

## **COMMON FAQ'S ABOUT OUR VOLLEYBALL PROGRAM**

### **Are summer workouts, open gyms and play dates required?**

NO, however, it is highly recommended that each athlete attend as many as she can, as our program is very competitive. The summer is designed to help prepare the girls for the competitive season, prevent injuries and help teach the drills we specifically use in our program before the tryouts begin.

### **Will summer workouts affect summer classes?**

NO, we make sure to excuse those in summer classes 10-15 min. early to prepare for the day or be picked up to head over to Wea Ridge MS for summer PE.

### **When is the best time to take our vacations during the summer?**

As stated on the summer schedule, there are 2 weeks during the summer. The July 4<sup>th</sup> week is called "dead" week or moratorium week where coaches and athletes are not allowed to train for the volleyball season. We also do not train the last week in July before tryouts. We highly recommend trying your best to schedule vacations during these 2 weeks. (See schedule for dates)

### **Who gets to go to Team Camps during the summer?**

We will be having "open" sign up for the team camps of all 3 levels: Varsity, Junior Varsity and Freshmen. Due to our numbers, we may have multiples teams at V levels which we are okay with. It is NOT required for anyone to go to team camp but an opportunity for each athlete to improve in their skills especially with playing as a team. If you are interested, information on signing up will be emailed out to everyone starting in June.

### **Do we need to have Final Forms and physical done before summer training?**

YES! The final forms will let us know if she is cleared. PLEASE make sure your daughter also checks her email to click and sign forms. This is the step most athletes miss and then are turned away the first days of training because they are not complete. Head to the McCutcheon athletics website for the link to final forms and get everything complete. A physical MUST BE TURNED in to the athletic office NOT EMAILED. They need to have the original form. Make sure ALL signatures are signed including athletes.

### **If my daughter's club season is not done till the middle of summer, how does that impact high school training?**

We believe that club season comes first as they are committed to that. In the past, players have come to part of our training before their practices. They attend our training if they do not have practice. They still come to our morning workouts. It is all on the player's decision on what they want to attend; however, they should NOT miss their club practices.

### **How does nationals for club work with high school summer training?**

We will ask the girls for the dates of when they are gone for nationals to help plan especially for Monday night leagues. We usually encourage them to NOT participate in any workouts leading up to nationals, as well as, the training so that their legs will be fresh for the competition. Their club team will come first during this time.

### **What are open gyms?**

These are practice nights for anyone interested in trying out for the season. These nights we will start to teach them skills and technique we train during the season. They are NOT required to attend but it is highly recommended to help the athlete be prepared for tryouts.

### **Can my daughter be a multi-sport athlete and how does that work during the summer?**

YES! We coaches work together during the weeks in the summer to allow the athletes to attend as many other sport trainings. We encourage it and think it is great for the girls to continue to train in each sport they want to play in during the high school years. We just ask them to write it down on the sign in sheet so we can plan on our numbers.

### **My daughter plays travel sports during the summer (softball/basketball, etc.) how does that work with summer training?**

Again, this is at her own discretion as far as what she can/want to attend. Most athletes in the past have attended what they can with our summer training but make sure to stay committed to their travel sport team schedule as well. We will make sure to have the girls make note on the sign in sheet if they have another commitment.

### **Can she miss any part of tryouts and how many girls do you usually keep?**

We typically ask the girls to attend ALL 4 tryouts to help us evaluate her at the best as we can. The more we see her the better we can do this. The number we keep varies as we try our best to evaluate the skills, attitudes and work ethic of the girls that tryout for our program. Generally, 36-38 is the most we would keep and placing them on 3 different levels: Freshmen, Junior Varsity and Varsity with at least 10 girls per team.