

# DUNWOODY VOLLEYBALL TRYOUT INFORMATION

## Welcome to DHS Wildcat Volleyball –

The Dunwoody Volleyball coaches are looking for dedicated student-athletes who take pride in their school and are willing to make a maximum effort in both the classroom and on the volleyball court. Wearing a Dunwoody uniform is a privilege, one that carries both responsibilities and rewards.

### Ways to Stay Informed

- Emails from the Booster Club- be sure you are signed up for tryouts to ensure you receive communication.
- DunwoodyVolleyball.org
- TeamSnap App

Scan code to sign-up for tryouts & be added to our email list.



### Pre-Tryout Training

There will be training from **June 2 to July 24** at the **Dunwoody High School** Gym. Exact dates and time are TBD.

### Tryouts

Tryouts will be on **July 28th to 30th from 10am to 12pm** at the **Dunwoody High School** Gym – this is your opportunity to learn more about the philosophy and expectations of the Dunwoody program, and to make your best impression on the Dunwoody coaching staff. Here's what you should know:

### Athletic Paperwork

You can attend tryouts **ONLY** after completing and submitting all the paperwork required by the DCSS (4-page DeKalb County Athletic Participation Consent Form)

- You must have a complete **PHYSICAL EXAMINATION** form.
- You must have your parent/guardian complete a medical consent form.
- All your paperwork must be complete before participation will be allowed.

All of the above paperwork will be sent via email from the Booster Club a month prior to tryouts. We will also make it available on our website - [.dunwoodyvolleyball.org](http://.dunwoodyvolleyball.org)

# Volleyball Tryout Schedule –

Tryouts for the 2025 Dunwoody Volleyball teams (Varsity, Junior Varsity & Freshman) will be held **July 28 to 30th from 10am to 12pm** at the **Dunwoody High School Gym**.

**NOTE:** Only players and coaches are allowed in the gym during practice and tryout times.

After Wednesday's tryout, teams will be posted on the Dunwoody High School Volleyball team website - [dunwoodyvolleyball.org](http://dunwoodyvolleyball.org)

What to Bring/ What to Wear

- Wear comfortable clothes: t-shirt, shorts/spandex, socks and court shoes.
- Do not bring/wear jewelry (including earrings) to the gym.
- Knee pads are recommended, but not required for tryouts.
- **You should bring a water bottle.**

## Tryout Criteria

Tryouts are open to girls in the 8-12 grade who are enrolled at either Peachtree Charter Middle School (8) or Dunwoody High School.

The coaching staff will be looking for coachable athletes who have a great work ethic and want to learn to be 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:

- Attitude: Players who are positive, competitive and eager to learn.
- Athletic Ability: Players with the ability to learn and perform complex skills.
- Position: Players whose skills fit a specific need for the teams' overall balance.

## What to Expect at Tryouts

**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.

**Skill Introduction:** Prospective athletes will be taught the basics of the Dunwoody Volleyball system, including passing, serving, attacking, setting, blocking and defense.

**Attitude Evaluation:** Prospective athletes should be willing to try hard, make mistakes, learn from those mistakes and keep trying. Coaches will take note of those players who demonstrate progress while learning new skills.

As with most team sports, coaches will evaluate players for their ability and potential to fill specific positional needs (setter, outside hitter, middle blocker, opposite hitter, defensive specialist, and/or libero).

### **How to Impress the Coaches**

- Be among the first to arrive in the gym and among the first to help set up nets and equipment.
- Be among the first to line up for drills.
- Look the coach in the eye when she/he speaks to you or the team.
- Be a champion ball shagger.
- Be among the first to help take down the nets and put away the equipment.

### **Options for players not selected**

**Tryouts are a difficult time.** One of the toughest jobs for any coach is the final decision about which players make the team, and those who do not. The Dunwoody Volleyball coaching staff strives to make all decisions fairly and without bias. During the tryout process, it is not unusual for some girls 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 with one of the coaches before leaving the gym.

If you are not selected this season, and would like to try out again in the future, there are other options available to you that may help you in the future.

- Be a team manager. Volleyball managers have a chance to learn leadership and organizational skills and fill a valuable role on the team.
- Try out for club volleyball throughout the Atlanta area in the off season. Tryouts dates for local clubs are in July. You will need to check their websites for exact dates and registration info.

# What to expect if you make a volleyball team –

The volleyball season kicks off immediately after tryouts. The following are events that are on the schedule and information that you will find helpful:

A mandatory parent and player meeting will be held on **Saturday August 2<sup>nd</sup> from 9am – 11am** at **Dunwoody High School** Gym.

At this meeting you will:

- Meet the Dunwoody Coaching Staff
- Welcome to & Intro to the DHS Volleyball Booster Club
- Complete Player Registration forms and pay fees
- Players will try on uniforms
- Parent Volunteer SignUps (mandatory for all parents to sign up)
- Parent Volunteer Training

The coaches will provide each player with a document outlining expectations regarding practices, games, absences, sportsmanship, participation, and dedication.

## Practice Schedule

To accommodate the schedules of our volleyball coaches who have other full time jobs, the team practice schedule is from 4:30-7:00 Monday-Friday starting Aug 4th. Exact times and days will be given out by the head coaches after tryouts. Practice schedules may change due to home matches and other events. Check the [dunwoodyvolleyball.org](http://dunwoodyvolleyball.org) website for the team calendar.

## Dunwoody Volleyball Booster Club

The Dunwoody Volleyball Booster Club is made up of parents of volleyball players and provides additional funding and volunteer support for the program.

### Booster Club Dues:

- **Varsity:** \$500
- **JV:** \$450
- **Freshman:** \$300

These dues help cover coaching, tournament fees, practice equipment, uniforms, warm-up t-shirts, team photos for our website, senior night, awards, end-of-season banquet costs, and other expenses not covered by the school or county. Additional apparel may be required for new players. Dues can be paid via check or PayPal.

### Sponsorship Opportunities:

The Booster Club actively seeks sponsorships from local businesses. If you own a business or have a contact who may be interested in sponsoring the program, please reach out to **Erika Cuttino at [erikacuttino@yahoo.com](mailto:erikacuttino@yahoo.com)**.