

Stoirm 2023

18U T1 Tryout Information (update highlighted below):

Our 18U T1 team will be coached by Heather Isenor and Sheldon Bondy. Heather has been a coach with the Dr. JH Gillis Senior Girls volleyball team for a number of years and brings with her experience as an AUS athlete. Sheldon returns to Stoirm this year after previously working with the 16U boys, and this past fall with the Dr. JHG Senior Girls volleyball team as well. Like Heather, Sheldon also brings his experience as a high-level athlete.

Tryout dates and location:

- Monday, December 12th, Saint Andrew Junior School 5:00pm - 6:45pm
- ~~Tuesday, December 13th, Dr. JH Gillis Regional High School, 7:30pm - 9pm~~ **CANCELLED**
- Sunday, December 18th, Saint Andrew Junior School, 9am – 11am

There is no fee for these tryouts, and they are open, meaning athletes who are in lower age groups are welcome to tryout if they feel they can compete at the 18U level.

We ask that you read the following information carefully and fill out the google form at the link below so we can limit our admin duties next week upon the athletes' arrival and get the girls on the court.

Team and Season Overview:

- 12 athletes
 - In addition to well-developed volleyball skills and playing ability, coaches will be expecting to see the following:
 - Work ethic/hustle
 - Adaptability
 - Positivity
 - Coachability
 - Strong team player
- On court team practices Tuesdays @ Dr. JH Gillis 730-9pm & Thursdays @ Saint Andrew Junior School (SAJS) 715-9pm beginning Tuesday, January 10th.
- Sunday (time tbd) - Stoirm Buddy program with 13U girls (details to follow once team is established).
- Tournaments
 - Super Series #1: February 3-5, 2023
 - Super Series #2: February 24-26, 2023
 - Super Series #3: Mar 24-25, 2023
 - NS Champs - 18UG: Apr 28-30, 2023
- Season fee: \$375 (information on how to register/pay fee will be shared with athletes after the team is established).

Because this is a T1 team, commitment to the above noted dates/times is a priority. Athletes who cannot commit to the Tuesday/Thursday practice time will not be considered. Please let Heather/Sheldon know at the tryout about potential tournament date conflicts.

Athletes who are chosen will receive an offer letter on/after **5pm on Monday December 19th**. They have 48 hours **(until 5pm Wednesday, December 21st)** to respond with their confirmation. After that deadline, the offer will be deemed null and void and the next athlete on the coaches' list will be contacted.

Once the team is confirmed, a thank you email will be shared with information on general registration.

Please note that athletes who are not chosen to play T1 will **not** be automatically placed or registered on our T2 team as we want to ensure they have the option of potentially exploring all competitive opportunities.

Our general club registration will open on December 18th on SportHub. Due to coaching availability athletes are asked to register early or they may be placed on a waitlist. Teams will be sorted after

registration closes on December 30th. More information will be shared over the next week about this process.

If you have any questions please reach out.

In the meantime, if your daughter is trying out, please fill out and submit the following Google form by Saturday, December 10th. This will assist the coaches in their planning.

<http://surl.li/dyngl>

Here are some points to remind your athlete from www.pakmen.com:

VOLLEYBALL TRYOUT TIPS

SHOW THAT YOU CAN WORK HARD

Some people believe that only the most talented personalities become successful athletes. Apparently, that's not the truth. It's not enough to be a talented person for success. You also need to work hard in order to be able to realize your talent.

DEMONSTRATE THAT YOU ARE A COACHABLE VOLLEYBALL PLAYER

A coach works with each player of a team and tries to help him/her improve. However, teaching something a person, who is not coachable, can be hard. Only coachable players can improve! An uncoachable player is a big problem for a volleyball team and its head coach.

COOPERATE WITH YOUR TEAMMATES WELL

You'll be able to contribute greatly to your team's success if you have strong skills and demonstrate excellent performance on the court. However, it's not enough to be a good volleyball player. Additionally, it's incredibly important for a volleyball player to be a part of a team.

DEMONSTRATE THAT YOU CAN BE A VERSATILE VOLLEYBALL PLAYER

If you find that you need to support someone in your team and step into other player's position during volleyball tryouts, don't hesitate to do this. Do someone's job on the court if necessary! Adjust to the game quickly and demonstrate your abilities in the best possible way.

BE CONFIDENT IN YOURSELF!

It's important to know that even highly professional volleyball players tend to feel stressed during tryouts. If things don't go as planned, volleyball players can make mistakes on the court. An athlete should never get into despair and lose confidence if this happens.

Thank you so much and best of luck to the athletes.