



Chugiak Girl's Volleyball 2008

Facts Sheet

Tryouts Monday 11 Aug

The **2008** season begins on **Monday 11 Aug** with tryouts. The best way to keep up to date with Chugiak HS Volleyball info is www.chugiakvolleyball.com or to visit the Chugiak HS web site (activities) <http://www.asdk12.org/schools/chugiak/pages/Sports.htm> or the Alaska Volleyball Assoc <http://www.alaskavolleyball.org>.

Tryouts: Monday 11 Aug with 3 to 4 days of tryouts. Contact Coach Steinfort if you will miss part of tryouts. We conduct detailed tryout tests to make sure we get the girl on the correct level and we keep the best girls and girls with excellent potential. In 2006 we had our largest tryout group 90+ and we kept about 70 girls. We normal keep 45-60 girls each year. Players are tested on their general athletic abilities and then specific volleyball skills. Prior volleyball training or playing is not a requirement but it is helpful. 9th grade students with excellent athletic abilities can be developed in to great volleyball players.

Players must Turn in the following to the activities office before tryouts:

- 1) ASD Physical Form signed by doctor, student & parent/guardian
- 2) High School Athletic/Activity Participation Form signed by student & parent/guardian
- 3) \$160 cash or check payable to CHS (ASD requirement for all sports). Money is refunded if the student is not selected.

Chugiak Girl's Volleyball Program has about 45-60 girls in the program on 4 -5 different teams (Varsity, JV, C1, C2) and freshman are eligible to be placed on any of the teams. Most freshmen are placed on the C1 or C2 teams. There is always a possible of a C3 team. We normally set aside about 18 or more slots for incoming freshmen. In 2006 we had 40+ freshman on teams. Max team size is 12 players with one coach. Student can also be managers & learn volleyball. Some fund raising is required.

Practices in August are during the day or evening for about 2 hours depending on the coach's schedule. Once school begins in late Aug C-team practices are normally right after school for 2 hours (2:30-4:30 PM) each day while school is in session. Varsity & JV practice 4:30-6:30PM

Season length: The season runs from 11 Aug through mid Nov for Varsity, JV & C-teams finish at the end of OCT. The C-teams are involved in about 21 matches throughout the season. The 1st match will be on Sat 23 Aug at the Jamboree and players must have 10 practice days to be eligible to play (ASAA rule).

Match times. Most C-team matches are during the week (Tues & Thurs.) beginning at 5 PM and the matches are normally the best 2 of 3 games. Tournaments are held on selected Saturdays. The full season schedule is on the ASD web site will be on the Chugiak Vball website soon.

Booster Club: There is a parent booster club to help support the teams with time and talents.

Off Season & Pre Season Volleyball skill building opportunities:

- **Open volleyball gym** for volleyball at Chugiak HS during May, June and July 2 nights a week. Normally Tues & Weds 630pm-830pm, but check the Chugiak Vball web site.
- **Local Volleyball Camps:** NBC overnight camp @ APU Mid July.
- **Chugiak volleyball conditioning camp** - 2 to 3 hrs/day (3 Days) week before tryouts
- **Allen Allen Skills camp** @ CHS early Aug. Other camp are listed on web site..