

SPHS VOLLEYBALL

INFORMATION & APPLICATION PACKET

FALL 2025



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Varsity Coach: Joe Abad
JV Coach: Jillian Kilgroe



June 1st, 2025

Dear 2025 SPHS Volleyball Parents and Candidates,

Thank you for your interest in St. Petersburg High School Volleyball. Being a part of the SPHS volleyball team demands time, energy, effort, and academic excellence. We are providing this packet so that you will be aware of what is involved before you make the commitment to our program.

Eligibility: The following criteria must be met for a student to be eligible to try out for volleyball at SPHS. The checklist in this packet provides additional details.

- The student must be enrolled at St. Pete High.
- The student must have a 2.0 (unweighted) GPA.
- School insurance and participation forms must be submitted prior to setting foot on the court for tryouts, conditioning, or open gyms.
- A current physical, on the school's physical forms (within the year) must be submitted prior to setting foot on the court for tryouts.
- The student must have no major discipline issues or referrals. (Note there is ZERO tolerance for fighting, drugs, alcohol, and other major infractions as described by the school board policy.)
- Any student who is not currently zoned for SPHS or who is transferring to SPHS must contact a volleyball coach before participating in fundraisers or setting foot on the court for tryouts, camps, conditioning, or open gyms.

Tryout and Practice Schedules: Please understand that the schedule and responsibilities of a volleyball player can be very demanding. Tentative times are shown on the schedules included in this packet. All times are TENTATIVE and may be adjusted if necessary.

Financial Responsibilities: Each player who makes the team will have the financial responsibilities listed below. Specific details are included in this packet and include the following:

- Fundraisers
- Expected player expenses

Parental Responsibilities: Parents will be expected to sign up for scorer's table duties, concession duty, and other volunteer duties as they become needed. Every effort will be made for parents not to be scheduled when their daughter's team is playing, as long as all JV and Varsity games are covered. In addition, parents are expected to help organize fundraising events, senior night, and the banquet. We really appreciate the contribution our parents make to supporting our teams and building a positive spirit!

Before tryouts begin, please read everything in this packet carefully and understand the responsibilities involved in being a part of the volleyball program. The progress and performance of the entire program are hindered when even one player fails to meet her obligations. We hope this information is helpful to you. We realize that being a part of this program requires a large commitment of time and energy, and we believe the experiences gained through being a Green Devil volleyball player will be worth the investment.

Sincerely,
Joe Abad, Varsity Coach
abadjo@pcsb.org



Tryout and Preseason Schedule & Information



2025 SPHS VOLLEYBALL

Tryouts:

(All packets, paperwork, & physicals due before players are allowed to

participate. Most forms need to be submitted online. We will collect others upon arrival.)

July 28th

Player Open Gym

11:00am – 1:00pm (9th and 10th grade)

11:00am – 2:00pm (11th and 12th grade)

July 29th and 30th

Tryouts (MUST ATTEND BOTH DAYS) 12:00-2:00 pm (9th and 10th grade)

July 30th and 31st

Tryouts (MUST ATTEND BOTH DAYS) 2:00-4:00pm (11th and 12th)

If you make the team, there will be practice on Friday Aug 1st through the start of school. Varsity will be from 11-1pm, and JV from 1-3pm. Team and Individual photos will most-likely be sometime the week of August 11th, 2025.

**Areas of evaluation during tryouts include
but are not limited to the following:**

- Communication skills
- Attitude
- Teamwork and leadership skills
- Ability to listen and follow instructions (i.e., how coachable a player is)
- Strength and flexibility
- Individual volleyball skills
- Court awareness
- Knowledge of the game
- Anticipation and ability to read what is happening on the court
- Hustle, quickness, and coordination
- Intensity
- Enthusiasm
- Mental toughness
- Positions needed and player's versatility/utility

What to wear to tryouts:

- T-shirts – suggested colors:

Freshmen: white*
 Sophomores: pink*
 Juniors: green*
 Seniors: black*

- Black shorts or spandex

- Athletic shoes

- **Knee pads**

*If you don't have the color shown, substitute any other color.



Practice Schedule



Once school starts, until the End of Season (except on Match Days)	Varsity.....	4:45-6:45
	JV.....	2:45-4:45

***Regular Season Practice Schedule Changes**

Some changes may and will most-likely occur, but will be announced with sufficient notice.

Player Responsibilities During Practice

Focus, Prep, Water, Towels: Each player is responsible for understanding that once we walk into a gym, our focus is volleyball and we will do our best to leave other issues at the door. Team members should be ready to go (shoes on, knee pads up, hair up, etc.) **15 minutes prior to the start of practice.** We suggest that you bring your own water and sweat towels if you need them.

Equipment Set-Up: The net and equipment should be set up **before** the practice start time. During the regular season JV will set up the net and Varsity is to take down the net.

Equipment Storage: Our equipment is expensive and should be carefully transported and stored in an orderly, respectful fashion.

Fundraisers



Each player is required to participate in volleyball fundraisers (e.g., car washes, serve-a-thons, student-faculty matches). These fundraisers help pay for camps, tournaments, banquets, awards, gifts, equipment, and other items for the program.

Most fundraisers will take place in the off-season. During winter and spring of the 2024-2025 school year, all 2024 players except for graduating seniors will be required to participate even if those players do not wish to play the following season.

More details will follow as the season progresses.

Expected 2025 Player Expenses

SPHS Volleyball



Junior Varsity Player: \$150 Total

\$75 Due August 6th, 2025

\$75 Due September 3rd, 2025

Varsity Player: \$250 Total

\$125 Due August 6th, 2025

\$125 Due September 3rd, 2025

Each player should plan to pay the amounts due on the dates shown above. Payment schedules are available upon request. These funds will be used for such items as equipment, supplies, team wear, team functions, banquet meals, camps, and tournament hotel costs and entry fees.

Parents will also have the option to purchase shirts. Money will be due on August 8th, 2025. T-Shirt sales and concessions have been our main source of fundraising and we've done well with it the last couple of seasons. If it continues to do well, there is usually not an organized fundraiser, as mentioned in the previous page.

Parent Permission Form

SPHS Volleyball



My child, _____, has my permission to be a volleyball player at St. Petersburg High School. I understand that if my daughter makes the team, she will be expected to abide by the rules and regulations set forth in the Student Code of Conduct and in the Volleyball Expectation Guidelines that will be provided after tryouts.

I understand that all required forms must be completed prior to tryouts and submitted no later than July 29th, 2025. I understand that if anything is missing, including signatures and notarization (if required), my daughter will be ineligible to try out or practice. I understand that if any of the tryout dates are missed due to any reason, my daughter may not be eligible to make the team and will have to tryout next season. I understand that my child must attend all practices and matches if she is to make the team unless she is excused by the coach or a doctor. I understand that qualified coaches will evaluate my child based on many different factors. I further understand those coaches will make the best decisions they can for the success of the program and the team.

I am aware there will be financial obligations required for my daughter to be a part of the volleyball program. I further understand that payment schedules are available upon request.

I am aware that being a part of the volleyball program requires a sacrificial commitment of time. I will do my best to help my daughter prioritize and improve on time management skills. I will try to schedule all doctors' appointments, lessons, and family vacations so that they will not conflict with volleyball activities.

I understand that my child must maintain a 2.0 unweighted GPA to be eligible, and I recognize that the volleyball program expects at least a 2.5 unweighted GPA. In past years, 96% of the team achieved a 2.5 or higher unweighted GPA and approximately 90% had a 3.5 or higher weighted GPA.

I have read and fully understand all the material included in this packet of information.

Parent or Guardian Signature

Date

Return as part of application packet by 7/29/2025.

Student Agreement Form

SPHS Volleyball



I, _____, understand that by signing this form I am agreeing to be considered for a spot on the 2025 Green Devil volleyball team. I agree to attend tryouts, report any injuries or conflicts to the coach, and turn in all paperwork prior to participating in any volleyball activities. I understand that there are many factors that contribute to whether I make the team, and I understand that the coaches will make the best decisions possible for the team and the program.

I recognize that if I make the team and accept my spot, I will be required to agree to the Volleyball Expectation Guidelines and to conduct myself in accordance with the Student Code of Conduct. I further understand that if I do not agree with the Volleyball Expectation Guidelines, I will have the option to decline my position on the team.

During my involvement with the summer activities and pre/post tryouts, I will make positive choices and not be tagged in or post anything on social media, (including but not limited to Facebook, Instagram, and Twitter), that reflects negatively or poorly on St. Petersburg High, my coaches, or my teammates. I understand that whatever I post or am tagged in on social media creates a perception and affects my reputation and the reputation of the volleyball program. I understand that as a part of the SPHS volleyball program I am to keep my reputation classy and ensure that I am supporting the perception that SPHS volleyball players are committed, dedicated and hard-working student athletes that strive for excellence.

Student Signature

Date

Return as part of application packet by 7/29/2025.

Student Information Form

SPHS Volleyball

Turn in completed form the first day you participate in any volleyball activity.

Name: _____

Home Phone #: _____ Player Cell Phone: _____

Address: _____

Player Email Address: _____

Age: _____ Date of Birth: _____ Grade: _____

Parent's Name: _____ Parent's Cell Phone: _____

Parent's Email: _____

Parent's Name: _____ Parent's Cell Phone: _____

Parent's Email: _____

Emergency Contact: _____ Emergency Contact's Phone: _____

Did you submit a **health form**, **school insurance**, and **participation form** LAST school year?

☐ Yes ☐ No

If yes, for what activity and when? _____

Do you have any injuries that occurred in the last three years that you have seen a doctor for treatment/diagnosis? Explain the nature of the injury, date/how it occurred, the limitations/restrictions as a result of the injury, and the course of treatment.

Preferred Position: _____ What school did you attend last year? _____

What other sports do you plan on playing at SPHS: _____

Are you in or do you plan to enroll in any special programs like IB? Y N Which program? _____

Prior Volleyball Club Experience: Y N Club(s): _____ Year(s): _____

What dates will you be out of town for vacation this summer? _____

PLAYER PACKAGE SIZES

SPHS Volleyball



Junior Varsity Player Package includes the following:

- 2 Jerseys (must be returned at the end of the season)
- 2 practice shirts
- 1 team T-shirt designed by the seniors
- 1 Game day long sleeve warm up shirt

Varsity Player Package includes the following:

- 3 Jerseys (must be returned at the end of the season)
- 3 practice shirts
- 1 team T-shirt designed by the seniors
- 1 Game day long sleeve warm up shirt

To ensure these items arrive prior to our first match, the order must be placed by August 8th.

Sizes may vary based on availability.

Name: _____


Grade: _____

T-Shirt Size:	XS	S	M	L	XL	XXL XXXL
Dry Fit Long Sleeve Warm up:	XS	S	M	L	XL	XXL XXXL
Parent T-shirt Size:	XS	S	M	L	XL	XXL XXXL
Parent T-shirt Size:	XS	S	M	L	XL	XXL XXXL

Turn in completed form on July 29th, 2025.

***Orders will not be placed for students that do not make the volleyball team; however, we collect this information early so we can preorder merchandise and have an estimate of the number/sizes of shirts we will need.**

2025 Summer Parent/Player Checklist

-  Please Visit the St. Pete High Website [Athletics / **Athletic Paperwork** \(pcsb.org\)](#) and follow ALL of the instructions provided. It details all the paperwork, physical information, insurance information, as well required videos/courses that must be completed to be eligible for any athletic activity.

- **Summer and/or Fall Insurance** _____

Purchase insurance online [Athletics / Student Accident Insurance \(pcsb.org\)](#) Please make sure the insurance covers dates on or before 7/28/25 and run through the 2025-2026 school year. Choose any High/Low option for Middle & High School or PK-12; either the **24 Hour** or **At School** plans!

*If either of the above links do not work, go to the St. Pete High website at www.pcsb.org/stpete-hs, click on the “Athletics” tab, and then follow the links on the left side of the page.

- **Parent Permission Form** (in this packet) Due by **7/29/25**. _____
- **Student Agreement Form** (in this packet) Due by **7/29/25**. _____

2025 Additional Information

If you have any further questions or need clarification on anything, please contact a coach via email.

Enrollment or administrative questions? Please contact the school directly.

If you are a transfer student, from another high school, dual-enrolled/St. Pete Collegiate, or an exchange student, please contact Michele Diaz, the Athletic Director, to ensure that you are eligible to participate (as there are extra steps and paperwork that must be completed before participating in any athletic activity. She can be reached at Diazm@pcsb.org.

If you have questions about the school insurance or Athletic Participation Packet on the PCSB website, please use the contact information found on the PCSB website, or you can reach out to Ed Pogorelce, the Athletic Coordinator. He can be reached at PogorelceE@pcsb.org.

St. Petersburg High School
Athletic Eligibility and Instructions – Overview

2025 – 2026

Complete the below process to participate in Athletics at St. Petersburg High School (SPHS). All documents are submitted online at athleticclearance.com. Complete the below steps in order.

1. Step 1: Obtain PCS student accident insurance through HSR, go to PCS Student Accident Insurance (upload proof of purchase)
2. Step 2: Complete the required courses and videos (directions below, upload certificates)
3. Step 3: Complete FHSA EL2 physical form (only upload page 4 of 4)
4. Step 4: Create an account in athleticclearance.com
5. Step 5: Upload the forms and documentation from steps 1 - 3
6. Step 6 (optional): Students see Ed Pogorlec (Coach P) in room 4-314 if you need help

NONTRADITIONAL STUDENTS ONLY, READ CAREFULLY

7. Step 7: Email goodrichpa@pcsb.org with a completed co-enrollment form and GA4 form only if you;
 - a. Are a FLVS, Homeschool, Charter, Private, SPC, or out-of-state student
 - b. Are transferring to SPHS from another public school

Students may NOT participate in any training, practice, or game until they receive a confirmation email from Home Campus/Athletic Clearance notifying them they were cleared for practice/games.

Directions for Online Courses and Videos

MUST USE CHROME

1. Go to nfhslearn.com and sign in or register in the top right
2. Go to your account dashboard
3. Select the Courses tab
4. Select View Course
5. Select Order These Courses
 - a. Concussion for Students
 - b. Heat Illness Prevention
 - c. Sudden Cardiac Arrest
6. Select that you are taking these courses as yourself
7. Select Florida as the state
8. Select Check Out and check “I agree” box
9. Return to your account dashboard
10. Select My Courses
11. Complete each course
12. Download Course Certificates
13. Upload Course Certificates into the appropriate locations on athleticclearance.com