM.
- Tryouts start promptly at 7:15 AM, meaning the athletes should be dressed and ready to warm-up at that time.
- Girls not in the Girl's Athletics class, will be dismissed from tryouts at 8:30 so that they can change and attend their 1st period class as normal.

8th grade

- Athletes not in the Girl's Athletics class, should report to the locker room immediately after the 4 PM bell rings, change into their uniform and then enter the gym for check-in.
- Student pick up time is at 5:15 PM.

Common Questions

Q: What should I do if I *am not* in the 7th or 8th grade Girls' Athletics class and want to play volleyball?

- For volleyball tryouts, you must attend the before school portion of tryouts (7th graders) or after school portion of tryouts (8th graders). If you make the team, the coaching staff will request to move you to the Girls' Athletics class.

Q. What should I wear to tryouts?

- Solid color athletic t-shirt (no writing unless it is a CISD school/spirit shirt)
- Finger-tip length gym shorts (NO Spandex or Nike Shorts)
- Tennis shoes (not converse, vans, or any other flat shoe with laces)
- Knee pads, if you have them.
- Hair pulled back
- JEWELRY OFF

Q. How do you pick who makes the team?

- Each person will be scored individually on various volleyball skills. The skills are listed below:
 - Passing
 - Setting
 - Overhand Serving
 - Coachability (athlete responds to criticism and feedback in a positive manner)
 - Speed and Agility
 - Volleyball drills/Scrimmaging: Coaches observe each individual on skill performance during volleyball drills and a volleyball game.

Other Tryout Information

- We will have a 1st cut on Friday after tryouts and a 2nd cut on Tuesday.
- Athletes will check the Knox home webpage for a post “Volleyball Tryouts”, around 7:30PM for the first round of cuts.
- Athletes will be assigned a number for tryouts. If your athlete is being requested back for an additional day of tryouts, then their number will be posted.
- If you do not see your athlete’s number, they will attend school as normal.
- We will have two teams per grade level.
- **7th grade:** every morning, arrive at 7:15 AM; practice continues until the end of 1st period
- **8th grade:** every day, begins in 7th period; practice continues until 5:15 PM
- Volleyball games on Thursdays
 - District games: B teams play at 5PM & A teams play at 6PM
 - Non-District games: B teams play at 5:30PM & A teams play at 6:30PM
- 2 Volleyball tournaments per team, dates TBD.

Athletes that make the Knox Volleyball team must attend the mandatory Parent Meeting at Knox on August 22nd at 6:30PM in GYM A.