

2025-2026 JO Volleyball Tryouts

The Woodbury Volleyball Club is a local, community club. We strive to provide girls excellent coaching and the opportunity to play at a higher level, all at a reasonable price.

An important part in creating an environment for athletes to see the most growth, is the tryout process. Tryouts can be a stressful time for athletes and their parents. To ease nerves and ensure a level playing field, here are the expectations, assessments that will be completed and team placement policies that will be used in forming teams. However, our top piece of advice for players is to try your best, play hard, and have fun.

The goal of tryouts is to place athletes with their skill level peers to provide coaching to their current skill level. While we would love to place all players on teams, there are a couple of reasons why this may not be possible.

1. Our club limits the number of players per team to 10 (in rare instances 11) to provide fair playing time for all players. While other clubs may allow teams of 12 or more, we want all players placed on teams to play. For some age groups, the number of registered athletes may not align to form full teams. For example, we may have enough registered to form 1 team but not enough to form a 2nd leading to athletes being cut.
2. If our coaches and evaluators identify a player as not "JO ready" that player will not be placed on a team. We will encourage the player to attend summer camps and if age limits allow, register for our Fall League next year.

Tryout Expectations

Tryouts will take place on back-to-back nights for each age level and will have a variety of drills, competitions, and scrimmages. All players are expected to attend both tryout sessions. All age groups will try out in separate gyms on their respective nights.

No parents are allowed in the gyms during any part of the tryouts.

What do we do if our player is too sick or injured to participate in tryouts?

If a player is unable to participate due to illness or injury, the parent or guardian of the player must contact the Volleyball Director or JO Director **prior to** the first tryout session. Players who have registered for tryouts and are not able to participate will be excused for that illness or injury upon submitting a doctor's note describing the player's limitations. The placement of players who are unable to participate will be determined on a case-by-case basis.

What should my child wear to tryouts?

All players should wear athletic shorts or pants and court shoes. A tryout shirt will be provided on the first night of the tryouts. Players will be given a number and will pin it to the front and back of their shirt and must wear the number for both nights of tryouts.

Players must not wear anything with their name on it to tryouts.

Why are tryouts closed to parents?

The coaches, evaluators, and players need to focus on the task at hand. Having spectators is distracting to all parties. It is important that we let them do the job they came to do. Parents that do not respect this rule may cause their player to be removed from the process. WAA Volleyball thanks you in advance for your cooperation.

Players, coaches, evaluators, and volleyball board members are the only ones allowed in the gym.

Tryout Assessment

Players will be assessed by independent evaluators, coaches, and WAA volleyball board members over the course of 2 days of tryouts. All players will be evaluated on passing, attacking, and serving skills along with team play, hustle/aggressiveness, coachability, and court awareness.

Players will be asked if they would also like to be evaluated for either the Setter or Libero positions. Trying out for either of these positions does not guarantee that players will play the position.

All players will be asked about their top 2-3 positions. There is no guarantee that players will play these positions.

- Day 1 focuses on skills with built in competition.
- Day 2 focuses on game situations and application of skills.

Each player's overall evaluation rating will be determined by their performance in these volleyball drills and scrimmage situations. These ratings, in addition to the coach evaluation from the prior year (coachability, attendance, volleyball IQ), are all factors used in making team selections.

The below chart contains the skills and abilities that players will be evaluated on during their tryouts.

Passing	Attacking	Serving	Setting	Libero
Form (arms, shoulder, and foot placement)	Form (arm swing, timing, foot work)	Form (toss, arm swing, follow through)	Form - proper hand/finger form	Form (arms, shoulder, and foot placement)
Accuracy - to the setter position	Accuracy - inbounds	Accuracy - inbounds	Accuracy - able to be hit (placement on the net and height)	Accuracy - to setter position
Calling for ball	Strength of hit	Accuracy - placement		Court coverage
		Strength of serve		Calling for ball

Team Play	Hustle/ Aggressive	Coachable	Court Awareness
Team player	Effort on offense and defense	Listens to facilitator's instructions	Anticipates where the ball is going to be
Encourages teammates	Dives, runs, does what she can to get to the ball	Stops play when whistle is blown	Covers position spot
Calls the ball/ Listens to teammates call the ball	Is not "flat footed", always ready.	Asks questions if lacks understanding	Knows location relative to net to determine play (hit, tip, pass, etc)
			Knows location relative to court and 10' line

Coaches and Evaluator's Role

The program's goal is to be as impartial and fair as possible, so we use independent (paid, non-parent) coaches and evaluators who will assess players on individual skills and team skills. These ratings will then be used to place players on a team that is appropriate for their level.

Board Members' Role

Board members will help facilitate, organize, and oversee the tryout process. They will monitor and help facilitate drills as needed, so tryouts are completed in the time allotted.

Team Placement

The goal is to have 9-10 players on each JO team. The number on each team will depend on the total number of players registered and total number of players who are rated as 'JO-ready' by the evaluators, and on the number of players considered ready to succeed at each competition level (1, 2, or 3).

If there are players ranked at similar levels, preference will be given to players who reside in the city of Woodbury or are zoned to a Woodbury High School (e.g. players attending Nuevas Fronteras who will attend Woodbury High School).

The WAA Volleyball Director and JO Director will oversee the team selection process.

Team 1: The top 5 players as determined by the evaluators are automatically placed on the 1st team.

The 1st team coach will select players to fill out the roster. The coach must make his/her selections from amongst players ranked in the top 13.

The total number of players on the 1st team will be determined by the WAA Volleyball Director and the JO Director based on the amount of "JO ready" players available. The goal is 10 players per team but occasionally may need to be 9-11. Coaches will work with the Directors to round out the team.

Team 2: Following selection of the 1st team, the next 5 highest rated players will be automatically placed on the 2nd team.

The 2nd team coach will then select players to fill out the 2nd team roster from the next 8 players (similar to the 1st team selection). Selection will be made with a similar process to Team 1.

Team 3: Typically, the JO program only has 2 teams per age level. However, if there are enough registrations, the player and coach selection process will continue until all 1, 2, and 3 rosters are filled.

*Note: If there is no coach for a team at the time of team selection, the WAA Volleyball Director and the JO Director will work with the Evaluators to select a team.

Policy for twins/siblings in the same grade:

The WAA Volleyball Board believes that siblings in the same age level should be treated in the same manner as siblings in different age levels. Namely, each sibling is evaluated and treated as an individual. Siblings in the same age level will not automatically be placed on the same team. The WAA Volleyball board believes this policy is the fairest to all participants in the JO program.

If families want to keep their twins/siblings on the same team, both players can play for the team the lower performing player was placed on during the tryout process, with approval from the WAA Volleyball Director or JO Director.

Policy on 'playing up' to a higher age group:

11s- 16s attempting to 'play up' to a higher age level need to obtain, via email, the approval of the WAA Volleyball Director or JO Director prior to tryouts to be eligible to try out for the higher age level.

Eligibility for 'playing up' on 11s-17s teams:

Due to the June 30/ July 1 age level cutoff we understand players with late summer birthdays may want to play up with their grade. We will allow players to tryout with their "grade" if they choose with the following consideration:

- Players must choose the age level they are trying out for. If players choose to tryout with their grade, they will only be considered for that level. Players will not be considered for their age group and will be forfeiting their tryout/placement at that level.

There may be situations where WAA asks a player to "play up" to aide in team formations at either level.

After Tryouts

Upon completion of tryouts and team selection, team rosters will be posted within 1-3 days of tryouts on the WAA Volleyball website. An email will be sent to all primary contacts once they have been posted. Team placements are not negotiable, and the WAA board will not answer questions regarding the placement of players for 48 hours following the announcement of team rosters.

Teams will be posted using tryout numbers. Players must remember their tryout number.

Players will have 24 hours from the time of team announcements to decline their spot on their assigned team. After 24 hours, the player will by default have accepted their spot, and the family will be responsible for the full payment of the JO season.

What if I have questions about the process?

Questions or concerns about the tryout process should be directed to the WAA Volleyball Director or JO Director. Please do not raise questions directly with the coaches or evaluators.

We understand that the outcome of tryouts might not always be what the parent or the player had expected. However, selections will be made in accordance with the WAA tryout policy and are final.

What if we don't accept this placement?

If you turn down your JO team position within 24 hours, you will not receive a refund of your tryout fees or the WAA admin fee. If you remove yourself from the program after the 24-hour period, you will be required to pay the full registration fee. Earning a spot on a WAA JO Volleyball team is a privilege that not everyone is awarded.

What if my daughter is not selected for a WAA JO Team?

Unfortunately, not all players will make a JO team. If your player does not make a team and would like to continue playing volleyball we have the following suggestions:

- Attend summer volleyball camps to continue working on your skills
- Play on a competitive team during the Fall volleyball season