

To be eligible to tryout, there are a few things that you will need to be sure are done:

- First, you will need to have all required GHSA forms on file with Coach Bradberry. See below for details. Forms are on the volleyball webpage at: <https://www.rcboe.org/Page/47792>
- Secondly, you must be in good academic standing.
- Finally, you need to either have some volleyball experience or demonstrate your athleticism and your willingness to work hard and learn quickly – **be coachable**.

Tryouts: Unless you are told otherwise, all student-athletes must be present **EACH** day. Contact Coach Bradberry **in advance** if you have real, legitimate conflicts.

- **Monday May 12 – Wednesday May 14, 5:00-7:00, ARC Gym**
 - For current 9th -11th grade students at ARC
 - For 8th grade students considering or planning to attend ARC
 - For anyone transferring to ARC

*Tryouts are closed to parents, observers, friends, etc. Parent questions are welcomed via text, email, or in person **after** each tryout session.*

To tryout for volleyball, the following documents are MANDATORY on the first day of your tryout.

Returning players and current ARC athletes have the documents on file. Middle school athletes may bring their current documents as long as they are for the current academic year.

See the Volleyball page link above for these documents.

- A current, valid physical.
 - Your physical covers you for all sports for the entire school year. Be aware of your end date.
 - If you can't get a doctor's appointment, Urgent MD and MED NOW do physicals
 - You may use any physical for the current school year if you're coming from another school
- The following forms – current and signed: parent permission form, athlete roster form, concussion form, emergency contact form, and the additional required forms.
- A copy of your current health insurance card.

Read and understand:

- No documents, no try-outs, no team. This is the rule, everywhere.
- Academic eligibility. If you're not passing, you're not playing.
- Proper gym court shoes and clothing are required for tryouts.
- Don't show up wearing jeans and crocs. Kneepads are encouraged.

General Information:

- You are expected to try-out for the team even if you were on the team last year.
- Plans are to have a JV team again this year.
- You are not guaranteed a position on the varsity or JV even if you played previously.

- You will be evaluated first on your volleyball skills (pass, set, hit, serve, block, movement). Data will be taken during certain parts of the tryout process.
- Other considerations will include your attitude, your effort, your “coachability”, and your potential to contribute to what should be a highly competitive team.
- Despite my desire to keep anyone who shows potential, cuts will have to be made so that our team can maximize its potential.
- The exact number of team members (V/JV) has not yet been determined.

If you are selected for the 2025 Volleyball Team, know the following before you commit:

- It is absolutely a privilege to play volleyball for ARC and for me to coach this team.
- Volleyball preseason begins in May/June and the season ends in mid to late October.
- Your commitment to the team begins this summer – practices, conditioning, and scrimmages plus a tournament at Grovetown in late July. A summer schedule will be given out after tryouts conclude.
- Regular season practice is held every day after school Monday-Thursday, some Fridays, and some Saturdays. You are expected to attend every practice.
- There are 2 or 3 matches every week, and we are often not finished and back to ARC until after 8:30/9:00 if it is an away match.
- Due to home court limitations, there are always more “away” matches than “home” matches on our schedule. You are expected to ride the team bus to and from all “away” matches.

Making the ARC Volleyball team is extremely competitive:

- If you are going to be a senior, you will make the team if I believe you will contribute in some part to the varsity rotation.
- If you’re going to be a junior, you are expected to make the varsity team, but you may also be offered a “flex” position if it affords you playing time.
- Sophomores and incoming freshmen will have every opportunity to make both teams. I will not hesitate to put freshmen or sophomores on varsity who have earned the position!

During tryouts, you will be given the opportunity to demonstrate not only your volleyball skills but also your volleyball potential and athletic ability. Listen, work hard, try hard, ask questions, and stay positive with yourself, the other girls, and the coaches.

I will ask each of you for a 4-digit number that I will associate with your name. I will post these numbers on the ARC Volleyball web page on the evening of May 14. These will be the people who have been selected for the 2024 ARC Volleyball team.

We will have a player and parent meeting *TIME AND DATE TBA* after tryouts to go over the summer schedule and summer expectations.

Thank you, and please reach out if you have questions.

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