

2020 Brookwood Volleyball Tryouts

We are currently working with the school and state guidelines to ensure we provide safe measures for practices, tryouts, and a successful volleyball season. We hope to have some practices and tryouts after July 7th – TBD. Please keep checking our website and social media for dates. We will share as soon as we have that information. In the meantime, here are some things that need to be done so we can have a smooth transition into practices and tryouts.

SIGN UP FOR TRYOUTS

Please follow the link provided on our website homepage at www.brookwoodvolleyball.com to sign up for tryouts. It's important to fill this out so we can have record of who is trying out and accurate contact information. This is how we communicate with our families as we go forward, typically via e-mail.

FOR ALL RETURNING PLAYERS WHO WISH TO TRYOUT

Please start now and update your www.dragonflymax.com account so we have all the proper paperwork. This should be done through the parent's account, not the athlete's account. **No player will be able to practice and tryout without updating your Dragonfly account, just like last year.** All areas of need should be GREEN instead of RED. Any item in RED for the 2020 season needs to be updated. Please start taking care of this now. You will also need a new physical done for 2020, regardless if Dragonfly is showing current. Please remember to get a physical done.

FOR RISING 9TH GRADERS AND ANY PLAYER NEW TO BROOKWOOD WHO WISH TO TRYOUT

You will need to set up a Dragonfly Max account. Please go to www.dragonflymax.com and set up a PARENT account first. School - BROOKWOOD HIGH SCHOOL. School Code – 3S2LG5 **Please do not set up an athlete account for your player before you set up the parent account.** After the parent account is set up, then set up an account for your player. After setting up an account, please make sure to get a physical done and all the other paperwork is in order on Dragonfly. **No player will be able to practice and tryout without your new Dragonfly account accurate with all the information we need.**

FOR ALL PLAYERS

Let's get ready to play volleyball! We want you to start conditioning now to get ready for practices and tryouts. The best way to get ready is to play volleyball! Here are some suggestions:

- Go to a local volleyball club to get some trainings and play some volleyball. We have a list on our website if you need help finding a local club to fit your needs.
- Grab some friends or family and play at a park, backyard, etc.
- Pepper with friends
- Consider a conditioning routine for 30-60 min a day so you can get your heartrate up and sweat. Sweat is good!
- If you are not feeling well or are currently injured, REST. Rest is best.

FOR PARENTS

Keep checking our website and Facebook page for more information, as we head into Phase 2 of opening our schools and playing sports. We know this can be an uncertain time and you may have questions. Please feel free to contact us at brookwoodvolleyballcoaches@gmail.com or contact Adrienne at arbievenue@gmail.com, and we will be happy to help you as best we can. When we have dates for parent meetings, we will also let you know.