

South Burlington High School Girls Volleyball Tryout Evaluation Form

Fall 2021

Name: _____

Bib #: _____ Age: _____ Grade: _____

Birthdate: ____/____/____

e-mail: _____

Dominate Hand (Circle one):

Phone #: _____

Right Handed

Left Handed

Position (Circle one):

Setter Hitter (type: OH, RS, MB) DS/Libero Unsure

Level, what were last year (Circle one):

New to Volleyball

JVB

JVA

Varsity

Photo taken at Try outs

At the end of volleyball try outs, cuts are possible at every level (Varsity, JVA, JVB). Each girl will be assigned a number (Bib) during tryouts that they will be **responsible for bringing and wearing to all try outs**. The last day of try outs players will receive a letter notifying if they have made the SB girls volleyball team. After the Varsity specific try out, what team was made will be posted. The coaches are not to be approached during or after practice or games concerning tryouts or amount of playing time during games. If you would like to speak with a coach or athletic director, please do so by email. It is encouraged to wait 24 hours after tryouts before sending an e-mail. **Please note that there will be no seniors on JV teams, all seniors are trying out for Varsity positions.**

*Players unable to attend any session must e-mail coach Michelle (medipinto@yahoo.com) at least 1 week in advance noting what session(s) will be missed. This impacts the amount of time player can show skill and may impact team placement.

Athlete Signature: _____

Date: _____

Bring this the first day of tryouts. You will be evaluated on the skills below.

Do not write below this line

Skill	Rating Scale 5 is highest	Cue Check if skills need to be improved, developed, or managed
Serve	1 2 3 4 5	(-) Movement quarterback arm big Hand toss contact issue (+) Elbow high Follow through Step forward toss consistent
Pass	1 2 3 4 5	(-) arms come together arms together when moving freeze swinging (+) communicate target hip turn platform out wide base
Set	1 2 3 4 5	(-) jump to target same level feet receive too low hand position (+) under ball extension communication square up hands high
Attack/Hit	1 2 3 4 5	(-) timing landing jump off 1 foot not full approach (+) ready snap to target timing bow and arrow left-right-left
Block	1 2 3 4 5	(-) legs fixed crossover not getting all the way timing legs fixed (+) penetration hands high front of hitter shuffle closing the block
Dig	1 2 3 4 5	(-) praying over/under running location on court falling on knees (+) low posture pursue ball floor skills communicate platform
Movement/Footwork	1 2 3 4 5	(-) slides lateral forward/back crossover transition approach (+) slides lateral forward/back crossover transition approach
Attitude	1 2 3 4 5	(-) distracting unfocused not hustling gets upset/frustrated easily (+) Always ready Intensity High Energy Confident Positive Supportive
Leadership	1 2 3 4 5	(-) only hanging out with returners cliky (+) Acknowledge others bring team together helps others pairs with new
Following Directions	1 2 3 4 5	(-) easily distracted does not do what is asked not help with set up/down (+) eye contact ready knowledge focus understand asks questions
Coachable	1 2 3 4 5	Needs work good great outstanding Looks for feedback acknowledges how to improve Problem solver
Shagging/Net	1 2 3 4 5	Not responsible Good Great Team Player

Other Notes: