Making Cuts the Human Way

**Speakers:**  Jean Kesterson (retired Cathedral High School) and Brooke Behnke (Covenant Christian)

## Pre-Tryouts

* Inform players and parents “Not everyone is going to make the team.” (You should say this at the informational meeting early summer. Parents and all players trying out are invited to attend.)
* Know all of the players personally - talk to them.
* Know their non-volleyball personal goals.
* Do physical skills tests:
  + - Height
    - Standing Reach
    - Vertical Jump
    - Block Jump
    - Agility Run
* Rank order by all participants, by year, by position

## Tryouts

* Have it well planned
* What positions/levels do you need to see more than others
* Make sure to do positional training. Add other positions to be more game like.
* Be sure to include play. Can see volleyball IQ, if they are good teammates, volleyball quickest, hustle and intensity.
* Video all practices, you can’t see everything
* Keep stats
* Have coaches make sure they look at EVERY player EVERY practice. (During play)
* Have stats crew keep stats during drills and/or play
* Coaches keep coaching and try to talk with as many players as possible (during positioning drills)

## End of Day One of Tryouts

* Meet with all of the coaching staff to discuss every player trying outs.
* Rank order. Place into groups: on the team, bubble on the team, bubble may be on the team, bad day one tryout.

## End of Day Two of Tryouts

* Have players complete You Be the Coach. Give them a roster of everyone trying out and a ballot. Talk to them that ‘Not everyone is going to make the team.”
* DO NOT LOOK AT THE THESE!!!!
* Meet with all of the coaching staff to discuss every player trying out.
* Have position coaches evaluate players
* Rank order in groups: on the team, bubble on the team, bubble may be on the team, make it a positive experience (not making the team)

## End of Day Three Morning Session

* Players do the Envelope.
* Meet with all of the coaching staff to discuss every player trying out.
* Rank order in groups: on the team, bubble on the team, make it a positive experience (not making the team)

## End of Day Three Evening Session

* Teams decided. Rita Schiedler Rule. The list of players making the team are printed. Varsity coaches write something encouraging on each player not making the team. If you make the team, you will get the roster and the practice schedule for the rest of the week.
* These go into players’ envelopes.

### Bring everyone in,

* Remind them that “Not everyone makes the team.”
* Tell them God has plans for you. Most plans don’t include volleyball. (Look at envelope)
* Tell them the Laura Farley story.
* Remind them that they can help with statistics if they want to remain in the program.
* Encourage them to find another sport or activity.
* Encourage them to help their parents through this process.
* If anyone that makes the team says something derogatory about any of the players not making the team, we will have a meeting with your parents to determine if you will remain in the program.

Coaches with envelopes move around gym. Call players’ names and tell them if they made the team or not. (DON’T WEAR WHITE). Remind them of their positives and encourage them to find another sport or activity.

## After Tryouts

* I forward the list of players not making the team to our counselors, athletic director, principal no-cut fall sports.
* I have our seniors get in touch with those players that don’t make the team.
* Once students are on campus, I will try to contact every player that didn’t make the team to see if they are ok. I want to talk to them in person.