

# **WELCOME**

**2018-2019**

# **VOLLEYBALL**

## **COACHES**

**Teree Solomon - (334)233-1742 (Middle School and JV)**

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## Things to Know for 2018 Volleyball

- Welcome! The coaching staff is very excited about the upcoming season and we can not wait to get to know your child and invest in them.
- Must be a registered Ezekiel Academy family or a member of an Approved Athletic Organization. If you are unsure, PLEASE check with us.
- We are a competitive volleyball program. We have sights on a State and National Championship this season.
- We will likely have more interested in playing volleyball than we will have spots available. There will be tryouts before we begin our season.
- Once an athlete is chosen to be on the team, the family must decide if they are willing and able to make the commitment and accept the position or pass it on to the next girl in line. Once a position is accepted, it is a season commitment. The varsity season extends through NACA.
- Registration for Tryouts will request a list of KNOWN ABSENCES for the summer and season. DECLARED ABSENCES WILL BE DISCUSSED BEFORE TRYOUTS TO SEE IF THE VOLLEYBALL SCHEDULE IS COMPATIBLE WITH THE ABSENCES. DECLARED AND DISCUSSED ABSENCES WILL BE EXCUSED. Please make an effort to use the schedule when making travel, church, and work plans. Ezekiel Academy Volleyball Coaches support, and even attend mission trips, church camps, and family vacations and will have conflicts of their own but DECLARING ABSENCES AHEAD OF TIME IS KEY so that there are no misunderstandings about scheduling and expectations.
- MANY academic dates will conflict with volleyball dates. YOU will be responsible for making arrangements for missed classes and assignments. If this is too stressful for you, please consider whether or not EA Volleyball is for you. NACA will require travel to TN on a Tuesday afternoon with return on Friday night.
- Quitting the volleyball season after accepting a position, other than family or medical emergencies, will jeopardize future team positions.
- PARENTS : We have IMPORTANT volunteer positions required by each parent. Once you accept a volleyball position, YOU COMMIT TO BEING A VOLUNTEER. If your daughter quits or is injured, YOU ARE STILL RESPONSIBLE for that volunteer commitment. Hopefully, no injuries occur but if they do, STAY INVOLVED with the team. MISSED VOLUNTEER SPOTS WILL INCUR A \$25 FEE. If you are unable to fill a volunteer spot, find someone to swap with or someone who can cover for you. THIS FEE IS NOT DESIGNED TO MAKE MONEY - IT IS DESIGNED TO MOTIVATE EVERYONE TO COVER THE NEEDS OF THE PROGRAM □
- If a family would like to Opt out of your working responsibility for the season you may purchase a buy out for \$100. ( We believe each family was asked to work 4 shifts through out the season. This number will depend on the number of players and games.) This option would need to be declared at the beginning of the season.
- Varsity players, the season runs from May 11 - Oct. 26. JH & MS finish before. NACA IS NOT an optional part of the season. It is a required part of the Varsity commitment.

- Please be mindful of the October ACT testing date and plan accordingly.
- \$200 Registration fee
- \$140 Uniform costs for total set (new players;) \$30 for new Jersey for returning players
- We will be rotating in a new Red jersey for everyone (price will be relayed ASAP)
- \$200 NACA for Varsity
- NACA IS NOT OPTIONAL FOR VARSITY PLAYERS.
- Some JV players may be asked to travel to NACA. This does not guarantee playtime.
- Limited Fundraising is available. Please speak to the coaches if you are interested in fundraising.
- We are looking into offering a discounted volleyball season pass.
- SELLING SPONSORSHIPS FOR TSHIRT = 100% of sponsorship goes to program. If a player sells a sponsorship she will receive 100% of the profit from the # tshirts she sells.
- Areas of potential travel: Anniston, Birmingham, Tuscaloosa, Auburn, Dothan, Dayton, Clanton, Prattville, etc. We may not travel to ALL of these but we will travel to SOME
- START NOW WITH DRINKING WATER, WATER, WATER, Running, conditioning. We ask that at practice your daughter only drink water. A lot of sports drinks contain too much sugar.
- This year we will have a conditioning test in addition to tryouts. In the past, we have offered 3 weeks of conditioning but feel this might not have been enough to prepare the girls for the entire season. A list of required drills/exercises will be given. After the teams have been selected and before mandatory practices begin the players will have to retest to ensure that during the break they continued with conditioning.
- Tryout registration and fee \$50 are due by April 27th.
- Tryout Clinic May 7, 8, and 10 from 3-5 (girls must be registered and fee paid in order to participate. The clinic is not mandatory. It will allow the players the opportunity to run through drills that will be implemented at tryouts.)
- Tryouts May 11th from 3-5. Team rosters will be posted, emailed, by noon on Saturday May 12th
- Parents are welcome to attend the tryout clinic, tryouts and practices unless you are interrupting or attempting to coach your child, or any child, from the sidelines. If you become a distraction you will be asked to leave.
- If you have a question or concern and would like to email the coaches please remember that you need to include two coaches in that correspondence.

2018 Ezekiel Academy Volleyball

Tryout Registration

Athlete's Name \_\_\_\_\_

Athlete's Age as of August 1, 2018 \_\_\_\_\_ Tshirt Size \_\_\_\_\_

SCHOOL/HOMESCHOOL COVER \_\_\_\_\_

Athlete's Email Address \_\_\_\_\_

Parents' Names \_\_\_\_\_

Parents' Email Addresses \_\_\_\_\_

Please List Any Previous Volleyball Experience (include positions played) \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Please List Any Known Volleyball Scheduling Conflicts Between July 16 and October 26 \_\_\_\_\_

\_\_\_\_\_

By signing here the Athlete and Parents agree to a \$50 fee for Tuesday, May 16 Tryouts. In addition to tryouts, the registered Athlete may attend the Entire Tryout Clinic Monday 5/7, Tuesday 5/8, Wednesday 5/9, Thursday 5/10. The Clinic is solely for the Athlete's benefit to give her coaching and practice time on the skills being assessed during Tryouts on May 11. The Clinic is not mandatory but is STRONGLY encouraged. Only Athletes who have registered and paid for 5/11 Tryouts may attend the Tryout Clinic. A Tryout Tshirt will be provided for the Athlete to wear during Tryouts and it will be hers to keep.

Athletes needing to schedule an alternate Tryout time need to make arrangements with Coaches ASAP!

Athlete Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

\_\_\_\_\_

## Conditioning for Tryouts

| <u>Exercise</u>          | <u>Week 1-3</u> | <u>Week 4-6</u> | <u>Week 7-9</u> |
|--------------------------|-----------------|-----------------|-----------------|
| Squat Jumps              | 3x8             | 3x10            | 3x12            |
| Walk outs                | 3x8             | 3x10            | 3x12            |
| Tuck Jumps               | 3x10            | 3x12            | 3x15            |
| Wall Sits                | 3x30secs        | 3x30secs        | 3x45secs        |
| Jumping Jacks            | 3x15            | 3x20            | 3x25            |
| Inch Worms               | 3x15yds         | 3x15yds         | 3x15yds         |
| Body Squats              | 3x8             | 3x10            | 3x12            |
| Split Squat Jumps**      | 3x8ea           | 3x10ea          | 3x12ea          |
| Walking Lunges           | 3x8ea           | 3x10ea          | 3x12ea          |
| Jump Rope 30sec/30sec ** |                 |                 |                 |
| Line Jump 30sec/30sec    |                 |                 |                 |

\*\* Varsity Only

