



# OVIDEO HIGH SCHOOL GIRLS VOLLEYBALL 2024 TRYOUT INFORMATION



Dear Prospective Players & Parents,

Thank you for your interest in becoming a part of the Oviedo Volleyball program. We are excited to have you and are looking forward to the 2024 season. It is important to recognize that playing volleyball at Oviedo High School is a huge commitment. We pride ourselves on having one of the best and most competitive programs in the state. There will be practice every day after school, two to three matches per week, as well as tournaments, team bonding, fundraising, and practice on the weekends. You are expected to give 100% of yourself to the program if you are selected for a team.

During the summer, we offer a few workout sessions along with a camp to help each player better prepare for tryouts. These are optional and do not have a direct impact on whether a player makes a team. **The summer calendar is on the second page of this packet.**

Tryouts will put each player through an extensive evaluation based on athleticism, attitude, communication, competitiveness, effort, and skill-level. The first day of tryouts is broken into two separate sessions to allow the coaching staff to better evaluate each player. All girls who were a member of the program last season are classified as returners and should attend the 9:00-12:00 session on Monday, July 29. All freshmen and any girls who were not a part of our program last season are classified as newcomers and should attend the 3:00-6:00 session on Monday, July 29. If you do not return for a session, the coaching staff will assume you no longer are trying out for a team. The schedule for tryouts is as follows:

Date	Time	Time	Where to Meet	
Monday, July 29	9:00-12:00 (returners)	3:00-6:00 (newcomers)	RWL Gym	<i>First Cut</i>
Tuesday, July 30	9:00-12:00 (all)		RWL Gym	<i>Second Cut</i>
Wednesday, July 31	3:00-6:00 (all)		RWL Gym	<i>Final Cut</i>

*\*\*Although unlikely, the tryout schedule is subject to change*

A player will only make the team if they are going to be an asset and add to team success on and off the court. If selected for the team, playing time is not guaranteed at any level. If your daughter is cut from the team, please respect the coaching staff's decision. All tryout sessions and practices are closed to parents.

Once teams are picked, practices will begin Thursday, August 1. Players should expect to practice on Monday through Friday thereafter, with the Varsity team also practicing on Saturday. All practices are mandatory. There will be a mandatory player and parent meeting on Saturday, August 3. This meeting will provide players and parents with important information about our program. Following final team selection, you will receive an email from Coach Darty with additional information.

Make sure you take care of your body through the tryout process – you need to be eating right, sleeping well, and staying hydrated. It is a good idea to bring your own water bottle and a snack to each session. It is also very important that players let the coaching staff know if they have any medical conditions, injuries, or if ice is needed after sessions.

This packet is here to help you and provide you with the information you need to prepare for tryouts as well as the information you need to be successful in our volleyball program. If you have any other questions or concerns before tryouts, please do not hesitate to email me at [jennifer\\_darty@scps.k12.fl.us](mailto:jennifer_darty@scps.k12.fl.us).

**GOOD LUCK & GO LIONS!**

Jen Darty

*Head Girls Volleyball Coach*

[jennifer\\_darty@scps.k12.fl.us](mailto:jennifer_darty@scps.k12.fl.us)



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**FOLLOW US ON INSTAGRAM:** [@oviedovball](https://www.instagram.com/oviedovball)



# OVIEDO HIGH SCHOOL GIRLS VOLLEYBALL 2024 SUMMER CALENDAR



## JUNE 2024

SUN	MON	TUES	WED	THURS	FRI	SAT
						1
2	3	4 <u>SKILLS CAMP</u> 10:00-3:00	5 <u>SKILLS CAMP</u> 10:00-3:00	6 <u>SKILLS CAMP</u> 10:00-3:00	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	PLAYERS INTERESTED IN TRYING OUT ARE HIGHLY ENCOURAGED TO CONTINUE WORKING OUT THROUGH JUNE & JULY LEADING UP TO OPEN GYMS AND TRYOUTS. GOOD LUCK TO THOSE PARTICIPATING IN AAU & USAV NATIONALS!					

## JULY 2024

SUN	MON	TUES	WED	THURS	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24 <u>OPEN GYM</u> 9:00-11:00	25 <u>OPEN GYM</u> 9:00-11:00	26 <u>OPEN GYM</u> 9:00-11:00	27
28	29 <u>TRYOUTS</u> Returners: 9-12 Newcomers: 3-6	30 <u>TRYOUTS</u> All: 9:00-12:00 (Second Cut)	31 <u>TRYOUTS</u> All: 3:00-6:00 (Final Cut)	August 1 <u>PRACTICE</u> F/JV/V: 2:45-5:00	August 2 <u>PRACTICE</u> F/JV/V: 2:45-5:00	August 3 Parent Meeting (Time TBA)

TO PARTICIPATE IN ANY OPEN GYMS OR TO TRYOUT, YOU MUST BE **CLEARED** THROUGH [WWW.ATHLETICCLEARANCE.COM](http://WWW.ATHLETICCLEARANCE.COM) AND BE CURRENTLY ENROLLED AT OVIEDO HIGH SCHOOL.



# OVIEDO HIGH SCHOOL GIRLS VOLLEYBALL

## 2024 TRYOUT INFORMATION



We offer three levels of Girls Volleyball teams at Oviedo High School – Freshmen, Junior Varsity & Varsity. Only Freshman can make the Freshmen team but all grade levels (9-12) are eligible to make the Junior Varsity & Varsity teams. Roster size is at the discretion of the coaching staff.

### OPEN GYM & TRYOUT RULES:

- Be on time for all sessions.
- Help set up and tear down nets and equipment.
- Wear proper athletic attire.
- No jewelry.
- No cell phones allowed in gym.

### TRYOUT EVALUATION:

- **Athleticism**
  - Physical Testing
    - Height & Standing Reach
    - Block & Approach Jump
    - Timed Mile
    - Timed 300-meter Sprint
    - Other agility exercises, sprints, and conditioning will be completed throughout tryouts
- **Attitude, Communication, Competitiveness, & Effort**
  - Effort that is put into drills as well as setting up, tearing down, and shagging balls
  - Leadership and positive energy brought to the court
  - Calling the ball and talking effectively on the court
  - Desire to compete and work hard
  - Ability to be coached, follow directions, and make changes
  - Mental and physical toughness
- **Skill-Level**
  - The six fundamental volleyball skills (passing, setting, hitting, serving, blocking and defense) will be evaluated throughout tryouts through basic drills and competition
  - The ability to improve on these skills will be taken into consideration
  - Prior volleyball experience and knowledge helps, but is not required

### TRYOUT CHECKLIST:

- I have submitted my **physical** and **all necessary documents** to the Athletic Office by uploading them on my account at **AthleticClearance.com**. Once you have uploaded all documents and your file has been reviewed, you will receive an email stating that you have been cleared or denied. If you are denied, turn in any missing items that are required. If you are cleared, then you are good to go & Coach Darty will automatically get notified of your clearance. **If you do not gain clearance, you will not be able to participate in any open gyms or tryouts. Please take care of this as soon as possible.**
- I have filled out the **Tryout Information Form** online: <https://forms.gle/6iVapKMWWsVycPJi6>
- I have contacted Coach Darty ([jennifer\\_darty@scps.k12.fl.us](mailto:jennifer_darty@scps.k12.fl.us)) with any pre-tryout questions or concerns.



# OVIEDO HIGH SCHOOL GIRLS VOLLEYBALL

## ATHLETIC CLEARANCE & ONLINE SPORTS PHYSICAL SUBMISSION INFORMATION



### **Documents Needed: Completed FHSAA/SCPS EL2 Sports Physical, ECG Cardiac Clearance, Insurance Card, Parent/Guardian Driver's License, Birth Certificate, NFHS Course Certificates**

1. Visit [www.AthleticClearance.com](http://www.AthleticClearance.com) and choose your state.
2. **Register** or **login** to your account. You must register with a valid email address, as this is where you will receive communication from your clearance file that tells you if you are cleared or what
3. Select **"Start Clearance Here"** to start the process.
4. Select the **school year**, select **"Oviedo"**, and select Girls Volleyball as well as any additional sports in which the student plans to participate in. If you intend on playing Beach Volleyball in the Spring, make sure you add that sport as well.
5. Complete all required fields, which include Student Information, Parent/Guardian Information, Medical Information, and electronic Signature Forms.
6. Upload all required documents. These include:
  - **FHSAA/SCPS EL2 Sports Physical** – Your sports physical must be completed on the EL2 form available for download in your account, on the school website, or the FHSAA website. Remember, a physical is valid for 365 days from your date of examination.
  - **ECG Cardiac Clearance** – Each student-athlete planning to participate in high school athletics is required to receive an electrocardiogram (ECG) screening prior to participating in any high school athletic activity. You only need one ECG during your high school career, this can be completed in the student's eighth grade year or after.
  - **Proof of Insurance** – Each student must be covered by medical insurance. If you do not have medical insurance, visit [www.schoolinsuranceofflorida.com](http://www.schoolinsuranceofflorida.com).
  - **Birth Certificate**
  - **Parent/Guardian Driver's License**
  - **NFHS/FHSAA Required Video Certificates** – All student-athletes are required to watch three NFHS courses, directions to access can be found on the next page of this document. These three videos must be watched each school year.
  - **FHSAA GA4 Form** – If you are transferring to Oviedo High School, this form is required. The form can be downloaded from our school website or from your Athletic Clearance account.
7. Once you reach the **confirmation message** you have completed the process and your file has been submitted to the Athletic Department for **review**.
8. When your file has been reviewed, you will receive an email stating whether you have been **cleared for participation** or **denied** based on missing information. You can also log back into your account to view clearance or denial information. If you have been denied, please correct the missing items and submit again for approval.

**Note: You cannot participate in any open gyms or tryout until you have been cleared through this process. You must also maintain a cumulative unweighted 2.0 GPA to be academically eligible.**

**IF YOU HAVE ANY QUESTIONS OR CONCERNS PLEASE CONTACT THE OVIEDO HIGH SCHOOL  
ATHLETIC DEPARTMENT AT 407-320-4221**

# NFHS & FHSAA REQUIRED STUDENT-ATHLETE COURSES



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**FHSAA Policy requires that all student-athletes complete three courses through the National Federation of State High School Associations website. These courses must be taken & renewed each school year.**

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## **Courses you must complete:**

1. Concussion in Sports (FHSAA Policy 40)
2. Heat Illness Prevention (FHSAA Policy 41)
3. Sudden Cardiac Arrest (FHSAA Policy 42)

## **To complete the courses:**

*Step 1:* Go to [www.nfhslearn.com](http://www.nfhslearn.com).

*Step 2:* “**Sign In**” to your account using the e-mail address and password you provided at time of registering for an nfhslearn account. If you do not have an account, “**Register**” for an account.

*Step 3:* Click “**Courses**” at the top of the page.

*Step 4:* Either scroll down to the title of the course from the list of courses or search for the name of the course.

*Step 5:* Click “**View Course**”.

*Step 6:* Click “**Order Course**.”

*Step 7:* Select “**Myself**” if the course will be completed by you.

*Step 8:* Click “**Continue**” and follow the on-screen prompts to finish the checkout process. (Note: There is no fee for this course.)

*Step 9:* Click “**Begin Course**” on the course you wish to take.

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**When you have completed these courses, upload the certificates into your account on [www.AthleticClearance.com](http://www.AthleticClearance.com)**