



CHS Girls Volleyball 2022



COACHING STAFF

- Coach Hosley (Varsity Coach) – hosleych@egcsd.org
- Coach Hotaling (JV Coaches) – hotalingco@egcsd.org
- Coach Lopez (Freshman Coach) - kennedysi@egcsd.org
- Coach Kennedy (Modified Coach) – lopezme@egcsd.org

HANDOUTS

- Emergency Data Card – Due back on the second day of practice
- Blue Card – Will be signed at “Meet the Coaches Night”

SIGN-UPS

- Each player must be signed up for a specific volleyball team (Modified, Freshman, JV or Varsity) using FamilyID and cleared by the Health Office prior to the first day of practice in order to participate in tryouts. There are no exceptions.
- You must have 6 full days of practice in order to be eligible to play in the first match of the year. Everyone needs to attend all of the practices to ensure that you are eligible to play in our first match. When you miss practice not only do you fall behind your teammates, you hold the entire program back from moving forward.

TRYOUTS

- Freshman, JV and Varsity tryouts will begin on August 22nd (from 10am - 3:30pm).
- The schedule will be as follows:
 - Attendance, stretching, plyometrics, individuals and warm-up (10:00 - 10:30am)
 - Session #1 (10:30am - 12:30pm)
 - Lunch (12:30pm - 1:30pm)
 - Session #2 (1:30pm - 3:30pm)
- All practices during our pre-season (for FR, JV, & V) will be at Columbia High School. Each team will be selected by Wednesday August 24th.
- Make sure you are prompt to each practice session.
- Modified tryouts will begin on Monday August 29th at Goff Middle School.

SCHEDULE

- All Freshman and JV matches begin at 4:15 PM with the Varsity matches immediately following (usually 5:45 PM). All away match buses will depart CHS at approximately 3:00 pm.
- Try to schedule all other events *around* volleyball practice and games. Our goal as a program is to win, so we must all make sacrifices. The coaching staff is dedicated to doing their very best and we expect the same from the athletes. If something comes up please contact us beforehand.
- Find your role in the program. If you are not happy with your role then work harder in practice and prove yourself to our staff and the team. Also, talking to a coach for feedback on what you need to improve will help you define your role.

- The season match, tournament and practice schedules will be handed out to all players who make the team once tryouts have been completed.

OFF-COURT INFORMATION

- Stay out of trouble. If you want to be part of the CHS volleyball program then you should make positive decisions on and off the court. Thoroughly read your athletic code of conduct as it will be enforced. Remember that your teammates and coaches are counting on you to be there, so do not put yourself in a situation where you will look back with regrets.
- Parents and players **MUST** attend the district mandated “Meet the Coaches Night.”
- Please consider the commitment that we are looking for this season prior to showing up for the first day of tryouts.

INJURIES

- Please report all injuries to our certified Athletic Trainer as he will make sure that you are properly taken care of. The trainer cannot do his job if you do not inform him of any possible problems. Prior to scheduling a doctor’s appointment, please see our certified trainer. The typical physician’s response is to rest for a few weeks, then come back for a reevaluation. **NO ONE** can afford to miss a few weeks during our short season. One you see a doctor, you cannot participate until that same doctor writes you a release note, which gets submitted to our school's health office. The school nurse will give you a clearance note only when you are eligible to resume workouts. A note from a parent is not good enough.

WHAT TO BRING?

- Court sneakers
- Comfortable volleyball clothing (t-shirts/shorts/spandex & knee pads)
- Water (something to drink is essential while we are practicing)
- A snack or small lunch for between session #1 and session #2.

Sincerely,

The 2022 CHS
Girls Volleyball Staff