

## FREQUENTLY ASKED QUESTIONS ABOUT MIDDLE SCHOOL VOLLEYBALL

Q: When does the season start?

A: The season starts on Monday, August 15<sup>th</sup> with a team meeting. Tryouts start on Tuesday, August 16<sup>th</sup>. Dates and times of tryouts and practices are listed on the practice calendars.

Q: How long are practices?

A: All teams practice from 3:15pm to 4:30pm; Monday through Thursday; and from 6:15am to 7:15am on Fridays.

Q: Do I have to go to all practices?

A: Yes. In order to be a part of a TEAM, you must attend TEAM practices. Coaches may excuse you from coming to practice for the following reasons: Medical appointment, Family Emergency, Illness. However, coaches will only allow 2 excused absences per season.

Q: If I have to miss practice for an excused reason, what should I do?

A: The best thing to do would be to email your coach ahead of time and let them know you will be missing practice. You can tell your coach in person, or call them, but email is the best way to communicate in this situation.

Q: What if I play a club sport during the fall? I might have practice or a game at the same time... what should I do?

A: In order for MT Volleyball to maintain a TEAM environment, all players must attend all practices and games. If a player misses a practice or a game for a reason that is not excused, then the player will have to sit out one set of a match on the next play date.

Q: Do I need to buy any equipment to try out for volleyball?

A: The only equipment you may want to purchase is a pair of kneepads. We encourage players to wear knee pads, but it is not mandatory.

Q: What should I wear to practice?

A: Please wear an athletic shirt, shorts and/or spandex, socks, athletic shoes. Please do not wear: tank tops, workout tops, sports bras (as a top), jeans, casual shoes.

Q: How will I get to the games?

A: All players and coaches will ride the bus to and from all games.

Q: How many players will be on a team?

A: There will be four teams. 7<sup>th</sup> Grade A, 7<sup>th</sup> Grade B, 8<sup>th</sup> Grade A, 8<sup>th</sup> Grade B. Each team will have approximately 9-12 players per team.

Q: When and how will I know I have made a team?

A: On the Friday of tryouts, all players will get a letter. The letter will let the player know if they have made a team. Players are asked to wait until they get into their car or until they get home to read the letter. Depending on the number of athletes trying out, not all players will make a team.

Q: What if I don't make a team? Are there any other options for me to participate?

A: Yes. The volleyball team needs managers. If you are interested in managing, contact any of the coaches. Also, the cross-country team does not make cuts. If you do not make the volleyball team, you may join the cross-country team.

Q: If I make a team, does that mean I will get to play just as much as everyone on the team?

A: At MTMS, our philosophy is that EVERYONE will play, however, not everyone is guaranteed to get the same amount of playing time.

Q: There is a player on my team that seems to get to play more often than me. What can I do to earn more playing time?

A: In volleyball, players who play a specific position must be in a specific rotation. If a sub comes in, they must play the same position as the person they are subbing in the game. For example, if a setter comes out of the game, another setter must sub in for her; in order for the rotation to remain in order. Unfortunately, players may not always get to play the same amount of time in a volleyball game since the games are played to a certain score, and there is no clock in volleyball. Coaches always try to allow for equal playing time, but sometimes it is challenging, especially if the game goes quick!

Q: How many games will our team play in one evening and what do we play to...15? 25?

A: Each team will play one match per evening. There are 2 sets in a match. However, because we are encouraging more playing time at the Middle School level, we will always play all 3 sets in a match, even if we win the first 2.