



École Charleswood School

505 Oakdale Dr. | Winnipeg, MB R3R 0Z9 | 204.889.9332
www.pembinatrails.ca/charleswood

September 5, 2025

Your child has expressed interest in playing on an École Charleswood School extra-curricular volleyball team! They attended an athlete meeting today where we discussed the volleyball tryouts process. All of the information shared can be found in this handout. Thank you for reading! We think athletes have success when we are transparent with our policies, procedures and beliefs.

Athletes will be eligible to be placed on an ECS Volleyball Team on Friday September 19th after the attached form has been received by Mr. Hamilton (girls) or Mr. Howell (boys). The form should be signed by an athlete and parent.

All ECS Volleyball teams in grades 6-8 play in the Pembina Trails Athletic Conference. The purpose of the Pembina Trails Athletic Conference is to provide meaningful opportunities for all students to develop physical literacy, teamwork, and sportsmanship with a focus on long term athlete development. The Conference accepts and promotes the True Sport Principles of Go for It, Play Fair, Respect Others, Keep it Fun, Stay Healthy, Include Everyone, and Give Back.



ECS believes that every athlete who wants to play should have a spot on a team. Each year, we continue to meet that challenge thanks to the ECS staff, PE Team and community volunteers who are willing to coach and convene. In the fall of 2024, 41% (181 of 449) grade 6, 7 & 8 students played on an extra-curricular volleyball team. We expect a similar level of engagement this year. We are thrilled that so many students are interested in playing! It can be challenging to meet the needs of so many athletes. We focus on the following priorities at the beginning of the volleyball season and throughout the tryout process:

1. Find coaches* so that every athlete has a place to play.
2. Place each athlete on a team with a group of athletes with similar skill level.
3. Place each team in a league that best fits the group's ability level.

*Having more coaches allow us to form smaller team, increase playing time and place groups in the most appropriate tier for their skill level. Fewer coaches can result in larger teams, reduced playing time and a less appropriate skill level placement. If you are interested in head or assistant coaching, please message ehamilton@pembinatrails.ca.

Below are some frequently asked questions about volleyball tryout process.

Q. What do I get by playing volleyball?

A. All athletes will play on a volleyball team at Charleswood. You will have an amazing opportunity to meet new people, grow sport specific skills and build self-confidence.

Q. When do I tryout?

A. The first few sessions are as follows (*tentative – may be cancelled due to grade wars set-up):

	Monday Sept. 8	Tuesday Sept. 9	Wednesday Sept. 10	Thursday Sept. 11	Friday Sept. 12
7:15 – 8:30 a.m.	Gr. 8 Boys	Gr. 7 Boys	Gr. 8 Girls	Gr. 7 Girls	Gr. 6 Girls
11:50 – 12:50 p.m.		Gr. 6 Girls	Gr. 6 Boys		*Gr. 6 Boys
3:30 – 5:00 p.m.	Gr. 8 Girls	Gr. 7 Girls	Gr. 8 Boys	Gr. 7 Boys	

After these sessions, athletes will be invited to their next session using Edsby. An Edsby group called: "Volleyball Try-outs" is now open for you to join in the "My Groups" panel of Edsby. Every athlete and one family member should join the group.

Q. Can I be cut?

A. No. Everyone who attends tryouts will be placed on a volleyball team. If you do not attend tryouts, you will not be placed on a team.

Q. Can I play with my friends?

A. Peers groups are not considered when creating teams. Extra-curricular sport is an excellent opportunity to build new connections.

Q. Can I switch teams?

A. Decisions on teams are final. After careful consideration at multiple tryouts, we will not move athletes between teams.

Q. What do I need to during tryouts?

A. You should focus your thoughts, words and actions. Here are some simple things you can control:

- Attend all scheduled tryouts.
- If you cannot attend because of direct conflict (something happening at the exact same time) contact Mr. Hamilton (Girls) or Mr. Howell (Boys).
- Block out what others are doing and concentrate on your own ability. Take feedback as a chance to improve the details. We can all get better.
- After each tryout, check Edsby to find out your next tryout date. Tryouts groups will also be posted on the athletics bulletin board in the gym hallway.

Q. What makes the tiers and teams different?

A. The primary objective of every volleyball team is to build your competence & confidence with 1 or 2 practices per week.

- The structure and style of play in each tier is a little bit different. The number of tournaments/games are also unique.
 - Tier 4: 4 on 4 triple ball – 2 tournaments
 - Tier 3: 6 on 6 triple ball – 3 tournaments
 - Tier 2: 6 on 6 triple ball – league play & 1 or 2 tournaments (tournaments may vary)
 - Tier 1: 6 on 6 traditional volleyball – league play & 3-4 tournaments (tournaments may vary)

Q. What tier will I play in?

A. With minor exceptions the following will occur:

Grade 6

- Most play tier 4

Grade 7

- Most play tier 3
- Some play tier 2

Grade 8

- Some play tier 1
- Some play tier 2

Q. Do the teams within each tier have balanced skills?

A. The teams within tiers 2, 3 & 4 are balanced. For example, we try to spread athletes of all ability levels between all the teams within tier 2. We have a different approach in tier 1. In tier 1, the strongest athletes are concentrated on the same team.

Q. What happens after tryouts?

A. Each athlete will receive a group Edsby message sharing their team & first practice on Friday September 19th before 6 p.m. Please consider the following:

- Decisions on teams are final. Switches between teams will not occur.
- There may be BIG feelings about the team you are on. All feelings are ok.
- Families & athletes should take the weekend to sit with your feelings and process.
- Parents have a massive influence in positively or negatively framing things that cannot be changed. Athletes will often mirror the approach that they see or hear.
- Starting on Tuesday September 22nd, an appointment can be made to have a conversation with Mr. Hamilton (Girls) or Mr. Howell (Boys) & ECS Administration. The purpose of the conversations is to provide clarity on why placements were made. Conversations should not:
 - focus on the athlete changing teams
 - compare skills of athletes
 - challenge the tryout process or approach of coaches
 - compare coaches or the quality of the experience between different teams

Once tryouts are over and teams have been created, expect more detailed information from your coach regarding team schedules, practices, transportation, early dismissal, playing time, uniforms & awards.

The Tryout Agreement should be read and signed by an athlete and parent. Returning a signed form means you have read, understood and agree to follow the information presented.

Yours truly,
ECS PE Team



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Girls: return this form to Mr. Hamilton.
Boys: return this form to Mr. Howell

Tryout Agreement

Athletes will be eligible for placement on an ECS Volleyball team once this form has been submitted. Forms must be received by Thursday, September 19 at 11:50 AM. Submissions received after this deadline will not be included on team rosters.

Coaches, parents and athletes all have a significant role in making the upcoming season a memorable and successful one by bringing the Ecole Charleswood School values of Connect, Inspire & Persevere to life. We will work together throughout the season to make it happen. For now, the part each athlete can control is to strive for the following at tryouts:



Connect



Show Up!



Earn it



Unite



Keep coach in
the loop



Inspire



Believe



Challenge



Compete & Co-operate



Process Focus



Persevere



Take Risks & Grind



Like Stuff



Calm & Confident



Positive

We have read the information about volleyball tryouts and are comfortable with the shared information and expectations about the tryout process. I understand that teams will not be changed. If I have questions or concerns about the decisions made by ECS staff, I will check in starting on Monday September 22nd.

Parent Name:		☐ I think I could help a volleyball team...let's talk more.
Parent Signature:		☐ No, I can't help a volleyball team this season. Sorry!

Athlete Name:	
Athlete Signature:	
Grade:	
Homeroom:	