

Highland Park Volleyball Preseason Information 2022

Head Coach: Sonje Odegard (odegardsonje@gmail.com)

I. Paperwork

Make sure your qualifying sports physical is up-to-date, and turn in payment and all paperwork to Athletic Director Pat Auran BEFORE tryouts. You will not be allowed to participate in a fall sport until all paperwork is complete, and coaches *must* obtain a copy of the receipt.

II. Open gyms

Open gyms are scheduled on July 11th, 13th, 18th, 20th, 25th and 27th as well as August 1st and 3rd. All open gyms will be 9-11 a.m. in the field house, and are available to anyone. These sessions are a great way to meet new people and practice your skills in a relaxed environment. If attendance is low, coaches reserve the right to cancel an open gym, and will make their best effort to notify players in advance. On the contrary, if open gyms are well attended, coaches might add a couple more dates.

IV. Captains' Practice

Captains' practice will be held August 8th-11th in the field house. Practice time is 9-11 a.m. The 2022 captains are Ayana Bougie-Martinez and Bella Kottke.

V. Tryouts

Tryouts will begin the week of August 16th, 9-11 a.m. and 12-2 p.m. Bring your own lunch, volleyball shoes, kneepads, water bottles, a change of shirt, and outdoor tennis shoes for running on the pavement or track. You will be doing a lot of conditioning and jumping, and will be timed in things like the 800M run or shuttle run.

VI. Player Evaluations

Players will be evaluated on all skills including passing, setting, hitting, serving, and blocking, as well as athleticism and attitude. The coaching staff will pay special attention to the positional needs of the program when making decisions about a player's placement. We will have three teams (Varsity, Junior Varsity and C-Squad) and hope to keep as many players as possible, but Highland is a very competitive program, and due to some limitations (space, equipment, etc.), we may need to make cuts. Rosters will be announced by the end of practice on Thursday. Teams will practice together on Friday 8/19.

VII. Fundraising

During the season, we will do up to two fundraisers (e.g. cookie dough and a car wash).

