

VOLLEYBALL TRYOUTS

Dear Parents,

The 2017 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 Meeting at Allen High School

May 4th at 6:15 pm (entering 9th -12th) meet in Cafeteria @ AHS

May 4th at 7:30 pm (entering 7th & 8th grade) meet in Cafeteria @ AHS

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

****** A Player Information Sheet must be filled out online at ******

www.alleneaglesvolleyball.com by Friday, May 19th.

(click on “Tryouts” and “Player Information”)

If you have any questions or concerns, please feel free to contact me. We are looking forward to the 2017 Allen Volleyball Season!

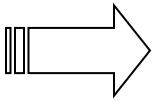
Coach G

Contact Information:

Email: Kelley_Gregoriew@allenisd.org

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

2017 Pre-Tryout Volleyball Checklist:



www.alleneaglesvolleyball.com

Click on “Tryouts” ...(tab towards top of website)

- ___ Complete “Volunteer Background Check” ** AFTER JULY 1st **
- ___ Complete “Player Information Form” (Before May 19th)
- ___ Complete Online “New Athletic Packet / Rank One” (9 forms)
* UIL Acknowledgement of Rules, UIL Steroid, UIL Concussion, UIL Cardiac Awareness, UIL Medical History, AISD Emergency Info, AISD Athletic Info, AISD Tutorial Info, and AISD Athletic Commitment.
- ___ Print & complete the “UIL Pre-Participation Physical Exam (PPE) Form. Physicals need to be completed (After May 1, 2017) and turned in on the first day of tryouts
- ___ Print & complete the “Previous Athletic Participation” Form
(**only if moving in from outside of AISD)
- ___ Make a personal copy of completed “Pre-Participation Physical Exam (PPE) Form”

Tryouts: Click on “Tryouts” (then choose tryout info)

- ___ Print and read appropriate tryout schedule
- ___ Print & complete the “Allen Volleyball Commitment Letter”
9th – 12th print “HS Volleyball Commitment Letter
7th - 8th print “MS Volleyball Commitment Letter
- ___ Look over projected “Cost List”
- ___ Print & complete the “Social Media” contract.

Camps: (information is on Home Page of website)

- ___ Sign up for Volleyball Camps
- ___ Sign up for Performance Course Summer Workout Program
*Deadline for “Early Bird “Volleyball” Registration is May 15th www.performancecourse.com
**Females 6-12th grade: 8:30-9:30am Mon-Fri @Lowery FC June 12th -July 28th (No PC July 3 –July 7)

Open Gyms:

- ___ Check the website & online calendar for details each week!
*Open Gym is free! Athletes are encouraged to come and play, but AISD coaches are not allowed to provide any instruction.

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 25th 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 August 21st – 25th. For more information on the Allen Volleyball Program please visit our website at www.alleneaglesvolleyball.com.

***Allen Volleyball Camp – June 19th – 22nd 1:00 – 4:00pm 7th & 8th @ CMS / \$70**

VOLLEYBALL TRYOUTS:

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

DAY	DATE	GRADE	TIME	ACTIVITY
Monday	Aug. 21 st	7 th & 8 th	During Athletics	Turn in Physical Form
	Aug. 21 st	7 th only	3:45pm -5:45pm	Tryouts @ Curtis Gym
	Aug. 21 st	8 th only	5:45pm -7:45pm	Tryouts @ Curtis Gym
Tuesday	Aug. 22 nd	7 th only	6:30am- 9:00am	Tryouts @ Curtis Gym
	Aug. 22 nd	8 th only	2:30pm. – 5:00pm	Tryouts @ Curtis Gym
Wednesday	Aug. 23 rd	7 th & 8 th	During Athletics	Run – (1x5) x 5 / Tryouts in gym
	Aug. 23 rd	7 th only	3:45pm -5:45pm	Tryouts (first cut) @ CMS
	Aug. 23 rd	8 th only	5:45pm -7:45pm	Tryouts (first cut) @ CMS
Thursday	Aug. 24 th	7 th only	7:00am- 9:00am.	Tryouts @ Curtis Gym
	Aug. 24 th	8 th only	2:30pm. – 5:00pm	Tryouts @ Curtis Gym
Friday	Aug. 25 th	7 th only	7:00am - 9:00am	Tryouts @ Curtis Gym
	Aug. 25 th	7 th only	3:30 pm	Team Selection @ Curtis Gym
	Aug. 25 th	8 th only	2:30 – 4:30pm	Tryouts / Team Selection @ Curtis gym

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

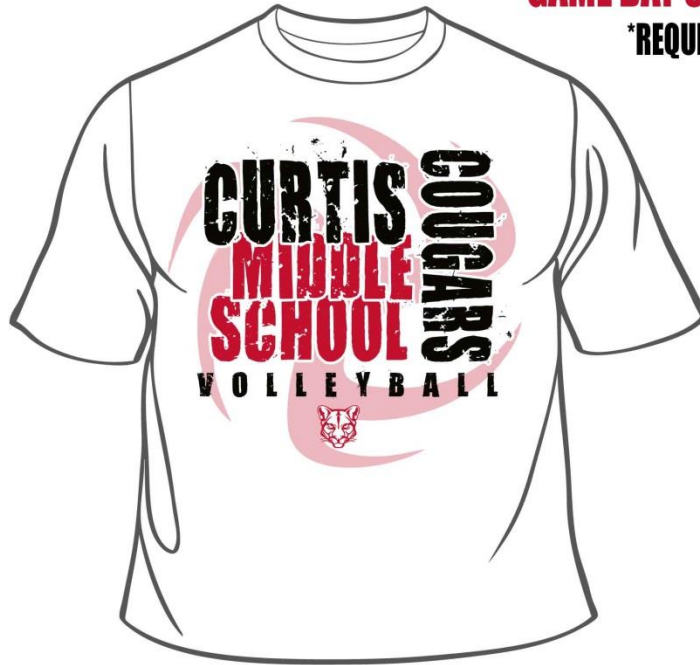
**Thank you,
Coach G (Allen Varsity Volleyball)**



CURTIS MS PRICING SHEET

GAME DAY COVER UP \$18.00

REQUIRED ITEM



SPANDEX SHORTS \$20.00

REQUIRED ITEM



SHOES \$75.00



KNEE PADS \$22.50

ALLEN ISD 2017-2018

ALLEN INDEPENDENT SCHOOL DISTRICT

PARENT/STUDENT ONLINE PACKET

INSTRUCTIONS

This form contains instruction on completing the required athletic packet online. Please use the checklist below to ensure you have completed all forms. The online website is <http://allenisd.rankonesport.com> (NO WWW).

- Student ID number is required to complete the Online Forms
- Student/parents must complete and submit all paperwork 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 i.e. May 1, 2017.
- The Pre-participation physical exam form is provided on the reverse side of this form or you may download a form from the website listed above, the UIL website, or the Allen ISD Athletic Website. **Only UIL PPE Forms will be Accepted (This form must be submitted to your coach).**

FORMS CHECKLIST

- UIL Acknowledgment of Rules
- UIL Steroid Agreement/Acknowledgement Form
- UIL Concussion Acknowledgment Form
- UIL Sudden Cardiac Arrest Awareness Form
- UIL Medical History Form
- UIL Pre-Participation Physical Exam Form (**Must be submitted to your Coach**)
- AISD Emergency Information Form
- AISD Athletic Packet Information
- AISD Tutorial Form (**HIGH SCHOOL ONLY**)
- AISD Athletic Commitment Agreement

Student-athletes promoting from 6th grade to 7th grade
Rank One is not available until after August 1st.

2017 ALLEN VOLLEYBALL COMMITMENT

Dear Parents/Guardians and Athletes,

In order to make things more clear, I am giving you this information to help you understand my expectations for the athletes in the Allen Volleyball Program. First and foremost, I am proud of the academic tradition that past athletes in this program have established. The bottom line is: “No Pass, No Play, No Questions.”

We will have grade checks weekly. I will expect that if anyone is slipping even slightly in any class that she will set up and attend tutorials. **Tutorials, along with any re-tests will need to be scheduled for a time outside of practice.** If the teacher will not allow this, the athlete will need to inform her team coach or me of the situation. The athletes will always need to bring a signed slip by the teacher of the tutorial/re-test. Mandatory tutorials will be assigned weekly for any athlete that scores a 70 or below for a class at the 3 week progress and/or end of 6 weeks.

All athletes are required to follow all rules and guidelines set forth in this document as well as any rules specifically laid out for each campus.

If discipline or attitude problems occur in the gym, classroom or in the school, the following actions will be taken:

1. An O.T.I. (opportunity to improve) will be issued.
2. A verbal or written apology will be given to the coach / teacher/ admin.
3. Parent/Guardian will be contacted.

****If issues persist, an additional form of commitment will be instilled. Removal from team is an option.**

School policy states that suspension or truancy results in no participation in the ensuing game(s).

As a member of this program, each athlete will also be expected to adhere to these following guidelines:

1. Absence from practice: Athlete must call/text prior to the absence. Please call/text the team coach to make them aware of the absence as soon as possible.
2. Injury - Doctor or Trainer note required indicating injury and anticipated recovery time (**NOT** note from parent). Athlete is still required to dress out and be prepared to go to treatment.
3. Illness – “If you’re well enough to come to school, you’re well enough to come to practice.”
4. Missed practice before a game: will not start that game.
5. Late to school, practice and/or game: 1 lap per minute.
6. Athletes must check out with their designated Coach as well as appropriate office when leaving campus for any reason.
7. Athletes will not have any parts of their bodies pierced (during volleyball season and off-season), except their ears. All jewelry will be removed for practices and games.

Guidelines Continued:

8. Tattoos are not encouraged and must not be visible at practice or in a match.
9. Proper nutrition is encouraged and carbonated beverages highly frowned upon.
10. Tanning is not recommended.
11. In the event of an injury: (In Season and/or Off Season)
 - A. Player will undergo necessary treatment.
 - B. Player will still dress out / attend practice / game / fulfill athletic responsibilities.
 - C. Doctor's or Trainer's clearance needed before returning.
12. Damage to issued equipment: appropriate fine assessed.
13. Travel to and from games will be as a team: NO EXCEPTIONS.
14. All athletes will be instructed where to sit while the other teams are playing. They are expected to sit as a team and help cheer for the other players.
15. All athletes interested in trying out for volleyball the following season must stay enrolled in athletics for the entire year.
16. Concerns or problems will be addressed in this order:
 - A. Athlete / Team Coach & Coach G (JV & Varsity) - Athlete / Team Coaches (Freshman teams)
 - B. Athlete / Parent or Guardian / Team Coach / Coach G (Athlete must be present at meeting)
 - C. Athlete / Parent or Guardian / Team Coach / Coach G / Athletic Director (Athlete must be present at meeting)

**All meetings with the coaches will be done on an appointment basis. Do not expect to be able to speak with them on issues during games or between games.

17. Playing Time:

JV AND VARSITY – PLAYING TIME IS NOT GUARANTEED

9A & 9B – PLAYING TIME IS NOT EQUAL

7th & 8th GRADE – PLAYING TIME IS NOT EQUAL

I, _____, am committed to the Allen Volleyball Program and my teammates. As an athlete, I am committed to following all school policies and rules. I am committed to staying drug and alcohol free. I promise to myself, my teammates, and my coach that I will not use any tobacco products or consume any alcohol. I am committed to helping my teammates be the best volleyball players and best people they can be. I am committed to always displaying good sportsmanship (win or lose). I accept any and all consequences, should I violate any commitments or guidelines set forth in this contract.

Coach Signature _____ Date _____

Athletes Signature _____ Date _____

Parent /Guardian Signature _____ Date _____

2017-2018 SOCIAL MEDIA COMMITMENT AND CONTRACT

Dear Parents and/or Guardians,

The purpose of this letter is to inform you of our policy regarding social media. The coaching staff will be speaking with all players (7-12) at beginning of season to inform the athletes of our expectations. The discussion will include content about posting on sites such as Facebook, Twitter, Instagram, SnapChat, personal texting, bullying, etc. We will stress the importance of thinking before posting anything online. All too often, things are posted or stated online, sent in texts, or spoken too quickly, that reflect negatively on young people. We do not want this to happen to your daughter.

As a staff, we are asking for your support. Please be aware of what your daughters are posting on these various sites. Please know that the coaching staff will handle any inappropriate pictures, comments, posts, cyber-bullying, etc. Consequences will be imposed. Consequences could include (but not limited to) running, conditioning, suspension from games or removal from the program. Ultimately, we want everyone in our program to be a positive reflection of your family, of Allen High School, and the AHS volleyball program.

Thank you for your support in this matter. Please sign below stating that you have received and understand this letter. Players, by signing below, you are stating that you understand and will comply with all program expectations regarding social media.

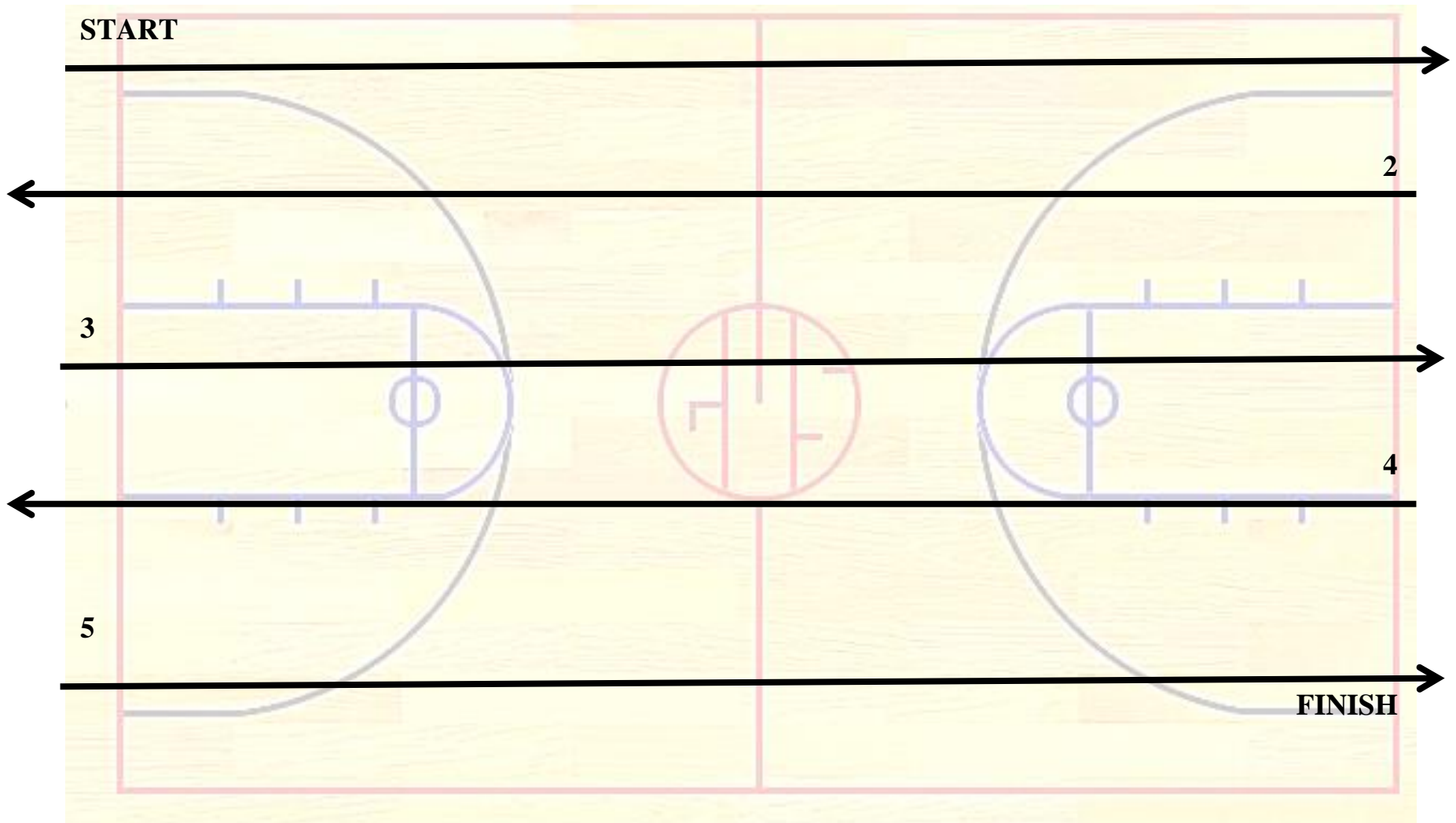
Player Signature

Date

Parent Signature

Date

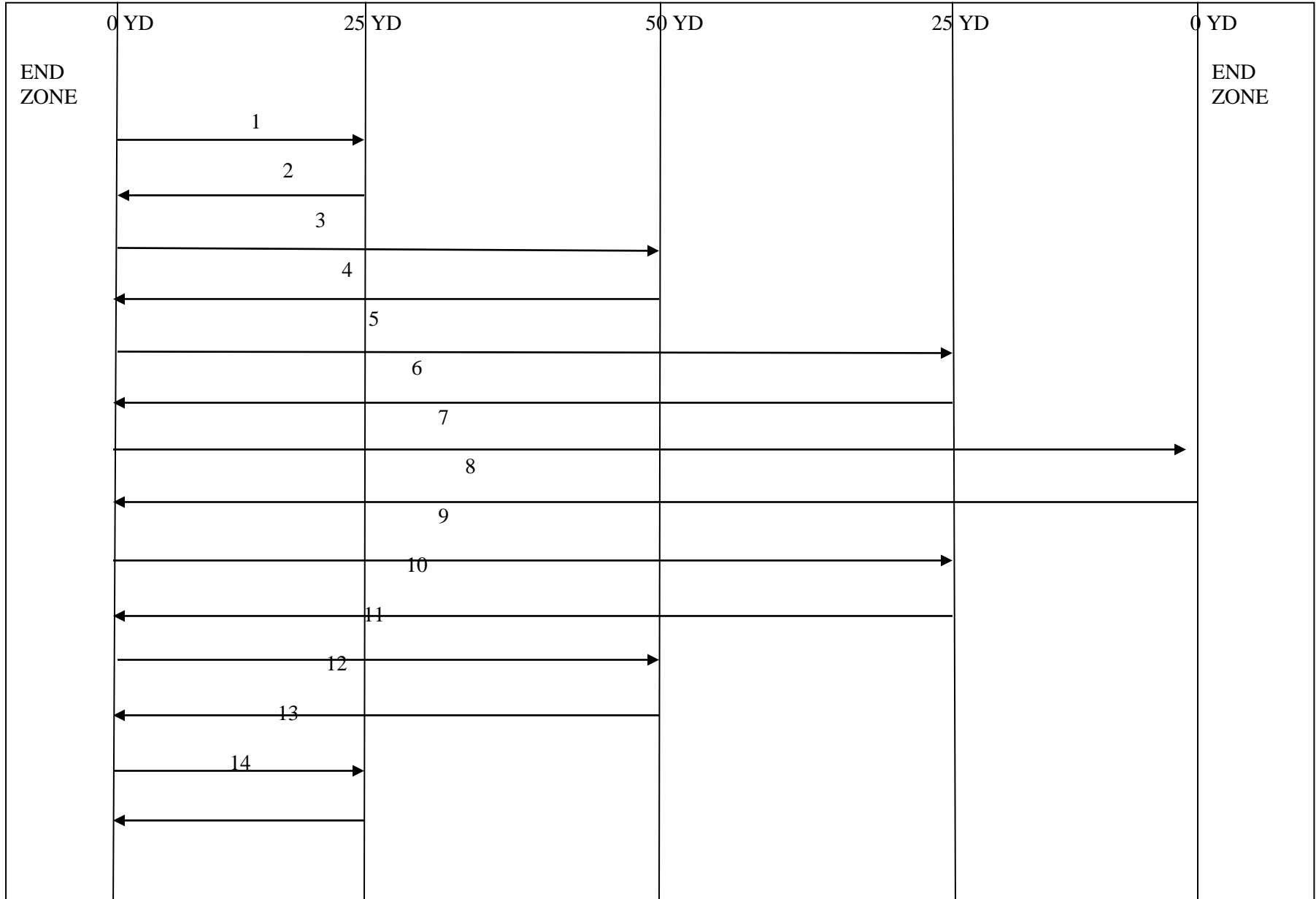
1 X 5 Run (Complete 5 X's)



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

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