Red River Volleyball
Self Evaluation Questions Before/During Tryouts

Athletes and Parents should discuss the following questions before/during the tryout process. The questions, if answered honestly after reflection, should help the athlete and parent gather a solid understanding of the athlete's skill set and ability to contribute to a team.

1. Why should the coaching staff keep me? What do I do that makes me stand out from other players or what sets me apart? How am I going to get noticed?

2. Comparing myself to the other players who play the same position that I do, how do I stack up? What player rank am I? Are other players better than me at my position? Do I foresee improving so that I can beat her/them out for the position?

3. What qualities or skills justify my ranking?

4. Why should the coaching staff choose me to represent this team/program?

5. What have I done to prepare for the tryout?

6. How much playing time do I see myself getting during the season?

7. Am I a leader? team player?

8. Do I make the team and my teammates better? How do I show/display this to others?

9. Am I supportive of my coaches and other players? How do I/don't I show support?

10. Am I willing to follow the policies and team rules? Do I buy in completely or do I think only some policies/rules apply to me?

11. Knowing that each level of high school volleyball gets faster and requires a greater all round skill set, do I have the skills and qualities needed to play at the next level in the program?

12. If I am not selected for a team, am I willing to be a manager, trainer, or statistician to stay involved in the program?