

NSVC Tryout Process & Selection

The purpose of the tryout program is to identify, select and train athletes as part of the Northern Summit Volleyball Club. The goal of the tryout process is to produce an accurate assessment and ranking of all the eligible athletes in each age group and place them on a NSVC team appropriate to their developmental level.

Authority for Selection

NSVC has delegated the Selection Working Group (SWG) the authority for all decision making during the tryout process. The SWG will consist of (not limited to):

- Director of coaching (if/when applicable)
- At least 2 experienced coaches not coaching in the specified age group
- Head coach of team/teams in the specified age group

Selection Process

- The SWG will oversee the entire tryout process, athlete assessment and ranking, and determine at its sole discretion the recipient(s) who will be offered a position in the program. If a decision is inconclusive, the Executive Committee of the board has final decision-making ability.
- Director of coaching and head coach of each age group are responsible for running and coordinating the tryout.
- If an athlete decides not to accept a spot in the program, the SWG will select the next athlete on the ranked list and work through in order of ranking.
- Members of the SWG are required to remove themselves from any discussions, ranking and voting if there exists a conflict of interest.

Number of Positions Available

The number of spots available on each team is dependent on the age level, as well as by the level of the athlete pool. Details will be provided at the tryout. Exact allocations will not be known until all tryouts have been completed. In general, 10-12 athletes will be selected for each team.

NSVC Tryout Guide: Key Attributes for Success

General Expectations

- **Adaptability and Teamwork:** Players should be versatile, able to contribute to different phases of the game (offense, defense, and transition), and work seamlessly within a team.
 - **Communication Skills:** Active communication on the court is crucial, especially for coordinating defensive coverage and offensive strategies.
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Offensive Skills

1. **Ball Control and Passing:**
 - Consistent, accurate passes with a focus on maintaining "FOBO" (Forward Off But On-target) principles.
 - Ability to "knock us in" system consistently, enabling the setter to have four offensive options.
 2. **Setting:**
 - Precision in setting high balls to either antenna and adjusting to off-target passes.
 - Creating space in the block through strategic and quick decision-making.
 3. **Attacking:**
 - Aggressive mindset with a focus on terminating the ball through powerful, accurate hits.
 - Strong arm swing and a fluid four-step approach to maximize reach, range, and velocity.
 - Adaptability to execute precision attacks when power hits aren't viable.
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Defensive Skills

1. **Serve Reception:**
 - Effective reading of serves, including spin and trajectory, to reduce aces.
 - Strong positioning and responsibility sharing among teammates.
2. **Blocking and Net Defense:**
 - Active blocking to reduce opponents' offensive options and limit gaps.

- Precise footwork to close spaces and align effectively with teammates.
 - 3. **Backcourt Defense:**
 - Maintaining control to slow down the opposition and create opportunities for transition attacks.
 - Keeping digs high-quality to enable setting and subsequent offensive plays.
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Transition Play

- Ability to seamlessly transition from defense to offense by:
 - Creating options with high-quality digs and passes.
 - Occupying gaps with quick and effective footwork in offensive patterns.
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Serve Strategy

- Aggressive serves aimed at disrupting opponents' passing rhythm.
 - Tactical serving to target specific players or areas and reduce their ability to execute plays.
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Key Behavioral Traits

- **Resilience and Decision-Making:** Ability to recover from errors quickly and make smart decisions under pressure.
- **Work Ethic:** Dedication to training, including precision drills, reading plays, and mastering tempo in attacks.
- **Coachability:** Openness to feedback and willingness to improve in technical and tactical aspects of the game.