

FWHS Boys Volleyball Tryout Information

**THE ONLINE REGISTRATION MUST BE
COMPLETED BEFORE TRYING OUT. PLEASE
CONTACT COACH NARWOLD WITH ANY
QUESTIONS**

Tryout Dates and Times

- Saturday August 23rd
 - 9am – 11am, All freshmen and returning varsity
 - 12pm- 2pm, All sophomores, juniors, and seniors trying out
 - 3pm - 5pm, seniors, juniors, sophomores, and invited freshmen
- Friday August 24th:
 - 9am – 11am, All freshmen and returning varsity
 - 12pm- 2pm, All sophomores, juniors, and seniors trying out
 - 3pm - 5pm, ALL PLAYERS TRYING OUT (Seniors, Juniors, Sophomores, and all Freshmen)
 - **After 2pm, Varsity and Junior Varsity Team Selections**
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What to Wear/Bring

- Wear comfortable clothes: t-shirt, shorts, socks and court shoes.
- Kneepads are not required for tryouts
- Ankle support is recommended for those who make the team, but are not required for tryouts.
- YOU MUST BRING A WATER BOTTLE

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Tryout Criteria and Expectations The coaching staff will be looking for student athletes that are COACHABLE ATHLETES: Boys who have a great work ethic, love to compete, and want to learn to become better players and teammates. Prior volleyball experience or skill helps, but is not required. Prospective student-athletes will be tested and evaluated for their overall athletic ability and level of volleyball skill. Coaches will apply the following criteria (in this order):

- **ATTITUDE/COACHABILITY:** Players who are positive, competitive and eager to learn. Big bonus points are awarded to those who demonstrate strong leadership skills, and to those who are willing to take risks and are unafraid to learn from mistakes.
- **ATHLETIC ABILITY:** Players with the ability to learn and perform complex skills. Volleyball puts a premium on explosiveness and rewards those who are unafraid to attack the ball.

- POSITION: Players whose skills fit a specific need for the team's overall balance
- Fairfield Warde Boys Volleyball Program has 3 expectations of tryouts each year:**
1. 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.
 2. Expect to improve your volleyball skills. The coaches at FWHS are extremely passionate about the sport of volleyball and will not only evaluate student athletes skill level but also increase their volleyball knowledge and ability. Even if you are not selected to the team, you will become a better volleyball player by the end of the tryout session.
 3. Expect to have fun. We suggest you stay loose, make new friends, and decide that you will have a good time no matter what the end result.

Ways to Impress the Coach/Stick Out at Tryouts Fairfield Warde Volleyball averages anywhere between 70-90 student athletes tryout every fall. We unfortunately have to make cuts before finalizing our team. Below are a few suggestions on how to stick out to the coaches during tryouts.

- Be among the first to arrive in the gym.
- Be among the first to line up for drills.
- Look the coach in the eye when he/she speaks to you or to the team.
- Remain focused on volleyball all the way through practice.
- Be loud on the court.
- Be aggressive; don't be afraid.
- Immediately put to use coaches input and suggestions.
- Be among the first to help take down the nets and put away equipment.
- Remain positive, never drop your head, and show enthusiasm.

Options for those not selected The tryout process can be a difficult one, not only for the student athletes but for the coaching staff. The coaches in the program at FWHS spend a lot of time reviewing and evaluating each Boy on his individual skill. We use evaluation sheets as a tool to accomplish this. The Fairfield Warde Boys Volleyball coaching staff makes every effort to make all decisions fairly, without bias. During the tryout process, it is not unusual for some Boys 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 it over first with one of the coaches; it is possible you may be underestimating your chances. If you are not selected this season, and would like to try out again in the future, these are other options available to you that may help you in the future.

- Become a team manager. Volleyball managers have a chance to learn leadership and organizational skills and fill a valuable role on the team. They also practice with the team which helps create a vital bond to the team members.
- Try out for club volleyball. Hundreds of Boys in the region play in tournaments around the east coast; tryouts are held just before Thanksgiving.
- Attend open gyms and/or volleyball camps. This is an active recreational volleyball community year-round in Connecticut. Many universities in the area offer volleyball camps during July and August.
- Play another sport for the Mustangs!

