



**WESTWOOD VOLLEYBALL**

*Spring informational meeting*

7:00PM



TUESDAY, FEBRUARY 28<sup>TH</sup>



WAR ROOM

**WELCOME**

# Meet the Coaches ...

- Tara Nelson – Varsity Volleyball
- Brissa Ochoa – JV Orange Volleyball
- Jennifer Breedlove – JV White Volleyball
- Malcolm Framjee – Freshman Volleyball



# WEBSITE



- [www.warriorsports.org](http://www.warriorsports.org)

**WARRIOR VOLLEYBALL**  
TARA NELSON, HEAD COACH

**STATE RUNNER-UP**  
1998  
**REGIONAL FINALIST**  
2009, 2009  
**REGIONAL SEMI-FINALIST**  
2016, 2007

**STATE CHAMPIONS**  
1999

**AREA CHAMPIONS**  
2016, 2014, 2012, 2008, 1995, 1994, 1992  
**BI-DISTRICT CHAMPIONS**  
2016, 2015, 2013, 2011, 2001, 1997,  
1996, 1991, 1990, 1989  
**DISTRICT CHAMPIONS**  
2016, 2012, 2009, 2005, 2003, 1989-1998

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**AUSTIN JUNIOR VOLLEYBALL**

**GAME SCHEDULE**  
Coming Soon

**TAVC All-State Team**  
LEBETT • ETHELINGTON • BOLBEAR

**WARRIORS SUPPORTING WARRIORS**

- Girl's Basketball v. RR  
Tuesday, February 7  
6:45 PM  
SENIOR NIGHT
- Girl's Soccer v. McNeil  
Friday, February 24  
7:00 PM
- Softball v. Pflugerville  
Tuesday, April 18  
6:45 PM  
SENIOR NIGHT

**WESTWOOD 2016**  
Regional Team Ranked  
Area Champions  
Bi-District Champions  
District Champions 12-0

ERIN LEE PHOTO

# What's Going on this Spring?

- Warriors Supporting Warriors
  - Tuesday February 7<sup>th</sup> – Girls Basketball
  - Friday February 24<sup>th</sup> - Girls Soccer
  - Tuesday April 18<sup>th</sup> – Softball



# What's Going on this Spring?

- SPIKEFEST Sand Volleyball Tournaments
  - Saturday April 22nd
  - Saturday May 13th
  - Fundraisers for the Westwood Volleyball Program
  - Each current athlete will be assigned to one weekend (work or play in the tournament)
  - \$100/Team of 4 Players
  - 12 Teams per tournament

# What's Going on this Spring?

- Middle School Visits (CVMS and GMS)
- Georgetown Spring/Summer League
  - 3 Teams: Varsity, JV and Freshman Divisions
  - Tuesday/Wednesday Nights May 9/10<sup>th</sup> – June 20<sup>th</sup>
  - 9-12 per team and minimum 1 parent coach
  - Team Entries due April 1<sup>st</sup>
- 2017 Tryout Registration – May 1<sup>st</sup>
- Spring Evaluation Meetings (Returners)
  - Meetings with Coach Nelson in April/May

# Fall Registration



- When is the Volleyball Block? 4<sup>th</sup> and 8<sup>th</sup>
- Do I need to double block? Yes
- What if I play a 2<sup>nd</sup> 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 2<sup>nd</sup> sport

# Summer Information



- Speed and Weight Camp (M-Th, 8am-10am)
  - Times and Dates TBD
- Summer Open Gyms
  - Times and Dates TBD
- Westwood Volleyball Incoming Freshman Camp
  - June 5<sup>th</sup>-8<sup>th</sup> , 8am-12pm
- Westwood Volleyball Team Camp
  - Incoming 9<sup>th</sup>-12<sup>th</sup> graders
  - July 24<sup>th</sup>-28<sup>th</sup>



# Physicals



- Must have an updated physical on file BEFORE tryouts in order to participate
- Westwood Athletic Training Physicals, Date TBD @ Texas Family Physicians, \$20.00
  - 6618 Sitio Del Rio Blvd, Bldg B Ste # 101
  - All proceeds go directly to our Athletic Training Department

# August Tryouts



- Tuesday August 1<sup>st</sup>
  - Varsity – Fitness 8-9am, Court 12-3pm
  - JV – Fitness 9-10am, Court 2:30-5:30pm
  - Freshman – Fitness 10-11am, Court 4:30-6:30pm
  
- Wednesday August 2<sup>nd</sup>
  - Varsity – Court 8-10am, \*First Practice\* 12pm-3pm  
(Team Announced at 10am)
  - JV/Flex/Freshman – Court 10-12pm, 3-6pm  
(Teams Announced 5pm-6pm)

# 2017 Team Numbers



VARSITY		JUNIOR VARSITY		FRESHMAN	
Setters	3-4	Setters	2-3	Setters	2-3
Pin Hitters	4-6	Pin Hitters	4-6	Pin Hitters	4-6
Middles	3-4	Middles	2-3	Middles	2-3
Defensive Specialists	2-3	Defensive Specialists	2-3	Defensive Specialists	2-3
<b>TOTAL</b>	<b>12-14</b>	<b>TOTAL</b>	<b>12-14</b>	<b>TOTAL</b>	<b>10-12</b>
<b>Varsity Returners</b>		<b>FLEX</b>			
Setters	1	Setters	2-3		
Pin Hitters	3	Pin Hitters	4-6		
Middles	1	Middles	2-3		
Defensive Specialists	1	Defensive Specialists	2-3		
<b>TOTAL</b>	<b>6</b>	<b>TOTAL</b>	<b>10-12</b>		

# Tryout FAQs



- When do I register for tryouts? You will receive an email this spring with a link to register by May 1<sup>st</sup>
- Do I have to attend the July “Team Camp” in order to tryout? No, however Team Camp is highly recommended
- What is included in fitness testing at tryouts? One Mile Run, Vertical Testing (Standing Reach, Block Jump, Approach Jump), Bench, Squats
- 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 (list all positions you would like to be considered for when you register)
- Can Juniors make the JV Team? Yes, however spots are limited
- Can Sophomores make the Flex Team (JV White)? Yes

# August Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	31 Foyer Windows and Gym Theme Sign 9am-12pm (Van/JV Orange returns)	1 Tryouts <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 4:30-6:30pm	2 Tryouts <u>Court</u> Var 8-10am, 12-3pm (Team Announced 10am) JV/Flex/Fr 10-12pm, 3-6pm (Teams Announced 5-6pm) Varsity Poster TBD	3 Practice Van/JV 8-10am, 12-3pm Flex/Fr 10-12pm, 3-5pm (Team Meeting 45 min prior to 1st practice) Warrior Night 7pm	4 Pictures 8am  Westwood Scrimmage All 11am-5pm	5 Varsity Overnight Re- treat
6	7 Austin/Hutto Tri-Mark Var 2:30-4:00pm JV/Flex/Fr 1-2:30pm	8 Practice ALL 10-12pm, 2-4pm Showcase Prep ALL 4-5pm	9 Practice JV/Flex/Fr 8-10:00am, 10:00-11am WR Var 12-3pm Showcase Prep	10 SHO WCASE-Varsity Sub-Varsity HOSTS	11 SHO WCASE-Varsity Sub-Varsity HOSTS	12 SHO WCASE-Varsity Sub-Varsity HOSTS
13 *Practice Times are subject to change*	14 STAFF MEETINGS Practice Var 8-10:30am(Aux) JV/Flex/Fr 8-10:30am All 10:30-11am *Gym Set- up/Take-Downs*	15 STAFF MEETINGS Cedar Park (A) Var/Fr 3:30-5:00pm JV/Flex 2:30-3:30 pm	16 STAFF MEETINGS Practice Var 2:30-5pm(Aux) JV/Flex/Fr 2:30-5pm (FH)  Meet the Warriors 6pm	17 STAFF MEETINGS Fraulien Fest -Varsity  Rouse (H) JV/Flex/Fr 3:00-4:00pm	18 STAFF MEETINGS Fraulien Fest -Varsity  Practice JV/Flex/Fr 8-10am Fish Bowl	19 Fraulien Fest-Varsity  Round Rock Flex/ Freshman Tournament
20	21 Practice Var/JV 8-10:15am, 10:15- 11am WR (FH) JV/Flex/Fr 8-9:15am, 9:15 -10am WR (Aux)	22 **First Day** Bowls (A) Var 3:30-4:03pm JV 2:45-3:30pm	23 Practice Var/JV 2:45-3:15 SH, 3:15 -5:15, 5:15-6pm WR JV/Flex/Fr 2:45-3:15 SH, 3:15-5, 5-5:30pm WR	24 Volleypalooza— Varsity  Practice JV/Flex/Fr 2:45-4:00pm SH, 4:00-5:30pm	25 Volleypalooza— Varsity  Practice JV/Flex/Fr 2:45- 4:00pm SH, 4-5:30pm	26 Volleypalooza— Varsity
27	28 Practice Var/JV 2:45-3:15 SH, 3:15-5:15, 5:15-6pm WR Flex/Fr 2:45-3:15 SH, 3:15-5, 5-5:30pm WR	29 Hyde Park (H) Var 3:30-4:30pm (FH) JV 2:45-3:30pm (FH) Flex/Fr 4:00-5:30pm (Aux)	30 Practice Var/JV 2:45-3:15 SH, 3:15 -5:15, 5:15-6pm WR JV/Flex/Fr 2:45-3:15 SH, 3:15-5, 5-5:30pm WR	31 Practice Var/JV 2:45-3:30 SH/ Film, 3:30-6pm Flex/Fr 7-8:30am, 2:45- 3:30 WR, 3:30-4pm SH		

TENTATIVE SCHEDULE – Subject to Change

TENTATIVE SCHEDULE – Subject to Change

# Important Dates



- Tryouts, August 1<sup>st</sup> and 2<sup>nd</sup>
- Warrior Night, Thursday August 3<sup>rd</sup> @ 7pm
- Westwood Scrimmage, Friday August 4<sup>th</sup>
- Varsity Team Overnight Retreat,  
Saturday August 5<sup>th</sup>
- Showcase Tournament, August 10<sup>th</sup>-12<sup>th</sup>
  - ALL Sub-Varsity REQUIRED to Host

# September Schedule

TENTATIVE SCHEDULE – Subject to Change

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Westlake (H) Var 3:30-4:30pm JV 2:45-3:30pm	2
3	4 *Subject to Change* NO School-Labor Day Var/JV 3:00-5:15, 5:15-6pm WR Flex/Fr 3:00-4:30 4:30-5:15pm WR	5 Lake Travis (H) Var 3:30-4:30pm JV 2:45-3:30pm	6 Practice Var/JV 2:45-3:15 SH, 3:15-5:15, 5:15-6 pm WR Flex/Fr 2:45-3:15 SH, 3:15-5:30pm	7 Practice Var/JV 2:45-3:30 SH/ Film, 3:30-6pm Flex/Fr 7-8:30am, 2:45-3:30 WR, 3:30-4pm SH	8 Pflugerville (A) Var 3:30-4:30pm JV 2:45-3:30pm	9 Stony Point JV Tour name nt
10	11 Practice Var 2:45-3:30 Film, 3:30-6pm JV/Flex/Fr 2:45-3:15 SH, 3:15-5:30pm	12 McNeil (A) Var 3:30-4:30pm JV 2:45-3:30pm	13 Practice Var/JV 2:45-3:15 SH, 3:15-5:15, 5:15-6 pm WR Flex/Fr 2:45-3:15 SH, 3:15-5:30pm	14 Georgetown Tourney (JV/Flex/Fr)  Practice Var 2:45-3:30 Film, 3:30-6pm	15 Cedar Ridge (H) Var 3:30-4:30pm JV 2:45-3:30pm	16 Georgetown Tourney (JV/Flex/Fr)
17	18 Practice Var 2:45-3:30 Film, 3:30-6pm JV/Flex/Fr 2:45-3:15 SH, 3:15-5:30pm	19 Stony Point (A) Var 3:30-4:30pm JV 2:45-3:30pm	20 Practice Var/JV 2:45-3:15 SH, 3:15-5:15, 5:15-6 pm WR Flex/Fr 2:45-3:15 SH, 3:15-5:30pm	21 Practice Var/JV 2:45-3:30 SH/ Film, 3:30-6pm Flex/Fr 7-8:30am, 2:45-3:30 WR, 3:30-4pm SH	22 Sand Volleyball SPIKE FEST Tour name nt 5:30pm	23
24	25 Practice Var 2:45-3:30 Film, 3:30-6pm JV/Flex/Fr 2:45-3:15 SH, 3:15-5:30pm	26 Round Rock (H) Var 3:30-4:30pm JV 2:45-3:30pm	27 Practice Var/JV 2:45-3:15 SH, 3:15-5:15, 5:15-6 pm WR Flex/Fr 2:45-3:15 SH, 3:15-5:30pm	28 Practice Var/JV 2:45-3:30 SH/ Film, 3:30-6pm Flex/Fr 7-8:30am, 2:45-3:30 WR, 3:30-4pm SH	29 Hendrickson (H) Var 3:30-4:30pm JV 2:45-3:30pm	30

TENTATIVE SCHEDULE – Subject to Change

# October Schedule

TENTATIVE SCHEDULE – Subject to Change

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <i>Practice</i> Vars 2:45-3:30 Film, 3:30-6pm JV/Flex/Fr 2:45-3:15 SH, 3:15-5:30pm	3 <i>Pflugerville (H)</i> Vars 3:30-4:30pm JV 2:45-3:30pm  <b>DIG PINK</b>	4 <i>Practice</i> Vars/JV 2:45-3:15 SH, 3:15-5:15, 5:15-6pm WR Flex/Fr 2:45-3:15 SH, 3:15-5:30pm	5 <i>Practice</i> Vars/JV 2:45-3:30 SH/Film, 3:30-6pm Flex/Fr 7-8:30, 2:45-3:30 WR, 3:30-4pm SH	6 <i>McNeil (A)</i> Vars 3:30-4:30pm JV 2:45-3:30pm	7
8	9 <i>No School</i> <i>Practice (Tentative)</i> Vars 8-8:30 Film, 8:30-11am (Aux) JV/Flex/Fr 8-10am (FH)	10 <i>Cedar Ridge (A)</i> Vars 3:30-4:30pm JV 2:45-3:30pm	11 <i>Practice</i> Vars/JV 2:45-3:15 SH, 3:15-5:15, 5:15-6pm WR Flex/Fr 2:45-3:15 SH, 3:15-5:30pm	12 <i>Practice</i> Vars/JV 2:45-3:30 SH/Film, 3:30-6pm Flex/Fr 7-8:30, 2:45-3:30 WR, 3:30-4pm SH	13 <i>Sony Point (H)</i> Vars 3:30-4:30pm JV 2:45-3:30pm  <b>SENIOR NIGHT</b>	14
15	16 <i>Practice</i> Vars/JV 2:45-3:15 SH, 3:15-5:15, 5:15-6pm WR JV/Flex/Fr 2:45-3:15 SH, 3:15-4:30, 4:30-5:15 WR	17 <i>Sand Volleyball</i> <b>SPIKE FEST</b> <i>Tournament at 5:30pm</i>	18 <i>Practice</i> Vars/JV 2:45-3:15 SH, 3:15-5:15, 5:15-6pm WR Flex/Fr 2:45-3:15 SH, 3:15-5:00, 5:00-5:30pm WR	19 <i>Practice</i> Vars 2:45-3:30 Film, 3:30-6pm JV/Flex/Fr 2:45-3:15 SH, 3:15-5:30pm	20 <i>Round Rock (A)</i> Vars 3:30-4:30pm JV 2:45-3:30pm	21
22	23 <i>Practice</i> Vars 2:45-3:30 Film, 3:30-6pm JV/Flex/Fr 2:45-3:15 SH, 3:15-5:30pm	24 <i>Hendrickson (A)</i> Vars 3:30-4:30pm JV 2:45-3:30pm	25 <i>Practice</i> Vars 2:45-3:15 SH, 3:15-5:30pm	26 <i>Practice</i> Vars 2:45-3:15 SH, 3:15-5:30pm	27 <i>Practice</i> Vars 2:45-3:15 SH, 3:15-5:30pm  Varsity—Scout	28
29	30 <i>Practice</i> Vars 2:45-3:30 SH/Film, 3:30-6:00pm	31 <i>Bi-District Playoff TBD</i> <i>(Sub-Varsity attends)</i>				

TENTATIVE SCHEDULE – Subject to Change



# Important Dates



- Labor Day (September 4<sup>th</sup>) and Teacher PD Days (October 9<sup>th</sup> and 10<sup>th</sup>)
  - We WILL Have Practice (Tentative AM times)
- SPIKEFEST Sand Volleyball Fall Tournaments
  - Friday September 22<sup>nd</sup>
  - Tuesday October 17<sup>th</sup>
- Varsity Playoffs (typically Tuesday/Friday after districts)
  - Spirit Bus, ALL Sub-Varsity Athletes expected to attend
- End of the Season Banquet
  - Sunday December 3<sup>rd</sup>

# BSN Online Store










Coming May 2017

## 2017 Apparel

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

ORDER BY AUGUST 8

WESTWOOD HIGH SCHOOL  
WESTWOOD VOLLEYBALL 16'

 <p>\$90.00 NIKE Nike Women's Volley Zoom Hyperspike Shoes</p>	 <p>\$24.00 NIKE Nike Performance Women's Volleyball Game Shorts</p>	 <p>\$26.00 NIKE Nike Women's Race Shorts</p>	 <p>\$25.00 NIKE Nike Women's Legend Tee</p>	 <p>\$25.00 NIKE Nike Women's Legend Tee</p>
 <p>\$15.00 NIKE Nike Dri-FIT Half-Cushion Crew Training Socks (3-Pack)</p>		 <p>\$18.00 NIKE Nike Essentials Volleyball Knee Pads</p>		

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Order 8/1 to 8/8

# Apparel Sale



- 2016 T-Shirts - \$5
- 2016 Apparel – Save 20% when you buy today
  - Nike Game Shoes ~~\$95~~ \$76
  - Nike Game Spandex ~~\$25~~ \$20
  - Nike Crew Socks ~~\$14~~ \$11
  - Nike Running Shorts ~~\$30~~ \$24
  - Nike Practice shirt ~~\$25~~ \$20

# Meet the Board ...

- Co-Presidents –  
Melissa Stout and Jill Patterson
- Co Vice-Presidents -  
Janet Stading and Stacey Vagner
- Treasurer – Kathleen King
- Secretary – Irene Rucker



# QUESTIONS?



# Thank You For Coming!

