**Lewisburg High School**

**Patriots Volleyball 2020-2021**

**Tryout Form**

**Please complete this form and submit before June 5 to Coach H at** **Amy.Hendrichovsky@dcsms.org**

If you have a daughter that is interested in trying out for the LHS Volleyball program, please fill this document out and return by June 5.  At this time, volleyball tryouts are TBD.  Due to the current guidelines set by DCS, our Regional and State governments, we will announce our tryout dates as soon as the guidelines allow our athletes to share a volleyball.

With that, we will be starting workouts (lifting, conditioning, volleyball drills using the same ball) starting early June.  Athletes interested in trying out are encouraged to attend.  We will split the athletes into 2 groups; Rising Lewisburg Freshman and Returners/Current Lewisburg athletes.  Two groups will allow us the ability to distance our athletes and practice in a safe environment.

The schedule will be the following until further notice:

June 9-11: Returners ONLY 7-745am

Starting June 15 we will follow the following schedule.

Monday/Wednesday/Thursday: Returners 7-845am, Rising Freshman 9-1030am.

Athletes need to come to workouts dressed appropriately: Sneakers/tennis shoes or volleyball shoes, knee pads, shorts, t-shirt, hair in a ponytail or out of the face, and ankle/knee braces if necessary.  EACH ATHLETE will need to bring their OWN water and hand sanitizer!!

This will be an ever-changing situation and I will do my best to communicate clearly and early when things change.  Once guidelines are set, I will do my best to prepare the athletes for a successful season while also following the rules set forth.  Due to this, schedules could vary week to week.  If we have a satellite camp on campus in July that will be communicated asap.  There will not be any off-campus competition this summer.

**TRYOUTS:**

Once we have tryouts there will possibly be a cut after the second day of tryouts.  Not all athletes trying out will be guaranteed a tryout after Day 2.  The number chosen for the team will depend on the skill set of the athlete, effort, and attitude.  We will have a Junior Varsity and Varsity squad only.

The 2020-2021 Volleyball Team will be announced on the Lewisburg Volleyball website.  There will be a player and parent meeting on a date following teams being finalized.  All players will be required to attend the player meeting, and at least one parent will be required to attend the parent meeting.  We will let you know the date for the meeting once we set our tryout dates.

**REQUIRED FORMS:**

All athletes must turn in a packet PRIOR to workouts in order to participate.

Below is a list of everything that should be turned in to be able to participate in workouts and tryouts.  Per LHS athletics, each athlete must have a current physical to be able to participate in workouts/tryouts.

1.   Tryout Form (This Document)

2.  Current Physical (June 4th for all incoming LHS athletes)

3. Concussion and Consent Forms (to be picked up June 4 during Physicals)

**Player Information**

**Name:** Click or tap here to enter text.

**Grade (2020-2021):**Click or tap here to enter text.

**Player Contact Number:**Click or tap here to enter text.

**T-Shirt Size:**Click or tap here to enter text.

**Player Email Address:**Click or tap here to enter text.

**Medical Information**

**Medical Conditions (allergies, recent hospitalization/injuries, medications currently taking, asthma, etc.):**Click or tap here to enter text.

**Emergency Contact:**Click or tap here to enter text.

**Contact Number:**Click or tap here to enter text.

**Experience**

**Number of Years Playing School Volleyball:**Click or tap here to enter text.

**School(s) Played At:**Click or tap here to enter text.

**Preferred Position(s):**Click or tap here to enter text.

**Number of Years Playing Club Volleyball:** Click or tap here to enter text.

**Club(s) Played At:**Click or tap here to enter text.

**Other Sports/Clubs/Activities Involvement:**Click or tap here to enter text.

**ONLY FILL OUT BELOW IF YOU ARE NEW TO PROGRAM**

**Self-Reflection**

**Describe yourself in 3 sentences:** Click or tap here to enter text.

**Why do you play volleyball?** Click or tap here to enter text.

**Why do you want to play high school volleyball?** Click or tap here to enter text.

**If you were to make the team, what would your goal(s) be?** Click or tap here to enter text.

**Is there anything that can prevent you from being a committed/dedicated player?** Click or tap here to enter text.