



## 2025 Volleyball Tryout Information

### Tryout Schedule

**Monday, August 25th**

**2:30-5:30pm**

*\*Potential first round cuts at end of tryouts this day*

**Tuesday, August 26th**

**2:30-5:30pm**

*\*Potential first or second round cuts at end of tryouts this day*

**Wednesday, August 27th**

**2:30-4:30pm**

*\*Please have your athlete arrive 15 minutes early to get checked in. On Wednesday they will come straight down to the gym/locker room after school. All sessions are mandatory to be considered for one of our three teams within the program (C-team, JV, and Varsity).*

### Important Information

**FinalForms-** All forms on the FinalForms website must be signed and a current physical must be on file. If your athlete is not fully cleared on FinalForms, she will not be allowed to participate in tryouts. If you are unsure whether she is cleared or not, feel free to reach out to me (Nicole Arevalo) or Jessica Lohafer

- Nicole Arevalo (Head Coach) - [narevalo@everettsd.org](mailto:narevalo@everettsd.org)
- Jessica Lohafer (Athletic Secretary) - [JLlohafer@everettsd.org](mailto:JLlohafer@everettsd.org)

**Cuts** - We unfortunately have a limited number of spots on our three teams and cannot take everyone. Depending on how many girls show up to tryouts, we may have a first-round of cuts after day one of tryouts and a second round of cuts after day two of tryouts. Final cut/team decisions will be made on Wednesday.

To communicate cut decisions, we will give out private letters to all girls during each round of cuts to let them know if they will be returning or not. We ask that players wait until they have left campus to read the letters and that they do not discuss the results with other players or post on social media until after our first practice following tryouts. Final decisions are tough and can be incredibly difficult for those that do not make it. If you have questions or concerns about the cuts that are made, please feel free to contact Coach Arevalo.

**Evaluation Criteria** - Athletes will be evaluated based on a number of criteria, including but not limited to the following:

- Volleyball Specific Skills (passing, serving, setting, hitting, etc.)
- Athleticism
- Attitude
- Hustle
- Leadership & Communication
- Responsibility (this includes grades and attendance at school)
- Coachability



**Preparation Tips** - Players will experience a high volume of activity during tryouts. Please see below for ways to prepare:

- Hydrate - drink lots of water the days leading up to tryouts and during tryouts
- Eat a healthy lunch before tryouts each day
- Pack water and snacks
- Stay active between now and tryouts (walking, running, stretching, playing sports, strength and conditioning exercises, etc.).
- Recommended Clothing: athletic or volleyball specific shoes, tshirt or athletic shirt, athletic shorts/pants or spandex, knee pads (if you have them), hair tied back, no dangly jewelry (only stud/post jewelry unless for medical or religious purposes).

### **Contact Info**

#### **Head Varsity Coach**

Nicole Arevalo - [narevalo@everettsd.org](mailto:narevalo@everettsd.org)

#### **Athletic Secretary**

Jessica Lohafer - [JLohafer@everettsd.org](mailto:JLohafer@everettsd.org)

#### **Athletic Director**

Krista Bjorge - [kbjorge@everettsd.org](mailto:kbjorge@everettsd.org)