

TRYOUTS:

We will begin tryouts on **Monday August 21st, 9:00-11:00** and the team will be set after three days of tryouts, Wednesday, August 23rd. We will begin regular practice the next day as our first match is usually the first or second week of school. For tryouts you **MUST** have a current physical form on file in the office, **no physical no tryout**

What you need for tryouts:

- Physical card on file
- PE cloths
- Gym shoes
- Water bottle
- Knee pads if you have them
- A **POSITIVE** attitude!

TEAM EXPECTATIONS:

Be on time and involved in all tryouts and practices. Once the team is set we will have practice 8/24, 8/25 and 8/28-8/31, 9:00-11:00, we will not practice 9/1 or 9/4. Once school starts we will have practice every day after school that we do not have a match. Practice will run from 2:45-5:00. We will compete in 1, possibly 2 Saturday tournaments during the season.

If you are part of a club or travel team in another sport, or some other fall activity, I expect that the school team comes first. If there is a practice or match conflict you will be expected to be at the middle school match. Also, as a team we will attend one varsity match as a way for us to build team unity and see the level you can be expected to play at if you're planning to continue your career into high school.

Please do not put yourself into a situation where you have to choose between which event you want to do on a particular day, as this usually causes both events to suffer. I truly believe there is so much you can learn about yourself and life by participating in a sport, but to get the most out of it you need to be willing to commit to it fully while in season. If there is something on here that you are concerned about please feel free to contact me before tryouts in the fall. Hope to see you all in August.

Ways to stay informed about the season or to contact me:

- 748-4777 X-2042
- pvankamp@zps.org
- <https://sites.google.com/a/zps.org/cityside-6th-grade-brown-team-site/home/mr-vankampen---social-studies/cityside-8th-grade-volleyball>
- "cms_7thgrade_volleball" on Instagram

Thank you for considering being part of the 2017 Cityside 7th Grade Volleyball team,
Mr. Van Kampen

WHAT TO DO THIS SUMMER TO HELP PREPARE FOR TRYOUTS?

- Sign up and attend the Zeeland East Volleyball Camp – register at Zeeland Rec.
 - Cost: \$55
 - Dates: June 19-22 (Mon-Thurs)
 - Time: 8:30am - 10:00am
 - Location: Zeeland East Main Gym
- Play as much volleyball as you can: at the beach, in your yard, by yourself, at a camp (many local colleges run camps in the summer), with a friend...
- Find a friend to work on various skills (I know this is old to most of you, but new to others)
 - Underhand passing (bumping): thumbs side-by-side and pointed to the floor, make a fist with one hand and wrap the other loosely around it, elbows locked, contact the ball just above your wrists, feet wider than your shoulders, knees bent so you can be low to the ground, not much arm swing
 - Overhead passing (setting): make a diamond with your fingers, contact the ball with all of your fingers just above your forehead, extend your elbows while passing, feet about shoulder width with your right foot slightly forward, knees bent, legs and arms extend together
 - Serving: (we will be serving **only** overhand next year) hold the ball in your non-dominant hand, toss the ball just above your head, step with your non-dominant leg and swing at the ball at the same time, contact the ball with an open hand (no fists)
 - Serve over a truck or a tree in your yard or up on your roof
 - Play catch with a football to increase your arm strength, practice the proper arm motion, and transferring your weight from your back foot to your front foot.
 - Hitting: work on the approach footwork
 - Righties: start with your right foot forward, then take the following steps – left-right-left, jump off both feet and land on both feet
 - Lefties: start with your left foot forward, then take the following steps – right-left-right, jump off both feet and land on both feet
- YouTube has many videos that show skills and drills, check them out, and then try them out.