

Methacton Athletics Tryout Information & Criteria

Participation in athletic tryouts is a requirement for consideration. The following guidelines and expectations apply to all student-athletes and coaching staff:

Attendance & Eligibility

- **Mandatory Attendance:** Athletes must be present for tryouts. Missing tryout days may affect team placement and eligibility.
- **Injury Consideration:** Injuries will be factored into roster decisions, with appropriate medical documentation and administrative evaluation.

Tryout Duration & Levels

- **Minimum Duration:** Tryouts must last at least **two days**.
- **Team Levels:**
 - **Varsity:** Competitive level; team selection is based on performance and the goal is to win.
 - **Junior Varsity (JV):** Developmental level; focused on growth, improvement, and preparation for varsity-level play.
- **Grade Level:** Roster spots and playing/mat time are **not determined by grade**. Selection is based on skill, performance, and team needs.

Team Placement

- **Placement Factors:** 9th Grade, JV, and Varsity assignments will consider grade, skill level, and tryout performance.
- **Roster Posting:** Rosters will **not be posted publicly** under any circumstances.

Communication & Cuts

- **Tryout Overview:** The head coach will review the tryout process at the pre-season team meeting.
- **Cut Process:**
 - Cuts must be delivered **in person** or via an **individual email**.
 - Emails must include an invitation to meet in person if the student wishes to discuss the decision or receive feedback.

Additional Notes:

- **Injury Exceptions:** Athletes who were unable to meet participation requirements due to injury or extenuating circumstances may still be considered under discretionary criteria.
- **Team Conduct:** Athletes must remain in **good standing** throughout the season and comply with **team, school, and district policies**.
- **Multi-Sport Consideration:** Criteria apply individually to each sport season. Letters are awarded per sport, not cumulatively across the year.

Tryout Evaluation

The purpose of this document is to provide clarity, transparency, and consistency in the evaluation of student-athletes during team tryouts. All athletes will be assessed across four primary categories: **Intangibles**, **Athleticism**, **Sport Awareness**, and **Sport-Specific Skills**. Each category includes traits essential for personal growth and team success.

Standardization of Evaluation Criteria

To ensure fairness across all programs:

- The first three evaluation categories (**Intangibles**, **Athleticism**, and **Sport Awareness**) will be applied consistently across all sports. Each program will use the same definitions and metrics to assess athletes in these areas.
- The fourth category, **Sport-Specific Skills**, may vary by sport based on its unique technical demands. However, all sport-specific evaluation criteria must be:
 - Clearly communicated in writing by the head coach,
 - Submitted in advance, and
 - **Reviewed and approved by the Athletics Director prior to the start of tryouts.**

1. Intangibles

This category evaluates the athlete's mindset, behavior, and leadership traits. These are often the deciding factors when skills are equal.

Key Evaluation Areas:

- **Attitude:** Displays positivity, respect for others, and a willingness to support teammates.
- **Focus:** Maintains attention and discipline throughout drills and instruction.
- **Hustle:** Consistently gives maximum effort, regardless of task or repetition.
- **Coachability:** Accepts feedback constructively and applies it quickly.
- **Mental Toughness:** Demonstrates resilience under pressure and maintains composure.
- **Desire to Compete:** Shows determination and a strong competitive drive.
- **Leadership:** Positively influences others and elevates team culture.
- **Communication:** Engages in clear, appropriate, and timely interaction with teammates and coaches.

2. Athleticism

Athletes will be measured on physical attributes that impact performance across sports.

Key Evaluation Areas:

- **Speed:** Demonstrated in sprints, reaction drills, or open field play.
- **Strength:** Ability to hold position, deliver power, and handle physical contact.
- **Quickness:** Change of direction speed and first-step reaction time.

- **Agility:** Body control during movement, especially under pressure.
- **Endurance:** Sustains energy and effectiveness throughout drills or scrimmages.

3. Sport Awareness

This section assesses the athlete's cognitive understanding and instinctual grasp of the sport.

Key Evaluation Areas:

- **Sport Skill:** Mastery of foundational skills relevant to the sport.
- **Knowledge of the Sport:** Demonstrates awareness of rules, roles, and responsibilities.
- **Sport IQ / Awareness:** Makes smart decisions, anticipates play development, and reads the game effectively.

4. Sport-Specific Skills

This category is tailored by each program and must reflect skills directly tied to game performance.

Examples Include:

- **Offensive Skills:** Shooting, passing accuracy, play execution, etc.
- **Defensive Skills:** Marking, coverage, tackling, positioning, etc.
- **Specialized Metrics:** Pitch speed, tumbling execution, goalkeeping, technical footwork, etc.

Note: All sport-specific criteria must be documented and approved by the Athletics Director prior to implementation.

Evaluation Process

Each athlete will be scored using a standardized rubric aligned with the above categories. While athletic performance is important, intangible qualities and sport awareness are *equally weighted* in final decisions. Coaches may provide feedback at the conclusion of tryouts upon request.

Link to [Rubric Template](#)