



Barrington Middle School Volleyball

Expectations:

- All sports paperwork must be turned in online and approved by Ms. Clayton BEFORE the first week of tryouts in order to participate.
- Students will not be issued gym shoes (basketball/running shoes) or kneepads. These are required and MUST be worn during ALL practice sessions and games. Players are expected to wear school appropriate athletic garments (T-shirts and shorts **must follow dress code**. No spandex shorts!) You must wear black athletic shorts along with the provided jersey t-shirt for games.
- Students must maintain good behavior (No ISS/OSS) and a C average (No Fs) for participation in practice and games. Players will be benched for low grades and/or behavioral issues.
- Travel: Noise will be held to a minimum on the bus. Players will need to be picked up and signed out by a parent at the gym of all games (see the calendar for locations).
- Any form of bullying/harassment/negative attitude/behaviors towards another player or coaches WILL NOT BE TOLERATED. Player will be removed from the team and will not play in any game.
- Students are to conduct themselves in a respectful, loyal, and professional manner during practices and games. As a member of this program, you represent yourself, your family, Barrington, the coaching staff, and your community.
- 100% of effort is expected during every practice and game.

Practice & Games

- Girls and Boys teams will share the gym. We will scrimmage against each other and run drills together. This gives us the maximum practice time with both teams. There will be NO distractions from the sport on the court. We will be focused on improving our game.
- There will be a maximum of 12 girls and 12 boys on the teams. The team will be announced the week after tryouts by a posting on the locker room door & gym door. Volleyball is a game played with 6 players on the court at one time. Due to court space in the gym, the team needs to be limited. For each game, a dress roster will be announced.
- Tryouts will include scoring for under hand and over hand passing (setting), footwork, hitting, attitude, coachability and teamwork—please see the included tryout evaluation.
- Practices will begin after school at 4:30pm (3:30pm on Early Release Mondays). Students will report to the locker room after their last class to prepare for practice, which will be held in the gym. (If you are on time for practice, you are LATE.) Students need to be picked up no later than 6:00 on Tuesdays to Fridays and 5:00 on Mondays. Any students picked up later will be issued a warning. If late pick up occurs again, the student will be removed from the team.
- Students who will miss practice or games for any reasons must discuss these absences with their coach ahead of time. Players missing practices without further notification may not play in upcoming games. Please email if you will be absent or you are signed out sick.
- Those that play a club sport must attend the majority of our practices during our short season, that being said, please discuss circumstances with the coach so we can work out a plan for participation

Coach Fitzgerald
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Barrington Volleyball OCTOBER 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28 BOYS & GIRLS TRYOUTS 4:30-6:00	29	30	1	2	3
4	5	6	7	8	9	10
11	12 Columbus Day	13	14	15	16	17
18	19 GIRLS ONLY Tryout 3:30-5:00	20 GIRLS ONLY Tryout 4:30-6:00 1st Cut Girls	21 Boys and Girls Tryout 4:30-6:00	22 Boys only Tryout 4:30-6:00 1st cut boys	23 Boys and Girls Tryout 4:30-6:00 2nd cuts all	24
25	26 Boys and Girls Tryout-final day Final cuts 3:30-5:00	27 Boys and Girls Practice 4:30-6:00	28 Boys and Girls Practice 4:30-6:00	29 Boys and Girls Practice 4:30-6:00	30 Boys and Girls Practice 4:30-6:00	31 Halloween

Barrington Volleyball NOVEMBER 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 GAME PRACTICE Randall Roster Boys and Girls 4:30-6:00	3 GAME PRACTICE Randall Roster Boys and Girls 4:30-6:00	4 Home Game vs. Randall 6:00 Girls 7:00 Boys	5 Boys and Girls Practice 4:30-6:00	6 Boys and Girls Practice 4:30-6:00	7
8	9 GAME PRACTICE Eisenhower Roster Boys and Girls 4:30-6:00	10 GAME PRACTICE Eisenhower Roster Boys and Girls 4:30-6:00	11 Veterans Day	12 Away Game at Eisenhower 6:00 Girls 7:00 Boys	13 GAME PRACTICE Burns Roster Boys and Girls 4:30-6:00	14
15	16 GAME PRACTICE Burns Roster Boys and Girls 4:30-6:00	17 Away Game at Burns 6:00 Girls 7:00 Boys	18 Boys and Girls Practice 4:30-6:00	19 Boys and Girls Practice 4:30-6:00	20 NO PRACTICE	21
22	23	24	25	26 Thanksgiving Day	27	28
29	30 GAME PRACTICE Rodgers Roster Boys and Girls 4:30-6:00	1 GAME PRACTICE Rodgers Roster Boys and Girls 4:30-6:00	2 Away Game at Rodgers 6:00 Girls 7:00 Boys	3	4	5

Barrington Volleyball DECEMBER 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	1 GAME PRACTICE Rogers Roster Boys and Girls 4:30-6:00	1 GAME PRACTICE Rogers Roster Boys and Girls 4:30-6:00	2 Away Game at Rogers 6:00 Girls 7:00 Boys	3 GAME PRACTICE Shields Roster Boys and Girls 4:30-6:00	4 GAME PRACTICE Shields Roster Boys and Girls 4:30-6:00	5
6	7 Home Game vs. Shields 6:00 Girls 7:00 Boys	8 Team Celebration 4:30-5:30	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25 Christmas	26
27	28	29	30	31	New Year's Day	1

BMS Volleyball Evaluation Form

Name: _____ **Right or Left hand** Height _____

Birthdate: _____ Age: _____ **Boys or Girls** Grade _____ Phone # _____

Tryout for: S OH MH RS DS Email _____ Parent Phone: _____

Played(School/Club): _____ Sports: _____

DO NOT WRITE BELOW THIS LINE

Skill Scores

Skill	Rating Scale 5 is highest	Cue If check skills need to be Improved, developed, or managed
Serve	1 2 3 4 5	<input type="checkbox"/> Underhand <input type="checkbox"/> Overhand <input type="checkbox"/> Quarterback Arm <input type="checkbox"/> Toss Away <input type="checkbox"/> Step toward <input type="checkbox"/> Big Hand <input type="checkbox"/> Elbow high <input type="checkbox"/> Follow through
U-pass/"bump"	1 2 3 4 5	<input type="checkbox"/> Wide Base <input type="checkbox"/> Move under <input type="checkbox"/> Communicate <input type="checkbox"/> Platform out <input type="checkbox"/> Platform drop <input type="checkbox"/> Target Hip Turn <input type="checkbox"/> Freeze
O-pass/Set	1 2 3 4 5	<input type="checkbox"/> Under ball <input type="checkbox"/> Right foot forward <input type="checkbox"/> Square up <input type="checkbox"/> Hands high <input type="checkbox"/> Jump to Target <input type="checkbox"/> Extension <input type="checkbox"/> Communicate
Attack/ "Spike"	1 2 3 4 5	<input type="checkbox"/> Ready <input type="checkbox"/> Timing <input type="checkbox"/> Left-Right-Left Jump <input type="checkbox"/> Bow & Arrow <input type="checkbox"/> SNAP through to target <input type="checkbox"/> Land on 2 feet <input type="checkbox"/> Communicate
Block	1 2 3 4 5	<input type="checkbox"/> Hand high <input type="checkbox"/> Leg flexed <input type="checkbox"/> Shuffle <input type="checkbox"/> Crossover <input type="checkbox"/> Close block <input type="checkbox"/> Front hitter <input type="checkbox"/> Hands Penetrate <input type="checkbox"/> Communicate
Dig	1 2 3 4 5	<input type="checkbox"/> Low posture <input type="checkbox"/> Pursue ball <input type="checkbox"/> Platform to target <input type="checkbox"/> Stopped <input type="checkbox"/> Stay on feet <input type="checkbox"/> Floor Skills(rolls, sprawls and dives) <input type="checkbox"/> Communicate
Movement/ Footwork	1 2 3 4 5	<input type="checkbox"/> Sides <input type="checkbox"/> Forward <input type="checkbox"/> Backward <input type="checkbox"/> Shuffle <input type="checkbox"/> Crossover <input type="checkbox"/> Spiking approach <input type="checkbox"/> Reaction <input type="checkbox"/> Retract <input type="checkbox"/> Transition
Attitude!	1 2 3 4 5	<input type="checkbox"/> Always ready <input type="checkbox"/> Intensity <input type="checkbox"/> High energy <input type="checkbox"/> Confidence <input type="checkbox"/> Initiative <input type="checkbox"/> Effort <input type="checkbox"/> Positive and Supportive
Leadership	1 2 3 4 5	<input type="checkbox"/> Acknowledge others <input type="checkbox"/> Bringing the team together <input type="checkbox"/> Team leadership <input type="checkbox"/> Collective responsibility In team solutions with challenges (on and off court)
Follow Direction	1 2 3 4 5	<input type="checkbox"/> Eye Contact <input type="checkbox"/> Knowledge <input type="checkbox"/> Understand <input type="checkbox"/> Ask Questions <input type="checkbox"/> Always ready <input type="checkbox"/> Focus <input type="checkbox"/> Easily Distract
Coachable	1 2 3 4 5	<input type="checkbox"/> Need Work <input type="checkbox"/> Good <input type="checkbox"/> Great <input type="checkbox"/> Outstanding <input type="checkbox"/> Look across the net <input type="checkbox"/> Problem Solver
Shagging	1 2 3 4 5	<input type="checkbox"/> Not responsible <input type="checkbox"/> Good <input type="checkbox"/> Great <input type="checkbox"/> Team player

Notes:

Recommendations: