

GRIZZLY VOLLEYBALL

2024 TRYOUTS

**AUG
5**

6:30 AM: CHECK-IN (ALL)
7:00-8:00 AM: CONDITIONING (ALL)
8:30-10:30 AM: TRYOUTS (FRESHMEN)
11:00 AM-1:00 PM: TRYOUTS (10TH-12TH)
3:00-5:00 PM: TRYOUTS (ALL)

**AUG
6**

5:30 AM: CHECK-IN (ALL)
6:00-8:00 AM: TRYOUTS (ALL)
3:30-6:30 PM: TRYOUTS (ALL)

****CUTS/TEAM PLACEMENTS WILL BE
ANNOUNCED AT 8:00 PM VIA WEBSITE****

CHECKLIST FOR TRYOUTS

- Enrolled at Grand Oaks HS
- Current Physical on file
- RankOne Forms Complete

MUST BE GREEN IN RANK ONE!

IMPORTANT INFO FOR TRYOUTS

- Must be present for all sessions to be considered for a team!
- Athletes will NOT be able to stay at the school in between sessions due to the GOHS staff being back on campus and working. Arrangements will need to be made. If any concerns, please email Coach Rogers.

QUESTIONS? EMAIL COACH ROGERS AT MKROGERS@CONROEISD.NET

UPDATED 7/28/24

GRIZZLY VOLLEYBALL

2024 TRYOUTS & INFO

PHYSICALS & RANK ONE FORMS

All athletes trying out **MUST** have a current physical on file with the GOHS Athletic Trainers & have all online forms completed through Rank One! **If you are not GREEN in RankOne, you will NOT be allowed to tryout!** Please reach out ASAP if you have questions regarding your physical and/or Rank One!

TRYOUT EVALUATIONS

- Athletic Ability
- Volleyball Skills, Technique, & Mechanics of ALL skills
- Game Play & Knowledge
- Intangibles - leadership, effort, hustle, enthusiasm, positive teammate, coachability, chemistry with other players, etc.
- Conditioning - athletes should be prepared for various running and conditioning sessions. This is not only a tryout for a volleyball team, but a tryout to be in the volleyball athletics class, which includes a full offseason.

It is important to understand that the Grand Oaks Coaching Staff is looking for players who are open and willing to play different positions other than what they might be used to. Athletes will NOT be trying out for a specific position, but rather trying out to make a team and then the coaches will work to best fit each athlete into the position that each team needs.

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WHAT TO WEAR/BRING FOR TRYOUTS??

- Athletic clothes (spandex, athletic shorts, or leggings, t-shirt or tank top, NO CROP TOPS!)
- Running shoes for conditioning sessions
- Court Shoes, kneepads, ankle braces (if worn) for tryout sessions
- NO JEWELRY, EXCEPT FOR STUD EARRINGS, ALLOWED!
- Athlete may want to bring a towel and/or change of shirt for after conditioning
- Refillable water bottle - we will have water stations available for refills
- Healthy snack(s)

CUTS & TEAM PLACEMENT DECISIONS

Unfortunately, due to the number of athletes trying out, budget restraints, # of coaching staff and schedule limitations, cuts are probable. When we are making these decisions, the following will be taken into consideration:

- 4 teams total (Varsity, JV, Flex, Freshmen)
 - Varsity: 9th-12th graders CAN make
 - JV: 9th-11th graders CAN make
 - Flex: 9th & 10th graders CAN make
 - Freshmen: 9th graders ONLY
- 10-14 players per subvarsity team, 12-18 players for varsity
- Team Placements will be determined by, but not limited to: tryout data, game knowledge, team positional needs (ex: can't have 4+ DS's per team), effort, coachability, & chemistry with other players, where the athlete will compete for the most playing time, etc.

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TEAM ANNOUNCEMENTS

Teams will be posted on Tuesday, August 6th at 8:00 pm on the [Grand Oaks Volleyball website](#).

As coaches, our decisions will be made based on what is best for the TEAM and the PROGRAM. This may not always align with a player or parent's vision, but we will always revert back to what is the best decision for the team.

WHAT TO EXPECT IF YOU MAKE A TEAM

- If you make a team, you will report for team practices starting on Wednesday, August 7th!
- Your attendance at all scheduled events is expected moving forward!
- **A parent/guardian from each athlete's family is expected to attend our mandatory GOVB Season Kick-Off Parent & Booster Club Meeting on Thursday, August 8th at 6:30 pm at GOHS!** We will cover information for the season, expectations and standards to be a member of the GOVB Program, and booster club business. Player fees and membership options will be discussed and paid for at this meeting.

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BOOSTER CLUB/VOLUNTEERS

We have an incredible group of parents leading our Grand Oaks Volleyball Booster Club who work tirelessly to make sure that numerous things are taken care of within our program and to help provide for all of the girls in the program.

We encourage all families to become members of our booster club and encourage you all to volunteer at some point during the season. Some volunteer opportunities include, but are not limited to, concessions, homecoming parade float decorating, banquet committee, etc. It takes a whole village to make this work and it is important that we all work together for the sake of our athletes!

More information will be provided at our GOVB Parent Meeting, but we would love for you all to be thinking of ways you can help contribute to the program.

WAYS TO STAY CONNECTED

- [GOVB Google Folder](#) that includes important info:
 - Monthly Calendars
 - Playing Schedule
 - Scrimmage/Tourney Schedules (added as I receive them)
 - RankOne/Physical Info
- Follow us on Twitter, Instagram, & Facebook!
- MaxPreps & Rank One schedules

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WEEK 1 SCHEDULE

Monday, August 5th - Tryouts

Tuesday, August 6th - Tryouts

Wednesday, August 7th - Team Practices

Thursday, August 8th - Team Practices & Parent Meeting

Friday, August 9th - Scrimmages@ GOHS

- Scrimmage schedule will be available in the GOVB Google folder

Saturday, August 10th - Scrimmages @ Magnolia West HS

- Scrimmage schedule is available in the GOVB Google folder

Monday, August 12th - Team Practices & Parent Meeting

Tuesday, August 13th - Media Day & First Match vs Fulshear HS!

- Media Day will begin at 8:00 am with the freshmen teams, then JV will follow roughly around 2:45-3:00, and Varsity will begin around 4:00 pm.
- Athletes can go home to get ready and then come back for their scheduled picture time, or they may bring their stuff and get ready in the locker room.

GRIZZLY VOLLEYBALL

WEEK 1 SCHEDULE

8/5-8/10

MON

8/5

TRYOUTS

TUES

8/6

TRYOUTS

WED

8/7

TEAM PRACTICES

THUR

8/8

TEAM PRACTICES

PARENT MEETING

FRI

8/9

GOHS SCRIMMAGES

SAT

8/10

MAGNOLIA WEST

SCRIMMAGES

GRIZZLY VOLLEYBALL

WEEK 2 SCHEDULE 8/12-8/17

MON
8/12

TEAM PRACTICES

TUES
8/13

MEDIA DAY (AM)
MATCH VS FULSHEAR

WED
8/14

FIRST DAY OF SCHOOL
AFTER SCHOOL PRACTICE

THUR
8/15

VARSITY @ KATY/CY-FAIR TOURNEY
SUBVARSITY PRACTICE

FRI
8/16

VARSITY @ KATY/CY-FAIR TOURNEY
SUBVARSITY PRACTICE

SAT
8/17

VARSITY @ KATY/CY-FAIR
TOURNEY