



TRY-OUTS AND CUTS

1. Regulations

2. Sample

Forms

TRYOUTS AND CUTS



REGULATIONS

1. Tryout guidelines and evaluation criteria will be formulated by the head coach, in consultation with assistant coaches, and distributed at an interest meeting for prospective players / parents prior to tryouts. The coach shall provide the following information to all candidates for the team and the Athletic Director prior to tryouts:
 - Length of the tryout period
 - Criteria used to select the team
 - A scoring matrix to help make objective judgements about potential player ability. This helps when parents accuse you of being purely subjective about their athlete.
 - The number of participants to be selected.
 - A description of the time commitment expected by those who make the team.
 - Academic and residential eligibility
 - Team rules and regulations.
2. Athletes need to submit a physical form or waiver form before they participate in tryouts.

3. A student is not permitted to participate in tryouts while serving an out-of-school suspension or expulsion.

4. Tryouts are open and available to students who meet the eligibility criteria as described by CIF and District Policy.

5. Tryouts would be structured so that they are fair and equitable for all candidates.

6. Coaches should aim for a three days evaluation period. A one day tryout should be accommodated with a later try-out period. (If there is a tryout for a summer team - there should be a second tryout for the fall team.) Team selections should be made after these evaluation periods.

Team selection should be based on:

- Sport specific skills
- Athletic abilities
- Attitude

7. If a student is going to miss tryouts due to extenuating circumstances (e.g. religious holiday, participation in another sport, illness, injury, or another compelling reason, he or she must communicate with the coach and Athletic Director to arrange for a later tryout period.

8. The results of tryouts must be announced in a timely fashion and results should be done in an empathic manner. The following guidelines have generated positive results in the past”

- The posting of cut lists is discouraged. Lists of those who made the team have proven more successful. These should be posted in alphabetical or order of tryout lists. Avoid high score to low score lists as they could embarrass candidates. Posting of team lists using only student i.d. numbers is also an acceptable means of communicating lists.
- Coaches are encouraged to meet with all student participants to discuss the results of tryouts.
- Coaches are encouraged to discuss alternative possibilities for all students regarding participation in the sport or other areas in the activities program.

9. If a coach foresees or experiences difficulties as a result of cuts, he or she must discuss the situation with the Athletic Director.

Player Name: _____ Grade: _____ Position: _____

Defense

Transition to Position: 1 2 3 4 5	Body Position: 1 2 3 4 5	Block: 1 2 3 4 5
Serve Receive: 1 2 3 4 5	Reading/Prediction: 1 2 3 4 5	Effort: 1 2 3 4 5
Understanding: 1 2 3 4 5	Ball Handling: 1 2 3 4 5	Hands: 1 2 3 4 5
Foot Work: 1 2 3 4 5	Platform: 1 2 3 4 5	Overall: 1 2 3 4 5

Comments on Defense:

Offense

Arm Position: 1 2 3 4 5	Speed: 1 2 3 4 5	Freeball Offense: 1 2 3 4 5
Framing: 1 2 3 4 5	Power: 1 2 3 4 5	Transition: 1 2 3 4 5
Timing: 1 2 3 4 5	Location: 1 2 3 4 5	Execution: 1 2 3 4 5
Overall: 1 2 3 4 5	Focus: 1 2 3 4 5	Mentality: 1 2 3 4 5

Comments on Offense:

<u>Serving:</u>	Overall: 1 2 3 4 5	Location: 1 2 3 4 5	Consistency: 1 2 3 4 5
	Mechanics: 1 2 3 4 5	Power: 1 2 3 4 5	Top Spin / Jump Float

Overall: 1 2 3 4 5 **Recommendation: Varsity / Jv / Frosh**

Final Thoughts:

2013-2014

BONITA

	Rate 1-5 (5 is best)	Position	Defense				Rating	Pitch velocity / blocking
	NAME		Fielding mech	Throw Mech	Arm Strength	Accuracy		
1	Bradshaw, Brandon	Catcher						
2	Cascarano, Anthony	1st/3rd/P						
3	Desmond, Aaron	Catcher						
4	Drechsler, Jordan	1st						
5	Garcia, Isaiah	?						
6	Johnson, Nick	INF\P						
7	Korn, Hunter	2ND						
8	Montenegro, Monty	OF						
9	Owens, Connor	3RD						
10	Peifer, Josh	OF						
11	Peifer, Nick	IN\OF\P						
12	Redman, Kurtis	2ND						
13	Schneider, Ryan	OF						
14	Smith, Noah	INF\OF\P						
15	Spencer, Chris	1ST\P						
16	Trilles, Tanner	OF						
17	Valenzuela, Alex	Catcher						
18	White, Brogan	3RD						
19	Williams, Noah	INF\P						
20	Woodall, AJ	OF\P						

