

VOLLEYBALL TRYOUTS

Dear Parents,

The 2020 Allen Volleyball Season is quickly approaching. If your daughter is interested in trying out for a middle school, freshman or high school volleyball team, you will need to attend a mandatory Parent/Tryout Meeting through Zoom (please register to attend at www.alleneaglesvolleyball.com).

May 7th at 6:30 pm (entering 7th -12th)

In this meeting, we will be discussing tryout schedules, physical forms, tournament information, summer activities and our volleyball program expectations.

****** An Athlete Information Sheet must be filled out online at ****
www.alleneaglesvolleyball.com by Friday, May 31st .
(click on “Tryouts” and “Athlete Information”)**

If you have any questions or concerns, please feel free to contact me. We are looking forward to the 2020 Allen Volleyball Season!

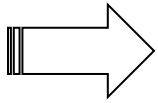
Coach G

Contact Information:

Email: Kelley.Gregoriew@allenisd.org

Cell: 972-989-5758 (Text / Call)

2020 Pre-Tryout Volleyball Checklist:



www.alleneaglesvolleyball.com/tryouts

Tryout Forms & Packets:

- _____ Complete “Volunteer Background Check” ** AFTER JULY 1st **
- _____ Complete “Player Information Form” (By MAY 31st)
- _____ Complete “Online Athletic Packet / Rank One” (12 forms)
* UIL Acknowledgement of Rules, UIL Steroid, UIL Concussion, UIL Cardiac Awareness, UIL Medical History, AISD Emergency Info, AISD Athletic Info, AISD Tutorial Info, AISD Athletic Commitment, Social Media Contract, Tournament Commitment Contract (HS Only), Tutorial Consequences (HS Only), Requirements for Varsity Letter (HS Only), Junior on JV (HS Only)
NOTE: Complete forms once forms are posted with dates for upcoming new school year. Rising 7th graders will have accounts starting AUGUST 1st.
- _____ Print & complete the “UIL Pre-Participation Physical Exam (PPE) Form”
Physicals Need to be completed (After MAY 1st) and turned in on the first day of tryouts.
- _____ Make a personal copy of completed “Pre-Participation Physical Exam (PPE) Form”
- _____ Print & complete the “Previous Athletic Participation” Form
* only if moving in from outside of AISD
- _____ Download Rank One App from App Store
* used for daily Player health screening
- _____ Face Masks Required
* athletes required to wear face mask at tryouts; upon conclusion of tryouts, all AHS players must purchase Allen Eagle face mask (see www.alleneaglesvolleyball.com)
- _____ Read appropriate tryout packet / schedule
 - _____ See “Pre-Tryout Letter”
 - _____ See Team “Tryout Schedule & Important Dates”
 - _____ Look over projected “Cost List” & Required Items

Summer Camps & Workout Programs:

- _____ Print and review 800 Shuttle and (1x5)x5 Shuttle Training formats
- _____ Sign up for Performance Course Summer Workout Program
Registration go to www.performancecourse.com
**Females 6-12th grade: 8:30-9:30am Mon-Fri @Lowery FC June 1st - July 31st (No PC July 3 – July 10)

See www.alleneaglesvolleyball.com for additional information

FORD MS

Dear Parent/Guardian

I would like to take this opportunity to introduce myself. My name is Kelley Gregoriew, and I am the Varsity Volleyball Coach - most know me as Coach G. I will be going into my 28th season here at Allen, and I wanted to thank you ahead of time for encouraging these young ladies to get involved in athletics.

Entering into a competitive athletic program can be rewarding for both the athlete and their parent/guardian. It can also be a confusing time with tryouts and the hectic schedule ahead. As the Varsity coach, I feel it is important that I oversee all levels of the Allen Volleyball Program. Therefore, the high school coaching staff and I will participate and give input in all team selections during tryouts.

Below you will find the schedule of events for the week of September 2nd – 9th. For more information on the Allen Volleyball Program please visit our website at www.alleneaglesvolleyball.com.

VOLLEYBALL TRYOUTS:

VB Tryout/Practice Attire: Athletic Clothes (purchase through school), athletic shoes, pony tail, and no jewelry

DAY	DATE	GRADE	TIME	ACTIVITY
Wednesday	Sept.. 2 nd	7 th & 8 th	During Athletics	Turn in Physical Form
	Sept. 2 nd	7 th only	3:45pm -5:45pm	Tryouts @ Ford Gym
	Sept. 2 nd	8 th only	5:45pm -7:45pm	Tryouts @ Ford Gym
Thursday	Sept. 3 rd	7 th & 8 th	During Athletics	Run – (1x5) x 5 / Tryouts in gym
	Sept. 3 rd	8 th only	3:45pm -5:45pm	Tryouts @ Ford Gym
	Sept. 3 rd	7 th only	5:45pm -7:45pm	Tryouts @ Ford Gym
Friday	Sept. 4 th	7 th only	Athletic Period	Tryouts @ Ford Gym
	Sept. 4 th	7 th only	3:45pm -5:45pm	Tryouts (first cut) @ FMS
	Sept. 4 th	8 th only	5:45pm -7:45pm	Tryouts (first cut) @ FMS
Monday	Sept. 7 th	7 th & 8 th	Holiday	No Tryouts
Tuesday	Sept. 8 th	7 th only	6:30am – Athletic Period	Tryouts @ Ford Gym
	Sept. 8 th	8 th only	Athletic Period – 4:30pm	Tryouts @ Ford Gym
Wednesday	Sept. 9 th	7 th only	7:00am - Athletic Period	Tryouts @ Ford Gym
	Sept. 9 th	8 th only	Athletic Period – 4:30pm	Tryouts / Team Selection @ FMS
	Sept. 9 th	7 th only	3:30 pm	Team Selection @ Ford Gym

** 1 x 5 Run x 5 – athletes goal is to have a time of 45 seconds or less on each one.

**Thank you,
Coach G (Allen Varsity Volleyball)**

We would like to thank you for taking part in our process of completing athletic participation paperwork online. This automated process will allow us to be more efficient in handling the forms as well as saving valuable resources.

- To access the online forms hold your cursor over the Tryouts tab, and select **[“Online Athletic Packet / Rank One”](#)**.
- Click on the form name and fill out the information requested. **You must have your student’s ID number available, as it is required on each form. DO NOT USE ATHLETE NICKNAMES ON FORMS. FULL LEGAL NAME ONLY.**
- To sign the document, click inside the signature box and hold your mouse over the box. This will allow you to create an “Electronic Signature.” If you make a mistake and need to start over, click the refresh icon next to the signature box.
- Once you have filled out all the information on each page, including your email, you will have the opportunity to print the document for your records.
- You will receive a confirmation email for each document once the document has been completed.

PLEASE ENSURE YOU SELECT THE CORRECT SCHOOL FOR YOUR ATHLETE FOR THE UPCOMING SCHOOL YEAR.

- Note for physicals: All physicals should be completed on the current up-to-date UIL Pre-participation Medical History and Physical Form after May 1st. Print the two-page form. Have your doctor complete page 2 at the time of the physical exam. See new Medical History form in Rank One portal. **Allen ISD requires a physical annually.**

https://www.uiltexas.org/files/athletics/forms/PrePhysFormRvvd1_10_20.pdf

All high school and middle school athletes must turn in their physical forms to the coach of your daughter’s sport at their campus. Physicals must be on file for athletes to participate in a practice session for all 7-12 grade students.

For question please contact the Allen ISD Athletic Trainers:

Mike Harrison	Mary Miller	Chay Nersesian	Chris Brock
214 448-5351	214 418-7204	214 250-6166	903 327-3195

SPORTS PHYSICALS

Special Promotional Price!



*Offer Ends August 31st

\$15*

*Regularly \$35

Needed For:

- . Summer Camps
- . Sports Leagues
- . Public and Private School Sports

Hours of Operation
3:00-9:00pm

919 Medical Drive
Allen, TX 75013

No Appointments Needed!
Walk-Ins Welcome!

*Not Valid for Patients with Medicaid or CHIPS Plans



URGENT CARE
FOR KIDS



When it comes to **sports physicals**, we don't play around!

No appointment necessary!

Summer camps and sport leagues are just around the corner. We've got your kids' physicals covered at an even lower price!

ONLY \$20*

Open every day

Mon-Fri: 8am-9pm
Sat: 8am-8pm | Sun: 8am-5pm

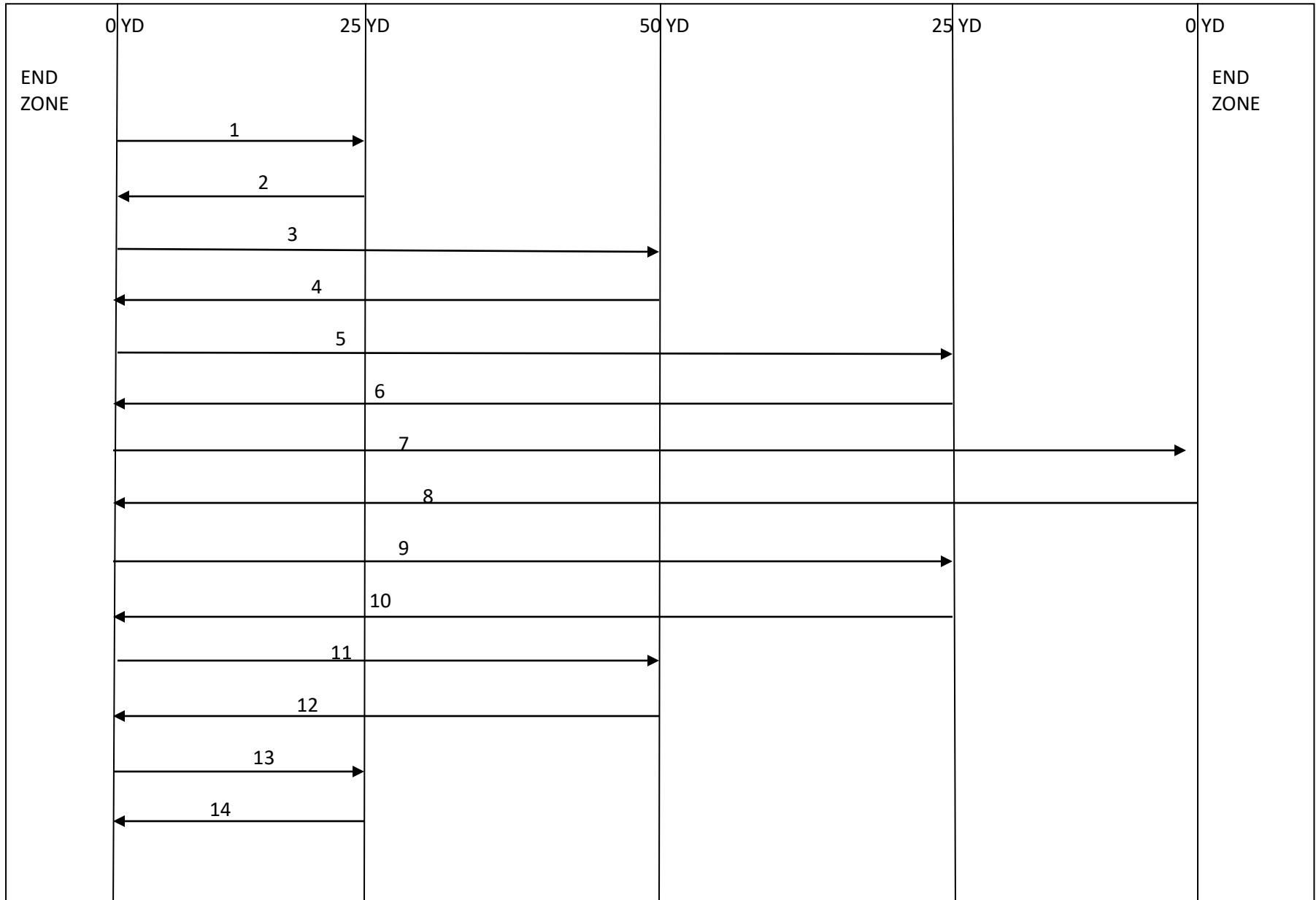
30 Locations in DFW

Find your closest location at CareNow.com

*Price valid April 13 through July 31, 2018



800 yard shuttle



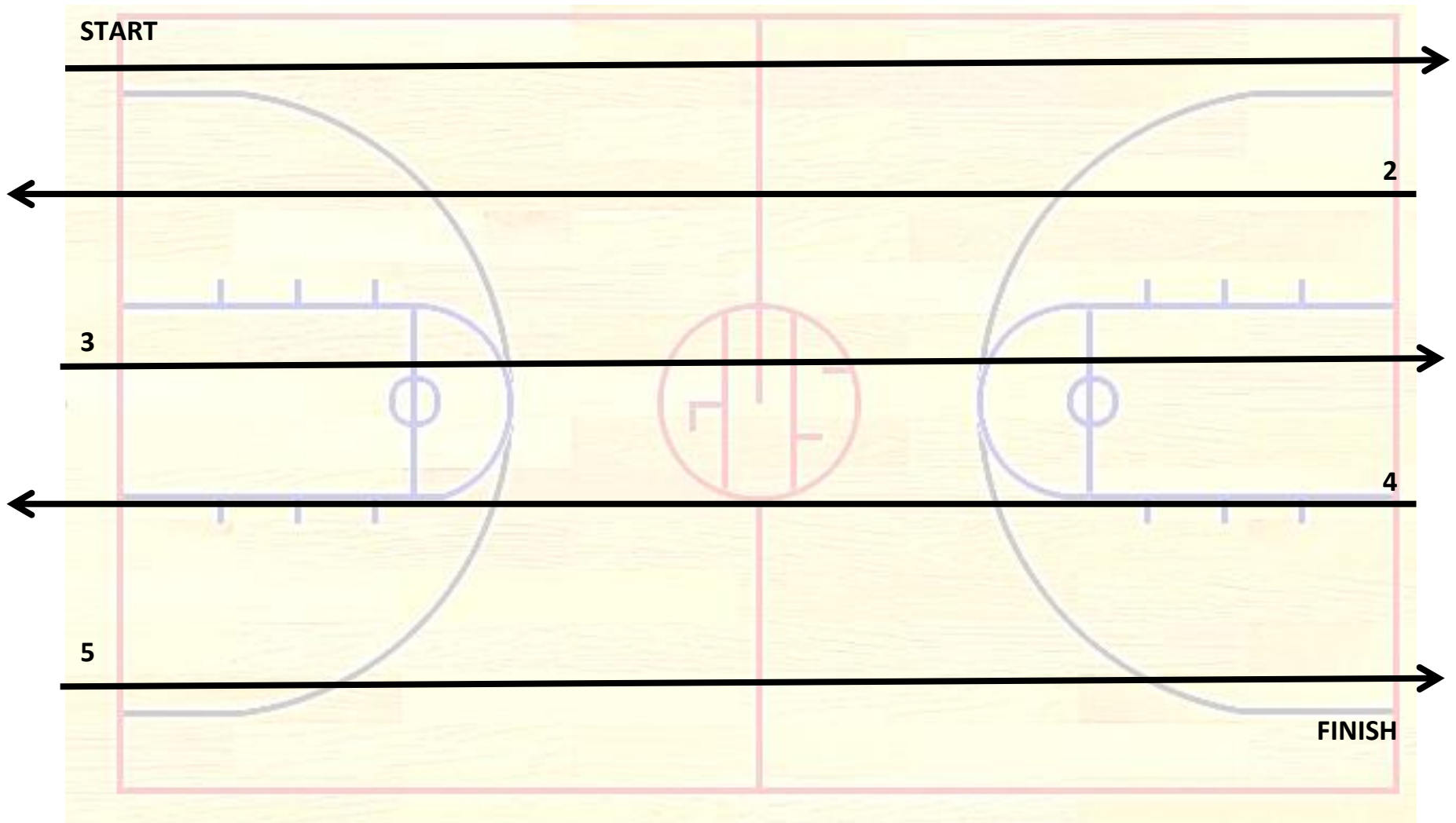
The athlete must run the 800 yd shuttle once within the following times:

Varsity Team– 3:30min

JV Team– 3:45min

9A/9B Team – 4:00min

1 X 5 Run (Complete 5 X's)



1X5 times: Varsity = 2:45 min JV = 3:00 min 9A/9B = 3:15 min

Middle School: Each 1X5 needs to be 45 seconds or less