

HOGG VOLLEYBALL

2024-2025 PACKET



8th Grade Coach Cassandra Skinner

Email: Cassandra.Skinner@houstonisd.org

7th Grade Coach Ashley Stokes

Email: Astokes@houstonisd.org

All Paperwork MUST be Uploaded to Aktivate (<https://www.registermyathlete.com/login/>) and a Physical MUST be Emailed to Coach Skinner before you athlete can tryout. If your student is NOT on AKTIVATE she will NOT be able tryout.

In Order to complete activate you must upload

- **Current Physical on 2024 Physical form and must be dated after May 15th, 2024**
- **Current insurance Waiver Notarized (I will not take waivers if not notarized)**
- **Picture of Current Insurance Card**

- Physical MUST be *emailed* to Coach Skinner

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- **If you do not show up to the first day of tryouts, you will NOT be able to tryout for the 24-25 Season.**
 - **Both days of Tryouts are Mandatory (If athlete is not cut)**
 - **Remember if you do not have all your paper work in you will not be able to tryout.**
 - **ALL PAPERWORK IS DUE AUGUST 12th**
 - **WILL NOT ACCEPET PHYSICALS ON THE DAY OF TRYOUTS**

Tryout Dates & Times

August 13th – 7th grade tryouts

4:15pm-7:00pm

Check-in 4:15-4:45

4:45-4:55 Stretch

4:55-5:00 Pepper

5:00 TRYOUTS BEGIN (Cuts will be from 6:45-7pm)

August 14th - 7th grade tryouts

4:15pm-6:30pm

Check-in 4:15-4:30

4:30-4:40 Stretch

4:40-4:45 Pepper

4:45 Tryouts BEGIN

6:15-6:30 Team Selection

August 15th 8th grade tryouts

4:15pm-7:00pm

Check-in 4:15-4:45

4:45-4:55 Stretch

4:55-5:00 Pepper

5:00 TRYOUTS BEGIN (Cuts will be from 6:45-7pm)

August 16th 8th grade tryouts

4:15pm-6:30pm

Check-in 4:15-4:30

4:30-4:40 Stretch

4:40-4:45 Pepper

4:45 Tryouts BEGIN

6:15-6:30 Team Selection

What to wear for Tryouts

- Regular t-shirt with no words or pictures (any color)
- Leggings any color (no shorts or tights)
- Knee pads (any color, we will wear white for the season)
- Volleyball (or basketball shoes we will have certain volleyball shoes for the season)
- Bring WATER Tumbler (NO Cups with Straws)

Mandatory Parent Meeting August 19th 5:30 pm in the Hogg Cafeteria

- ***If Parent/ Guardian does not show up to the meeting student will forfeit, her spot on the team (please have someone show up for your student)***




If your Athletes make the team there will be a \$85 Payment Due August 19th at the parent meeting.

-\$10 for Practice shirt(If you want more then 1 shirt they will be available to purchase)

-\$25 for Volleyball cover up

-\$50 for food for the season

Your Player Must Also purchase these Items

<p><i>Leggings (Black)</i></p>	
<p><i>Knee Pads (White) (ELITE VOLLEYBALL KNEEPADS)</i></p>	
<p><i>Volleyball Shoes (CRAZYFLIGHT MID SHOES) If not able to obtain shoes, any white <u>volleyball</u> shoe will do (preferably high-tops)</i></p>	
<p><i>Socks</i></p>	

HOGG VOLLEYBALL TRYOUT FORM

Name: _____

Are you Left-handed or Right-Handed? _____ Height: _____

Tryout for: S RH MB OPP DS L Utility (Circle one)

Played School/Club: _____

Parent Name: _____ Parent Email: _____

Parent#: _____ Student#: _____

Number Given:

For Coaches use only.

Skill	Rating Scale 5 is highest	Cue If check skills need to be improved, developed, or managed
Serve	1 2 3 4 5	<input type="checkbox"/> Toes Point <input type="checkbox"/> Quarterback Arm <input type="checkbox"/> Toss Away <input type="checkbox"/> Step toward <input type="checkbox"/> Big Hand <input type="checkbox"/> Elbow high <input type="checkbox"/> Follow through
U-pass	1 2 3 4 5	<input type="checkbox"/> Wide Base <input type="checkbox"/> Move under <input type="checkbox"/> Communicate <input type="checkbox"/> Platform out <input type="checkbox"/> Platform drop <input type="checkbox"/> Target Hip Turn <input type="checkbox"/> Freeze
O-pass/Set	1 2 3 4 5	<input type="checkbox"/> Under ball <input type="checkbox"/> Right foot forward <input type="checkbox"/> Square up <input type="checkbox"/> Hands high <input type="checkbox"/> Jump to Target <input type="checkbox"/> Extension <input type="checkbox"/> Communicate
Attack	1 2 3 4 5	<input type="checkbox"/> Ready <input type="checkbox"/> Timing <input type="checkbox"/> Left-Right-Left Jump <input type="checkbox"/> Bow & Arrow <input type="checkbox"/> SNAP through to target <input type="checkbox"/> Land on 2 feet <input type="checkbox"/> Communicate
Block	1 2 3 4 5	<input type="checkbox"/> Hand high <input type="checkbox"/> Leg flexed <input type="checkbox"/> Shuffle <input type="checkbox"/> Crossover <input type="checkbox"/> Close block <input type="checkbox"/> Front hitter <input type="checkbox"/> Hands Penetrate <input type="checkbox"/> Communicate
Dig	1 2 3 4 5	<input type="checkbox"/> Low posture <input type="checkbox"/> Pursue ball <input type="checkbox"/> Platform to target <input type="checkbox"/> Stopped <input type="checkbox"/> Stay on feet <input type="checkbox"/> Floor Skills(rolls, sprawls and dives) <input type="checkbox"/> Communicate
Movement/ Footwork	1 2 3 4 5	<input type="checkbox"/> Sides <input type="checkbox"/> Forward <input type="checkbox"/> Backward <input type="checkbox"/> Shuffle <input type="checkbox"/> Crossover <input type="checkbox"/> Spiking approach <input type="checkbox"/> Reaction <input type="checkbox"/> Retract <input type="checkbox"/> Transition
Attitude!	1 2 3 4 5	<input type="checkbox"/> Always ready <input type="checkbox"/> Intensity <input type="checkbox"/> High energy <input type="checkbox"/> Confidence <input type="checkbox"/> Initiative <input type="checkbox"/> Effort <input type="checkbox"/> Positive and Supportive
Leadership	1 2 3 4 5	<input type="checkbox"/> Acknowledge others <input type="checkbox"/> Bringing the team together <input type="checkbox"/> Team leadership <input type="checkbox"/> Collective responsibility in team solutions with challenges (on and off court)
Follow Direction	1 2 3 4 5	<input type="checkbox"/> Eye Contact <input type="checkbox"/> Knowledge <input type="checkbox"/> Understand <input type="checkbox"/> Ask Questions <input type="checkbox"/> Always ready <input type="checkbox"/> Focus <input type="checkbox"/> Easily Distract
Coachable	1 2 3 4 5	<input type="checkbox"/> Need Work <input type="checkbox"/> Good <input type="checkbox"/> Great <input type="checkbox"/> Outstanding <input type="checkbox"/> Look across the net <input type="checkbox"/> Problem Solver
Shagging	1 2 3 4 5	<input type="checkbox"/> Not responsible <input type="checkbox"/> Good <input type="checkbox"/> Great <input type="checkbox"/> Team player

Notes: