

ALLEN VOLLEYBALL

JUNIOR HIGH TRYOUTS

After this initial meeting (which usually takes place in the Spring), more tryout information will be posted on the Volleyball Program Website @ www.alleneaglesvolleyball.com

Further information will include: specific dates, times

Here's what I can tell you today:

- JH tryouts will take place over the duration of the first three days of school:
 - August 11th August 12th August 13th
- Tryouts will take place at athlete's Junior High School Gym(s)
- HS Coaches will be involved in the tryout process/evaluation when available.
 - High School coaches are: Poole, Staples, Crank, Whitcomb, Cearley
- What to wear: athletic clothing → spandex or shorts, T-shirt, athletic shoes (volleyball-specific shoes, kneepads are suggested but optional)

Schedule

Wednesday, August 11th

7th grade (AM Athletic Period) – Turn in physical form; coaches will make sure all paperwork/Rank One Forms (can be found online through the Allen Athletic Website – Parent Portal) have been submitted; IMPACT training.

7th grade after school → tryout/evaluation period (TIME TBD and posted at a later date...expect times to be approximately 3:45-5:45)

8th grade (PM Athletic Period) – Turn in physical form; coaches will make sure all paperwork/Rank One Forms (can be found online through the Allen Athletic Website – Parent Portal) have been submitted; IMPACT training.

8th grade evening → tryout/evaluation period (TIME TBD and posted at a later date...expect times to be approximately 5:45-7:45pm)

Thursday, August 12th

7th grade → tryout/evaluation before school into athletic period (TIME TBD and posted at a later date...expect times to be approximately 6:30am-9:00am)

8th grade → tryout/evaluation during athletic period into evening (TIME TBD and posted at a later date...expect times to be approximately 2:00-5:00pm)

Friday, August 13th

7th grade (AM Athletic Period) → physical/strength testing

Timed sprints (5x5), agility (shuttle run, cone drills, change of direction) push-ups, vertical jump testing

7th grade after school → tryout/evaluation period (TIME TBD and posted at a later date...expect times to be approximately 3:45-5:45)

8th grade (PM Athletic Period) → physical/strength testing

Timed sprints (5x5), agility (shuttle run, cone drills, change of direction) push-ups, vertical jump testing

8th grade evening → tryout/evaluation period (TIME TBD and posted at a later date...expect times to be approximately 5:45-7:45pm)

*** 7th and 8th grade teams should be posted/announced/players notified by 9:00pm Friday evening (format for posting/announcing TBD)*

7th Grade = 30 players selected

8th Grade = 30 players selected

For those who make a grade-level team, further evaluations will determine team selection/placement (A,B,C)

Dates/Times TBD, but expect these dates and times to be Monday, August 16th and Tuesday August 17th.

7th grade (AM) – prior to and during the athletic period

8th grade (PM) – athletic period into evening

Upon making a team, athletes will be required to purchase:

Game Day Cover Up, Spandex Shorts

Optional Purchases Include:

Volleyball Shoes

Kneepads

**** these items will be ordered through an athletic supplier (i.e Team Leader, Athletic Supply, etc.)**

MORE INFO TO COME on purchasing these items

Important Websites:

Volleyball Program: www.alleneaglesvolleyball.com

Online Forms (must be completed by August 11th AM) <http://allenisd.rankonesport.com> (no WWW)

- Student ID number is required to complete the online forms
- All paperwork must be completed AND submitted BEFORE participating in any try-out, athletic class, before, during and/or after school practice, competition or travel.
- Per Allen ISD policy all students participating in a UIL sanctioned sport are required to have an annual Pre-Participation Physical Exam. Physical Exams must be administered and dated no earlier than May 1st of the calendar year that fall sports begin.
- The Pre-Participation physical exam form can be downloaded from: <http://allenisd.rankonesport.com>, the UIL website, or the Allen ISD Athletic Website
 - ** only UIL PPE Forms will be accepted
 - ** The UIL PPE Form must be submitted (hard copy) to your coach

FORMS CHECKLIST

- UIL Acknowledgement of Rules
- UIL Steroid Agreement/Acknowledgement Form
- UIL Concussion Acknowledgement Form
- UIL Sudden Cardiac Arrest Awareness Form
- UIL Medical History
- UIL Pre-Participation Physical Exam Form (must be submitted to your Coach)
- AISD Emergency Information Form
- AISD Athletic Packet Information

CONTACT INFORMATION:

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