

# VOLLEYBALL TRYOUTS

Dear Parents,

The 2020 Allen Volleyball Season is quickly approaching. If your daughter is interested in trying out for a middle school, freshman or high school volleyball team, you will need to attend a mandatory Parent/Tryout Meeting through Zoom (please register to attend at [www.alleneaglesvolleyball.com](http://www.alleneaglesvolleyball.com)).

**May 7<sup>th</sup> at 6:30 pm (entering 7<sup>th</sup> -12<sup>th</sup>)**

In this meeting, we will be discussing tryout schedules, physical forms, tournament information, summer activities and our volleyball program expectations.

**\*\*\*\* An Athlete Information Sheet must be filled out online at \*\*\*\*  
[www.alleneaglesvolleyball.com](http://www.alleneaglesvolleyball.com) by Friday, May 31st .  
(click on “Tryouts” and “Athlete Information”)**

If you have any questions or concerns, please feel free to contact me. We are looking forward to the 2020 Allen Volleyball Season!

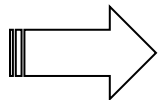
Coach G

## **Contact Information:**

Email: [Kelley.Gregoriew@allenisd.org](mailto:Kelley.Gregoriew@allenisd.org)

Cell: 972-989-5758 (Text / Call)

# 2020 Pre-Tryout Volleyball Checklist:



[www.alleneaglesvolleyball.com/tryouts](http://www.alleneaglesvolleyball.com/tryouts)

## Tryout Forms & Packets:

- \_\_\_\_\_ Complete “Volunteer Background Check” \*\* AFTER JULY 1<sup>st</sup> \*\*
- \_\_\_\_\_ Complete “Player Information Form” (By MAY 31<sup>st</sup>)
- \_\_\_\_\_ Complete “Online Athletic Packet / Rank One” (12 forms)  
\* UIL Acknowledgement of Rules, UIL Steroid, UIL Concussion, UIL Cardiac Awareness, UIL Medical History, AISD Emergency Info, AISD Athletic Info, AISD Tutorial Info, AISD Athletic Commitment, Social Media Contract, Tournament Commitment Contract (HS Only), Tutorial Consequences (HS Only), Requirements for Varsity Letter (HS Only), Junior on JV (HS Only)  
*NOTE: Complete forms once forms are posted with dates for upcoming new school year. Rising 7<sup>th</sup> graders will have accounts starting AUGUST 1<sup>st</sup>.*
- \_\_\_\_\_ Print & complete the “UIL Pre-Participation Physical Exam (PPE) Form”  
Physicals Need to be completed (After MAY 1<sup>st</sup>) and turned in on the first day of tryouts.
- \_\_\_\_\_ Make a personal copy of completed “Pre-Participation Physical Exam (PPE) Form”
- \_\_\_\_\_ Print & complete the “Previous Athletic Participation” Form  
\* only if moving in from outside of AISD
- \_\_\_\_\_ Download Rank One App from App Store  
\* used for daily Player health screening
- \_\_\_\_\_ Face Masks Required  
\* athletes required to wear face mask at tryouts; upon conclusion of tryouts, all AHS players must purchase Allen Eagle face mask (see [www.alleneaglesvolleyball.com](http://www.alleneaglesvolleyball.com))
- \_\_\_\_\_ Read appropriate tryout packet / schedule
  - \_\_\_\_\_ See “Pre-Tryout Letter”
  - \_\_\_\_\_ See Team “Tryout Schedule & Important Dates”
  - \_\_\_\_\_ Look over projected “Cost List” & Required Items

## Summer Camps & Workout Programs:

- \_\_\_\_\_ Print and review 800 Shuttle and (1x5)x5 Shuttle Training formats
- \_\_\_\_\_ Sign up for Performance Course Summer Workout Program  
Registration go to [www.performancecourse.com](http://www.performancecourse.com)  
\*\*Females 6-12<sup>th</sup> grade: 8:30-9:30am Mon-Fri @Lowery FC June 1<sup>st</sup> - July 31<sup>st</sup> (No PC July 3 – July 10)

See [www.alleneaglesvolleyball.com](http://www.alleneaglesvolleyball.com) for additional information

# CURTIS MS

Dear Parent/Guardian

I would like to take this opportunity to introduce myself. My name is Kelley Gregoriew, and I am the Varsity Volleyball Coach - most know me as Coach G. I will be going into my 28<sup>th</sup> season here at Allen, and I wanted to thank you ahead of time for encouraging these young ladies to get involved in athletics.

Entering into a competitive athletic program can be rewarding for both the athlete and their parent/guardian. It can also be a confusing time with tryouts and the hectic schedule ahead. As the Varsity coach, I feel it is important that I oversee all levels of the Allen Volleyball Program. Therefore, the high school coaching staff and I will participate and give input in all team selections during tryouts.

Below you will find the schedule of events for the week of September 2<sup>nd</sup> – 9<sup>th</sup>. For more information on the Allen Volleyball Program please visit our website at [www.alleneaglesvolleyball.com](http://www.alleneaglesvolleyball.com).

## **VOLLEYBALL TRYOUTS:**

**VB Tryout/Practice Attire: Athletic Clothes (purchase through school), athletic shoes, pony tail, and no jewelry**

DAY	DATE	GRADE	TIME	ACTIVITY
Wednesday	Sept. 2 <sup>nd</sup>	7 <sup>th</sup> & 8 <sup>th</sup>	During Athletics	Turn in Physical Form
	Sept. 2 <sup>nd</sup>	7 <sup>th</sup> only	3:45pm -5:45pm	Tryouts @ Curtis Gym
	Sept. 2 <sup>nd</sup>	8 <sup>th</sup> only	5:45pm -7:45pm	Tryouts @ Curtis Gym
Thursday	Sept. 3 <sup>rd</sup>	7 <sup>th</sup> & 8 <sup>th</sup>	During Athletics	Run – (1x5) x 5 / Tryouts in gym
	Sept. 3 <sup>rd</sup>	8 <sup>th</sup> only	3:45pm -5:45pm	Tryouts @ Curtis Gym
	Sept. 3 <sup>rd</sup>	7 <sup>th</sup> only	5:45pm -7:45pm	Tryouts @ Curtis Gym
Friday	Sept. 4 <sup>th</sup>	7 <sup>th</sup> only	Athletic Period	Tryouts @ curtis Gym
	Sept. 4 <sup>th</sup>	7 <sup>th</sup> only	3:45pm -5:45pm	Tryouts (first cut) @ CMS
	Sept. 4 <sup>th</sup>	8 <sup>th</sup> only	5:45pm -7:45pm	Tryouts (first cut) @ CMS
Monday	Sept. 7 <sup>th</sup>	7 <sup>th</sup> & 8 <sup>th</sup>	Holiday	No Tryouts
Tuesday	Sept. 8 <sup>th</sup>	7 <sup>th</sup> only	6:30am – Athletic Period	Tryouts @ Curtis Gym
	Sept. 8 <sup>th</sup>	8 <sup>th</sup> only	Athletic Period – 4:30pm	Tryouts @ Curtis Gym
Wednesday	Sept. 9 <sup>th</sup>	7 <sup>th</sup> only	7:00am - Athletic Period	Tryouts @ Curtis Gym
	Sept. 9 <sup>th</sup>	8 <sup>th</sup> only	Athletic Period – 4:30pm	Tryouts / Team Selection @ CMS
	Sept. 9 <sup>th</sup>	7 <sup>th</sup> only	3:30 pm	Team Selection @ Curtis Gym

\*\* 1 x 5 Run x 5 – athletes goal is to have a time of 45 seconds or less on each one.

**Thank you,  
Coach G (Allen Varsity Volleyball)**

**We would like to thank you for taking part in our process of completing athletic participation paperwork online. This automated process will allow us to be more efficient in handling the forms as well as saving valuable resources.**

- To access the online forms hold your cursor over the Tryouts tab, and select **[“Online Athletic Packet / Rank One”](#)**.
- Click on the form name and fill out the information requested. **You must have your student’s ID number available, as it is required on each form. DO NOT USE ATHLETE NICKNAMES ON FORMS. FULL LEGAL NAME ONLY.**
- To sign the document, click inside the signature box and hold your mouse over the box. This will allow you to create an “Electronic Signature.” If you make a mistake and need to start over, click the refresh icon next to the signature box.
- Once you have filled out all the information on each page, including your email, you will have the opportunity to print the document for your records.
- You will receive a confirmation email for each document once the document has been completed.

**PLEASE ENSURE YOU SELECT THE CORRECT SCHOOL FOR YOUR ATHLETE FOR THE UPCOMING SCHOOL YEAR.**

- Note for physicals: All physicals should be completed on the current up-to-date UIL Pre-participation Medical History and Physical Form after May 1<sup>st</sup>. Print the two-page form. Have your doctor complete page 2 at the time of the physical exam. See new Medical History form in Rank One portal. **Allen ISD requires a physical annually.**

[https://www.uiltexas.org/files/athletics/forms/PrePhysFormRvvd1\\_10\\_20.pdf](https://www.uiltexas.org/files/athletics/forms/PrePhysFormRvvd1_10_20.pdf)

All high school and middle school athletes must turn in their physical forms to the coach of your daughter’s sport at their campus. Physicals must be on file for athletes to participate in a practice session for all 7-12 grade students.

**For question please contact the Allen ISD Athletic Trainers:**

<b>Mike Harrison</b>	<b>Mary Miller</b>	<b>Chay Nersesian</b>	<b>Chris Brock</b>
<b>214 448-5351</b>	<b>214 418-7204</b>	<b>214 250-6166</b>	<b>903 327-3195</b>

# SPORTS PHYSICALS

## Special Promotional Price!



\*Offer Ends August 31<sup>st</sup>

**\$15\***

\*Regularly \$35

### Needed For:

- . Summer Camps
- . Sports Leagues
- . Public and Private School Sports

Hours of Operation  
3:00-9:00pm

919 Medical Drive  
Allen, TX 75013

**No Appointments Needed!**  
**Walk-Ins Welcome!**

\*Not Valid for Patients with Medicaid or CHIPS Plans



**URGENT CARE**  
**FOR KIDS**



When it comes to **sports physicals**, we don't play around!

### No appointment necessary!

Summer camps and sport leagues are just around the corner. We've got your kids' physicals covered at an even lower price!

**ONLY \$20\***

### Open every day

Mon-Fri: 8am-9pm  
Sat: 8am-8pm | Sun: 8am-5pm

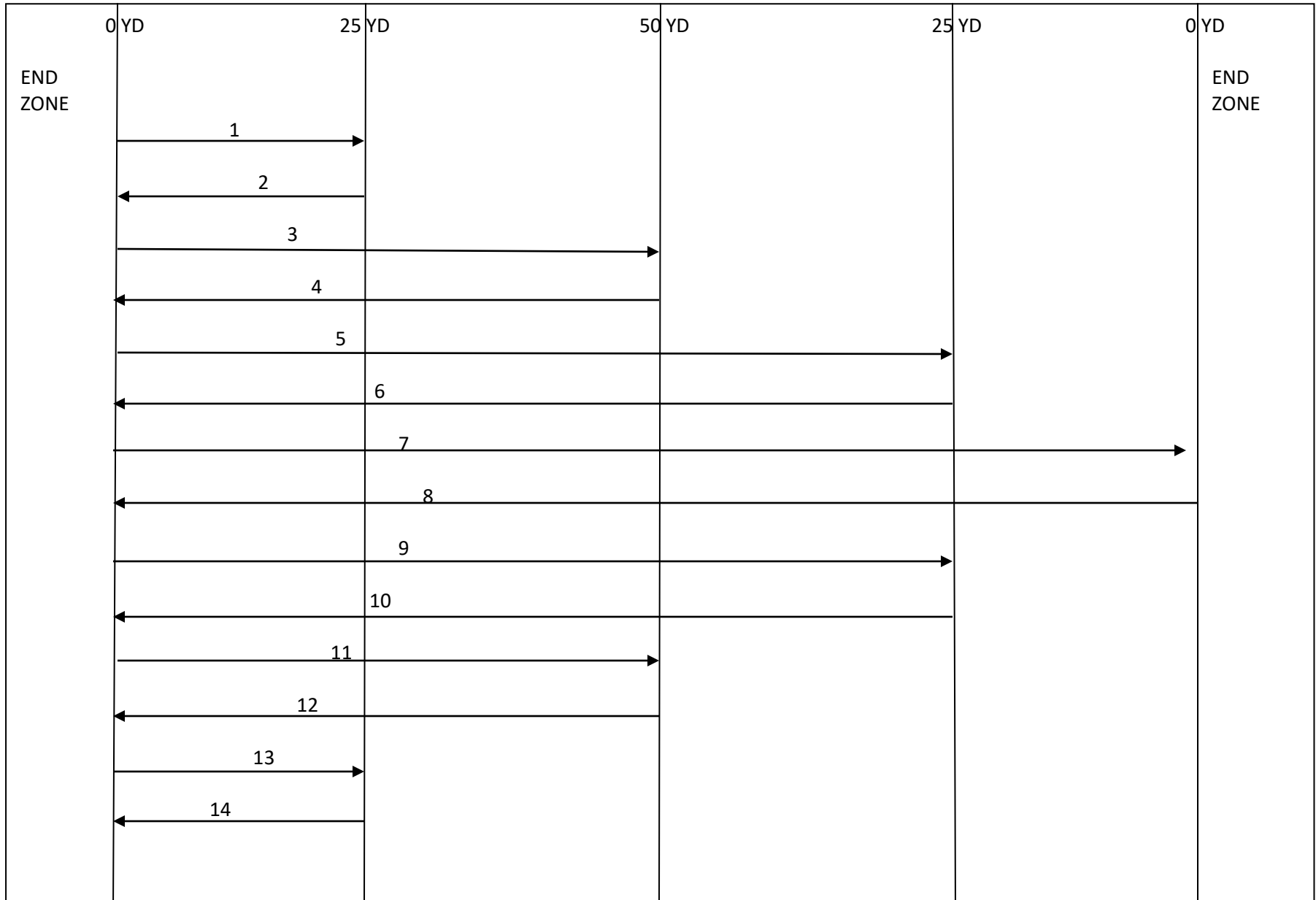
### 30 Locations in DFW

Find your closest location at [CareNow.com](http://CareNow.com)

\*Price valid April 13 through July 31, 2018



# 800 yard shuttle



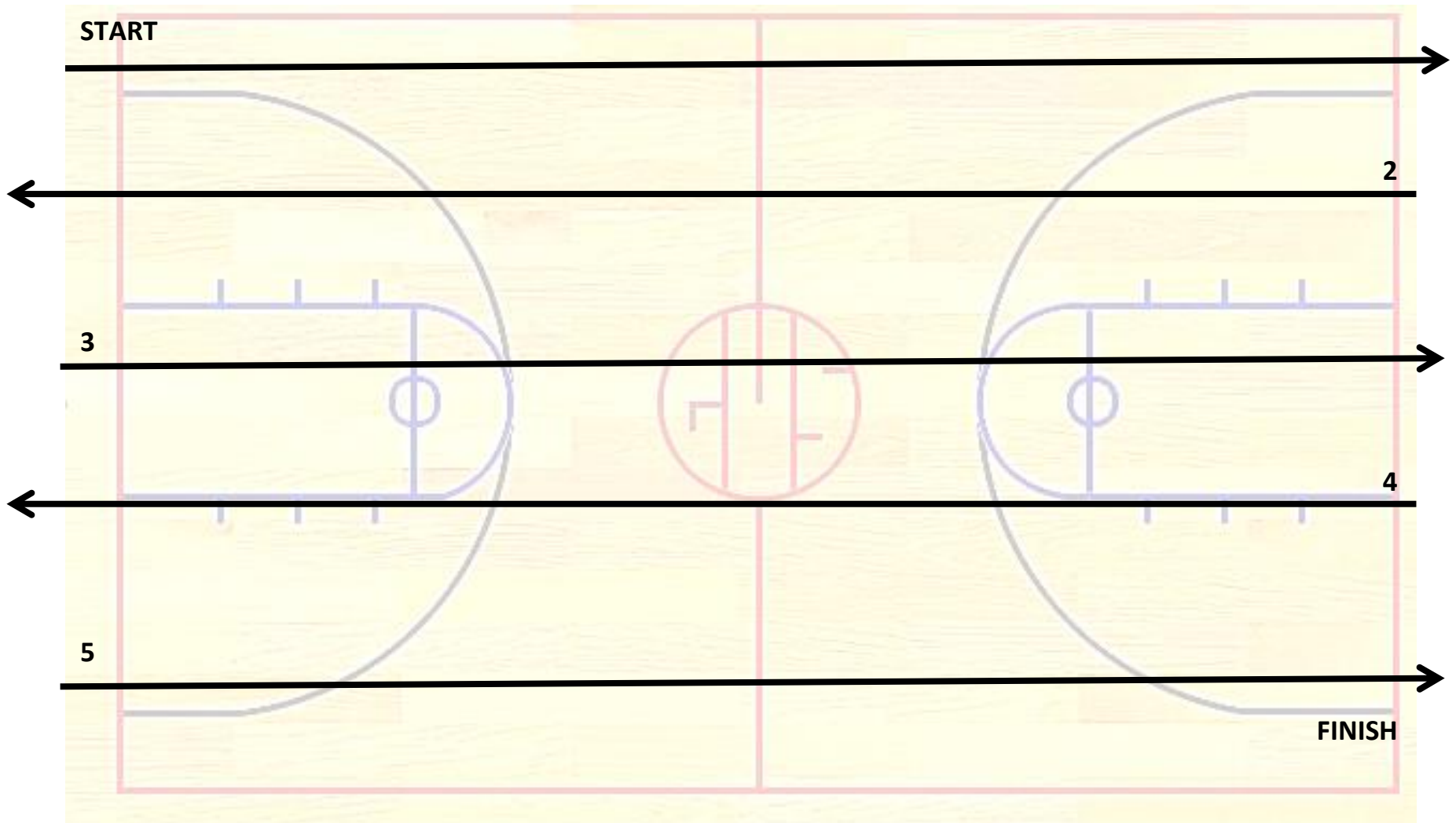
The athlete must run the 800 yd shuttle once within the following times:

Varsity Team– 3:30min

JV Team– 3:45min

9A/9B Team – 4:00min

# 1 X 5 Run (Complete 5 X's)



1X5 times: Varsity = 2:45 min    JV = 3:00 min    9A/9B = 3:15 min

Middle School: Each 1X5 needs to be 45 seconds or less