



We are  
**PINE CREEK  
VOLLEYBALL**



Please contact Coach Stowers with any questions.  
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**What the coaches are looking for:**

Prior volleyball experience or skills help, 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:

1. **Athleticism** - Coordination and physical strength while also having stamina and intelligence. Players with the ability to learn and perform complex skills. Volleyball puts a premium on explosiveness and rewards those who are unafraid to attack the ball. 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.
2. **Attitude** – Positive, competitive, focused on teamwork, and eager to learn. Extra points will be given to those who demonstrate strong leadership skills, ability to work/communicate as a team, and those who are willing to take risks and are unafraid to learn from mistakes.
3. **Commitment** – Be committed to your team with the goal of working together to win and have fun.
4. **Position** – Players whose skills fit a specific need for the team's overall balance

And for Varsity - **Volleyball Skills** – Knowledge of correct playing form and ability to do such, including court positioning and variations of basic principles. For JV and C, we will continue to teach you to play.

**Open Gyms:**

**May & June**—we will have 1 open gym per week in the evening.

Wednesdays 7-9 pm

(No open gym on June 5 due to Little Eagles Vball camp)

(19 July open gym will be on Tuesday, 18 July due to gym restrictions)

**July until August Try-outs**—we will have 2 open gyms per week in the evening.

Monday & Wednesdays, 7-9 pm

Players are expected to be at the gym, dressed and ready to go, with nets set up, 15 minutes prior to their training schedule.

**Little Eagles Volleyball Camp:** Pine Creek will be hosting a Little Eagles Volleyball Camp June 4-6. This is open for athletes going into grades 4-9 (2019). The camp will be led by Pine Creek Coaches with current PC volleyball players assisting the participants. Please check the PC Volleyball FB page for more information and sign up details.

The goal for our spring and summer training is to work with prospective and current Pine Creek volleyball players to train them specifically for the upcoming season. This program is not required, yet *highly recommended* for those players wishing to improve their skills and participate in our volleyball program. If you have previously scheduled engagements (vacation, work, etc.) please let the coaching staff know ahead of time when you will be absent.

**Equipment:** Appropriate attire, **water bottle**, knee pads, and ankle braces recommended. Please always bring a pair of tennis shoes and sun screen as we might do some of our circuit training conditioning outside when the weather is nice. Please bring an athletic jump rope and some sort of resistance band.

**Tryouts:** Tryouts will be held from 3:30-6:00 pm, August 12-14.

**PC VB Round Robin, Potluck & Parent meeting:** The first Friday after try-outs (Aug 16) will be our PC VB Parent vs Player Round Robin, Potluck and Parent meeting. This includes a player vs. parent VB round-robin (mandatory for players). The parent meeting is **MANDATORY** for all players and parents.

**Scrimmage:** Each team will have a scrimmage on August 16. Details are TBD.

**Hints to get you ready for tryouts:**

**Practice your skills before tryouts:** If you already know how to play, then pepper with someone or have someone toss you balls to pass, set or hit. It doesn't take long to lose the feel for the game. Don't let this happen to you. Especially for varsity, come to the gym ready. There are many volleyball camp opportunities in the local area AND Pine Creek will be hosting over two months' worth of open gyms. **Most important--Go out and play volleyball!!**

**Condition:** Be sure that you are staying in shape and come to try-outs ready to give it your all!

Ideas to maintain/improve your physical fitness level during the summer are:

Plyometrics (jump training)

Jumping rope

Sprint training

Weight lifting

Body weight exercises

**You do not need a gym to exercise! No matter where you are this summer,  
YOU can ensure YOU maintain YOUR level of fitness.  
If you would like personalized suggestions, please ask a coach.**