

Westwood Volleyball

Spring Informational Meeting

March 23rd, 2016



Meet the Coaches ...

- Tara Nelson – Head Volleyball
- Brissa Ochoa – Asst Volleyball
- Jennifer Breedlove – Asst Volleyball
- Malcolm Framjee – Asst Volleyball



WEBSITE



- www.warriorsports.org

WARRIOR VOLLEYBALL
TARA NELSON, HEAD COACH

STATE RUNNER-UP 1998
REGIONAL FINALIST 2009, 2003
REGIONAL SEMI-FINALIST 2007

STATE CHAMPIONS 1999

AREA CHAMPIONS 2014, 2012, 2008, 1995, 1994, 1992
BI-DISTRICT CHAMPIONS 2013, 2011, 2001, 1997, 1986, 1991, 1990, 1989
DISTRICT CHAMPIONS 2012, 2009, 2005, 2003, 1989-1999

HOME NEWS ROSTER COACHES SCHEDULE SCORES RECORDS AWARDS ARCHIVES PHOTOS VIDEOS LINKS

13-6A STANDINGS 2015 SHOWCASE BOOSTERS MAXPREPS SPONSORS

2015 SPONSORS
Cupprimo Cupcakery & Coffee House
www.cupprimo.com
512-309-7740

AWARDS
All District 1st-Team
Courtney Markes (Outstanding Hitter)
Vanessa Robinson (Outstanding Setter)
Kimberly Sladek
All District 2nd-Team
Sarah Carlson
Alyssa Porter
All District Honorable Mention
Cara Dolbear
Paige Etherington
Team MVP: Courtney Markes
Offensive: Vanessa Robinson
Defensive: Kimberly Sladek
Warrior: Kendalle Howard
Newcomer: Maddi Kriz
Most Improved: Cara Dolbear
Most Improved: MacKenzie Downs

WOLLEYWOOD

WARRIORS SUPPORTING WARRIORS
January 26th—Girls Basketball
February 19th—Girls Soccer
April 8th—Softball

2015 VIDEOS
1/14 "Watch Me" by 2015 Westwood Lady ...

PHOTOS
Volleyball supports Basketball
On Tuesday, January 26, Lady Warrior Volleyball cheered on the Lady Warrior Basketball teams as they took on Hendrickson HS.

UPCOMING EVENTS
Spring Informational Meeting (for all athletes/parents planning to tryout for Westwood Volleyball in 2016)

What's Going on this Spring?

- Warriors Supporting Warriors
 - Tuesday January 26th – Girls Basketball
 - Friday February 19th - Girls Soccer
 - Friday April 1st – Softball



What's Going on this Spring?

- Middle School Visits
- Georgetown Spring/Summer League
 - 2 Teams for the JV and Freshman Divisions
 - Wednesday Nights May 18th – June 29th
 - 9-12 per team and minimum 1 parent coach
 - Team Entries due April 1st
- 2016 Tryout Registration – May 1st
- Spring Evaluation Meetings (Returners)
 - Meetings with Coach Nelson in April/May
- Sand Courts Construction – Summer 2016

Fall Registration



- When is the Volleyball Block? 4th and 8th
- Do I need to double block? Yes
- What if I play a 2nd sport? All of girls athletics is the last block of the day, at the conclusion of the volleyball season you will begin attending practices for your 2nd sport

Summer Information



- Speed and Weight Camp (M-Th, mornings)
 - Times and Dates TBD
- Summer Open Gyms
 - Times and Dates TBD
- Westwood Volleyball Incoming Freshman Camp
 - June 6th-9th , 8am-12pm
- Westwood Volleyball Team Camp
 - Incoming 9th-12th graders
 - July 25th-29th

Physicals



- Must have an updated physical on file BEFORE tryouts in order to participate
- Westwood Athletic Training Physicals, Wednesday May 11th, 4:30-6:30pm @ Texas Family Physicians, \$20.00
 - 6618 Sitio Del Rio Blvd, Bldg B Ste # 101

August Tryouts



- Monday August 1st
 - Varsity – Fitness 8-9am, Court 12-3pm
 - JV – Fitness 9-10am, Court 2:30-5:30pm
 - Freshman – Fitness 10-11am, Court 4-6pm
- Tuesday August 2nd (*Teams Announced*)
 - Varsity – Court 8-11am
 - JV – Court 12-3pm
 - Freshman – Court 3-5pm

2016 Team Numbers



VARSIITY	
Setters	2-3
Pin Hitters	5-6
Middles	3-4
Defensive Specialists	2-3
TOTAL	12-14

JUNIOR VARSITY	
Setters	2-3
Pin Hitters	4-6
Middles	2-3
Defensive Specialists	2-3
TOTAL	12-14

FRESHMAN	
Setters	2-3
Pin Hitters	4-6
Middles	2-3
Defensive Specialists	1-2
TOTAL	10-12

Varsity Returners	
Setters	1
Pin Hitters	3
Middles	2
Defensive Specialists	1
TOTAL	7

FLEX	
Setters	2-3
Pin Hitters	4-6
Middles	2-3
Defensive Specialists	2-3
TOTAL	10-12

Tryout FAQs



- When do I register for tryouts? You will receive an email this spring with a link to register by May 1st
- Do I have to attend the July “Team Camp” in order to tryout? No, however Team Camp is highly recommended
- Do I have to make the 8 minute mile time to make a team at tryouts? No, however you must make your time in order play in a match
- Can I tryout for multiple positions? Yes
- Can Juniors make the JV Team? Yes, however spots are limited
- Can Sophomores make the Flex Team? Yes

August Schedule

TENTATIVE SCHEDULE – Subject to Change

TENTATIVE SCHEDULE – Subject to Change

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p><i>1 Tryouts</i> <u>Testing</u> Var 8-9am, JV/ Flex 9-10am, Fr 10-11am <u>Court</u> Var 12-3pm, JV/ Flex 2:30-5pm, Fr 4-6pm</p>	<p><i>2 Tryouts</i> <u>Court</u> Var 8-11am, JV/ Flex 12-3pm, Fr 3-5pm</p>	<p><i>3 Practice</i> Var/JV 7:30-10am, 12- 2:30pm, 2:30-3 WR Flex/Fr 9:30-12pm, 2:30-4:30, 4:30-5 WR Varsity Poster ??</p>	<p><i>4 Practice</i> Var/JV 8-10am, 12-3pm Flex/Fr 10-12pm, 2-4pm Warrior Night 7pm</p>	<p><i>5</i> Pictures and Foyer Windows?? Westwood Scrimmage All 11am-5pm</p>	<p><i>6</i> Team Building Activities Sub-Varsity Teams Varsity Overnight Retreat</p>
7	<p><i>8</i> Austin/Hutto Tri-Match Var 2:30-4:00pm JV/Flex/Fr 1-2:30pm</p>	<p><i>9</i> Practice ALL 10-12pm, 2-4pm Showcase Prep ALL 4-5pm</p>	<p><i>10</i> Practice JV/Flex/Fr 8-10:30am, 10:30-11am WR Var 12-3pm Showcase Prep ALL 11-12pm</p>	<p><i>11</i> SHOWCASE-Varsity Sub-Varsity HOSTS</p>	<p><i>12</i> SHOWCASE-Varsity Sub-Varsity HOSTS</p>	<p><i>13</i> SHOWCASE-Varsity Sub-Varsity HOSTS</p>
14	<p><i>15 STAFF MTGS</i> Practice Var 8-11am(Aux) JV/Flex/Fr 8-10:30am (FH)</p>	<p><i>16 STAFF MTGS</i> Cedar Park (H) Var 3:30-5:00pm JV/Flex/Fr 2:30- 3:30 pm</p>	<p><i>17 STAFF MTGS</i> Practice Var 8-10:30am(Aux) JV/Flex/Fr 8-10:00am (FH), 10:00-10:30am WR</p>	<p><i>18 STAFF MTGS</i> Franklin Fest -Varsity Practice JV/Flex/Fr 8-10am</p>	<p><i>19 STAFF MTGS</i> Franklin Fest -Varsity Practice JV/Flex/Fr 8-10am</p>	<p><i>20</i> Franklin Fest-Varsity Round Rock Freshman Tournament</p>
21	<p><i>22</i> Practice Var 8-10:30am (Aux) JV/Flex/Fr 8-10am(FH)</p>	<p><i>23 **First Day**</i> Bowie (H) Var 3:30-4:30pm JV 2:45-3:30pm</p>	<p><i>24</i> Practice Var/JV 2:45-3:15 SH, 3:15-5:30, 5:30-6 WR JV/Flex/Fr 2:45-3:15 SH, 3:15-5, 5-5:30 WR</p>	<p><i>25</i> Volleyball — Varsity Practice JV/Flex/Fr 2:45-4:00pm SH, 4-5:30pm</p>	<p><i>26</i> Volleyball — Varsity Practice JV/Flex/Fr 2:45-4:00pm SH, 4-5:30pm</p>	<p><i>27</i> Volleyball — Varsity</p>
28	<p><i>29</i> Practice Var/JV 2:45-3:15 SH, 3:15-5:30, 5:30-6 WR Flex/Fr 2:45-3:15 SH, 3:15-5, 5-5:30 WR</p>	<p><i>30</i> St. Stephens (H) Var 3:30-4:30pm (FH) JV 2:45-3:30pm (FH) Flex/Fr 4:00-5:30pm (Aux)</p>	<p><i>31</i> Practice Var/JV 2:45-3:15 SH, 3:15-5:30, 5:30-6 WR JV/Flex/Fr 2:45-3:15 SH, 3:15-5, 5-5:30 WR</p>			

Important Dates



- Tryouts, August 1st and 2nd
- Warrior Night, Thursday August 4th @7pm
- Westwood Scrimmage, Friday August 5th
- Team Building, Saturday August 6th
- Showcase Tournament, August 11th-13th
 - ALL Sub-Varsity REQUIRED to Host

September Schedule

TENTATIVE SCHEDULE – Subject to Change

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<p>1 <i>Dripping Springs Tourney (JV/Flex/Fr)</i></p> <p><i>Practice</i> Var 2:45-3:30 Film, 3:30-6pm</p>	<p>2 <i>Westlake (A)</i> Var 3:30-4:30pm JV 2:45-3:30pm</p>	<p>3 <i>Dripping Springs Tourney (JV/Flex/Fr)</i></p>
4	<p>5 <i>NO School-Labor Day</i> Var/JV 8-10:30 (Aux), 10:30-11 WR Flex/Fr 8-10 (FH), 10- 10:30am</p>	<p>6 <i>Lake Travis (A)</i> Var 3:30-4:30pm JV 2:45-3:30pm</p>	<p>7 <i>Practice</i> Var/JV 2:45-3:15 SH, 3:15-5:15, 5:15-6 WR Flex/Fr 2:45-3:15 SH, 3:15-5:30</p>	<p>8 <i>Practice</i> Var/JV 2:45-3:30 SH,/ Film, 3:30-6 Flex/Fr 7-8:30, 2:45- 3:30 WR, 3:30-4 SH</p>	<p>9 <i>Pflugerville (H)</i> Var 3:30-4:30 JV 2:45-3:30</p> <p>SPONSOR NIGHT</p>	<p>10 <i>Stony Point JV Tournament</i></p>
11	<p>12 <i>Practice</i> Var 2:45-3:30 Film, 3:30-6 JV/Flex/Fr 2:45-3:15 SH, 3:15-5:30</p>	<p>13 <i>McNeil (A)</i> Var 3:30-4:30 JV 2:45-3:30</p>	<p>14 <i>Practice</i> Var/JV 2:45-3:15 SH, 3:15-5:15, 5:15-6 WR Flex/Fr 2:45-3:15 SH, 3:15-5:30</p>	<p>15 <i>Georgetown Tourney (JV/Flex/Fr)</i></p> <p><i>Practice</i> Var 2:45-3:30 Film, 3:30-6pm</p>	<p>16 <i>Cedar Ridge (A)</i> Var 2:45-3:45 JV 3:45-4:30</p> <p>HOME COMING</p>	<p>17 <i>Georgetown Tourney (JV/Flex/Fr)</i></p>
18	<p>19 <i>Practice</i> Var 2:45-3:30 Film, 3:30-6 JV/Flex/Fr 2:45-3:15 SH, 3:15-5:30</p>	<p>20 <i>Stony Point (H)</i> Var 3:30-4:30 JV 2:45-3:30</p> <p>FACULTY NIGHT</p>	<p>21 <i>Practice</i> Var/JV 2:45-3:15 SH, 3:15-5:15, 5:15-6 WR Flex/Fr 2:45-3:15 SH, 3:15-5:30</p>	<p>22 <i>Practice</i> Var/JV 2:45-3:30 SH,/ Film, 3:30-6 Flex/Fr 7-8:30, 2:45- 3:30 WR, 3:30-4 SH</p>	<p>23 <i>Practice</i> Var/JV 2:45-4:00 Flex/Fr 2:45-4 SH, 4:00- 5:30</p> <p>Varsity—Scout</p>	<p>24 <i>Stony Point Flex Tournament</i></p>
25	<p>26 <i>Practice</i> Var 2:45-3:30 Film, 3:30-6 JV/Flex/Fr 2:45-3:15 SH, 3:15-5:30</p>	<p>27 <i>Round Rock (A)</i> Var 3:30-4:30 JV 2:45-3:30</p>	<p>28 <i>Practice</i> Var/JV 2:45-3:15 SH, 3:15-5:15, 5:15-6 WR Flex/Fr 2:45-3:15 SH, 3:15-5:30</p>	<p>29 <i>Practice</i> Var/JV 2:45-3:30 SH,/ Film, 3:30-6 Flex/Fr 7-8:30, 2:45- 3:30 WR, 3:30-4 SH</p>	<p>30 <i>Hendrickson (A)</i> Var 3:30-4:30 JV 2:45-3:30</p>	

TENTATIVE SCHEDULE – Subject to Change

October Schedule

TENTATIVE SCHEDULE – Subject to Change

TENTATIVE SCHEDULE – Subject to Change

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 <i>Practice</i> V X 2:45-3:30 Film, 3:30-6 JV/Flex/Fr 2:45-3:15 SH, 3:15-5:30	4 <i>Pflugerville (A)</i> V X 3:30-4:30 JV 2:45-3:30	5 <i>Practice</i> V X JV 2:45-3:15 SH, 3:15-5:15, 5:15-6 WR Flex/Fr 2:45-3:15 SH, 3:15-5:30	6 <i>Practice</i> V X JV 2:45-3:30 SH, Film, 3:30-6 Flex/Fr 7-8:30, 2:45- 3:30 WR, 3:30-4 SH	7 <i>McNeil (H)</i> V X 3:30-4:30 JV 2:45-3:30 DIG PINK	8
9	10 <i>No School</i> <i>Practice (Tentative)</i> V X 8-8:30 Film, 8:30- 11am (Aux) JV/Flex/Fr 8-10am (FH)	11 <i>Cedar Ridge (H)</i> V X 3:30-4:30 JV 2:45-3:30 FUTURE STARS	12 <i>Practice</i> V X JV 2:45-3:15 SH, 3:15-5:15, 5:15-6 WR Flex/Fr 2:45-3:15 SH, 3:15-5:30	13 <i>Practice</i> V X JV 2:45-3:30 SH, Film, 3:30-6 Flex/Fr 7-8:30, 2:45- 3:30 WR, 3:30-4 SH	14 <i>Stony Point (A)</i> V X 3:30-4:30 JV 2:45-3:30	15
16	17 <i>Practice</i> V X JV 2:45-3:15, 3:30- 5:15, 5:15-6 WR JV/Flex/Fr 2:45-3:15 SH, 3:15-5, 5-5:30 WR	18 <i>Practice</i> ALL 2:45-3:15 SH, 3:15- 5:30 Varsity—Scout	19 <i>Practice</i> V X JV 2:45-3:15 SH, 3:15-5:30, 5:30-6 WR Flex/Fr 2:45-3:15 SH, 3:15-5, 5-5:30 WR	20 <i>Practice</i> V X 2:45-3:30 Film, 3:30-6 JV/Flex/Fr 2:45-3:15 SH, 3:15-5:30	21 <i>Round Rock (H)</i> V X 3:30-4:30 JV 2:45-3:30 PARENT NIGHT	22
23	24 <i>Practice</i> V X 2:45-3:30 Film, 3:30-6 JV/Flex/Fr 2:45-3:15 SH, 3:15-5:30	25 <i>Hendrickson (H)</i> V X 3:30-4:30 JV 2:45-3:30 SENIOR NIGHT	26 <i>Practice</i> V X 2:45-3:15 SH, 3:15- 5:30	27 <i>Practice</i> V X 2:45-3:35 SH/Film, 3:30-5:30	28 <i>Rouse (A)</i> *Warm-Up Max h* V X 3:30-5:00pm	29
30	31 <i>Practice</i> V X 2:45-3:30 SH/Film, 3:30-6:00pm					

BSN Online Store



Coming August 2016

2016 Apparel

- Practice Shirts (Orange/Black)
- Shoes (Black)
- Crew Socks (Black)
- Knee Pads (Black)
- Game Shorts Varsity/JV – Nike



Apparel Sale



- 2016 Apparel – Save 20% when you buy today
 - Nike Game Shoes ~~\$95~~ \$76
 - Nike Game Spandex ~~\$25~~ \$20
 - Nike Crew Socks ~~\$14~~ \$11
 - Nike Knee Pads ~~\$18~~ \$14
 - Nike Running Shorts ~~\$30~~ \$24
 - Practice Shirts ~~\$28~~ \$22

Meet the Board ...

- Co-Presidents – Allison Gregorczyk and Melissa Stout
- Co Vice-Presidents - Terrie Low and Lisa Harmon
- Treasurer – Tracy Jackson
- Secretary – Janet Stading



QUESTIONS?



Thank You For Coming!

