

Lake Forest High School
Boy's Volleyball Pre-Tryout Informational Meeting
November 30, 2011

Tryout Times

- Tryouts will be held from March 5-6, and all perspective players need to be in attendance at all tryout dates.
 - Freshmen/JV Tryout Times: 3:30-5:30-Competition Gym
 - Varsity Tryout Times: 5:30- 7:30- Competition Gym
 - Times and Gym will be subject to changes.

Important Items

- The LFHS Athletic Office must have all up-to-date paperwork turned in before you will be allowed to tryout.
- All athletes need to be eligible to participate.
- Parents are not allowed to observe tryouts

Tryout Evaluation Process

- All participants should be prompt and in proper attire.
- Evaluators will be looking for **COACHABLE** athletes who have a great work ethic and strive to be a better player and teammate.
- Evaluators will be looking for players that demonstrate athleticism and the ability to perform volleyball skills at a competitive and high level.
- Evaluators will be looking for players whose skills fit specific needs for the team's overall balance.
- All participants will be asked to perform agility skills and drills to show the players ability to pass, serve, attack, block and movement on the floor.

Tryout Expectations

- Evaluators are looking for athletes that assist in the set up and take down of equipment. The simple things make a difference. This tells a lot about an individual
- Everyone shags the volleyballs.
- All athletes are expected to hustle when shagging balls, moving from drill to drill, and water breaks.
- All participants should display a positive attitude, work hard, and learn from mistakes.
- All participants should demonstrate some basic knowledge about volleyball and show the ability to learn new skills.

Good Luck,
Coach Day



Lake Forest High School Boys' Volleyball Meeting
When: November 30, 2011 Time: 3:30 p.m. Where: Room 71

Head Coach: Marla Day Email: mday@kUSD.edu

Assistant Varsity Coach Kim Jones Email: kjones@lfschools.net

Head Junior Varsity Coach Colin Kiely kielycolin@gmail.com

Freshmen A Coach Jim Matheson jmatheson@lfschools.net

Freshmen B Coach David Gray dgray@lfschools.net

I. Preseason Paperwork

- A. All forms and fees will need to be handled through Athletic Office.

II. Pre-Season Open Gym

A. Dates

1. Open Gyms will start in January after finals. Check the Lake Forest Website for confirmed dates.
2. It is important that all players take advantage of this opportunity.

III. Off-Season Conditioning Program

- A. Weight training will begin in December right after school.

B. Warm-up and Dynamic Stretching

C. Weight Lifting

1. Increase strength and power through squats, deadlifts, leg press, bench press
2. Develop the neuromuscular structure around the ankle, knee, hip, and shoulder
3. Improve Body Control

D. Jump Training

1. Increase vertical leap, speed, explosive power, and strength; improve techniques, but most of all to prevent injuries. Most athletes develop this aspect through squats (with medicine ball), lunges (with medicine ball), jump box drills, snatches, drop jumps and hurdles.

E. Distance Running

1. Improving cardiovascular endurance

F. Speed and Agility Training

1. The goal is to develop speed, efficient movement, and develop body control through lines, circle training, and cone training