



Winter Open Gyms are not required but are highly recommended. The athlete who is working on their skills is the athlete who is getting better. Tryouts in February will be days of evaluation for our coaching staff to decide who will help our team(s) succeed the most. The most dedicated, skilled, hardworking, best teammate, best attitude, most coachable athletes are the ones who we will be looking for to make our team(s). The athlete putting in the work this winter is getting better than the athlete who isn't doing anything, so consider this when making decisions about this winter.

Coach MJ
mmatteson@buhdsd.org
coachmjmatteson.com
@coachmjmatteson

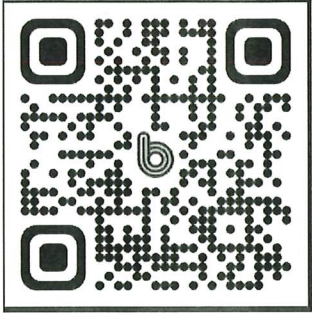
If you are participating in a winter sport, the district policy is that you are not to participate in another sport's off-season training. Good luck with your season, and we will see you at tryouts.

Tryouts will be the week of February 9th. With basketball still going on, we will need to be flexible with which gym and what times we will be able to hold our tryouts. All JV players in winter sports will be able to tryout at the conclusion of your winter season. All Varsity players will be able to tryout at the conclusion of your team's playoff run.

You must have a current physical on file, and all forms signed and turned in and cleared through RankOne to tryout. Please get your physical taken care of and turned in as soon as possible.



Coach MJ Matteson
Estrella Foothills High School



25-'26 Boys Volleyball Band



<https://coachmjmatteson.com/EFHSBoys/>



@EFHSMensVB



@efhsboysvolleyball

November						
Sunday 2 	Monday 3 Boys Beach Round 1	Tuesday 4 Girls Play-in Round	Wednesday 5 Boys Beach Quarterfinals	Thursday 6 Girls Round 1	Friday 7	Saturday 8
Sunday 9	Monday 10 Boys Beach Semifinal Girls Quarterfinals	Tuesday 11 Veteran's Day (No School)	Wednesday 12 Boys Beach Championships	Thursday 13 Girls Semifinals	Friday 14 Boys Volleyball Interest Meeting	Saturday 15 Girls State Championship
Sunday 16 Girls Banquet	Monday 17 Boys Beach Pairs Round 1	Tuesday 18 Boys Beach Pairs Round 2 Boys Beach Pairs Quarterfinals	Wednesday 19 Boys Beach Pairs Semifinals Boys Beach Pairs Championships BBB vs Mingus	Thursday 20	Friday 21 BBB vs Desert Edge	Saturday 22
Sunday 23	Monday 24 Boys Volleyball Open Gym 7-9pm (Main)	Tuesday 25 Boys Wrestling	Wednesday 26	Thursday 27 Thanksgiving (No School)	Friday 28 Fall Holiday (No School)	Saturday 29

December						
Sunday 31 	Monday 1 Boys Volleyball Open Gym 7-9pm (Main)	Tuesday 2 BBB vs Marcos de Niza	Wednesday 3 Boys Volleyball Open Gym 7-9pm (Main)	Thursday 4	Friday 5 Boys Volleyball Open Gym 7-9pm (Main)	Saturday 6
Sunday 7	Monday 8 Boys Volleyball Open Gym 7-9pm (Main)	Tuesday 9	Wednesday 10 Boys Volleyball Open Gym 7-9pm (Main)	Thursday 11 GBB vs Greenway	Friday 12 GBB vs Buckeye	Saturday 13
Sunday 14	Monday 15 BBB vs Shadow Mountain Boys Volleyball Open Gym 7-9pm (Aux)	Tuesday 16 GBB vs Arcadia	Wednesday 17 Boys Volleyball Open Gym 7-9pm (Main)	Thursday 18	Friday 19	Saturday 20
Sunday 21	Monday 22 Winter Break	Tuesday 23 Winter Break	Wednesday 24 Winter Break	Thursday 25 Winter Break	Friday 26 Winter Break	Saturday 27

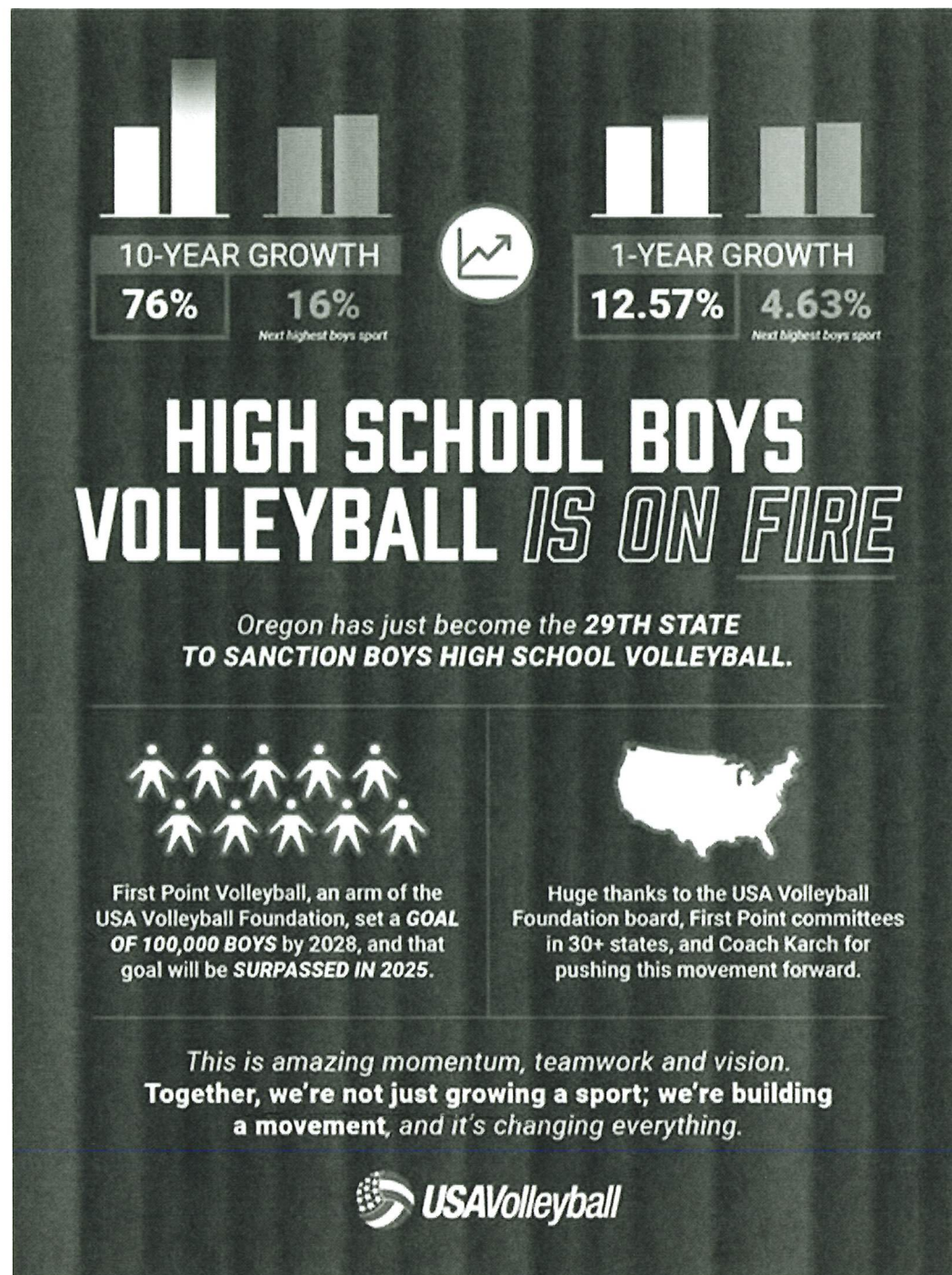
January						
Sunday 28 	Monday 29 Winter Break Wolves Classic Basketball Tournament	Tuesday 30 Winter Break Wolves Classic Basketball Tournament	Wednesday 31 Winter Break Wolves Classic Basketball Tournament	Thursday 1 Winter Break	Friday 2 Winter Break	Saturday 3
Sunday 4	Monday 5 Boys Volleyball Open Gym 7-9pm (Main)	Tuesday 6	Wednesday 7 Boys Volleyball Open Gym 7-9pm (Main)	Thursday 8	Friday 9 BBB vs Agua Fria	Saturday 10
Sunday 11	Monday 12 Boys Volleyball Open Gym 7-9pm (Main)	Tuesday 13 Girls Wrestling	Wednesday 14 BBB vs Deer Valley Boys Volleyball Open Gym 7-9pm (Aux)	Thursday 15	Friday 16 BBB vs Peoria	Saturday 17
Sunday 18	Monday 19 MLK Day (No School)	Tuesday 20 GBB vs Westview	Wednesday 21 Boys Wrestling Boys Volleyball Open Gym 7-9pm (Aux)	Thursday 22 GBB vs Agua Fria	Friday 23	Saturday 24
Sunday 25	Monday 26 Boys Volleyball Open Gym 7-9pm (Main)	Tuesday 27 GBB vs Westview	Wednesday 28 Boys Volleyball Open Gym 7-9pm (Main)	Thursday 29 GBB vs Peoria	Friday 30 GBB vs Deer Valley	Saturday 31

February						
Sunday 1 	Monday 2 Boys Volleyball Open Gym 7-9pm (Main)	Tuesday 3 BBB vs Westview	Wednesday 4 Boys Volleyball Open Gym 7-9pm (Main)	Thursday 5 Boys Volleyball Open Gym 7-9pm (Main)	Friday 6 Boys Volleyball Open Gym 7-9pm (Main)	Saturday 7
Sunday 8	Monday 9 Boys Volleyball Tryouts 5-7pm (Aux)	Tuesday 10 GBB vs Cactus Boys Volleyball Tryouts 3-5pm (Aux)	Wednesday 11 JV Basketball Players released (Varsity pending playoffs) Boys Volleyball Tryouts 3-5pm (Aux)	Thursday 12 Boys Volleyball Tryouts 3-5pm (Aux)	Friday 13 Teacher In-Service (No School) Boys Volleyball Tryouts 3:30-5:30pm (Aux)	Saturday 14 Boys Volleyball Clinic 8-10am (Main) Parent Meeting 10-11am (Main)
Sunday 15 TRUTHFUL	Monday 16 Presidents' Day (No School) Boys Volleyball Clinic 8-10am (Main)	Tuesday 17	Wednesday 18	Thursday 19	Friday 20	Saturday 21
Sunday 22 HEART	Monday 23 Boys Volleyball Practice 3-5pm (Main)	Tuesday 24 Boys Volleyball Practice 3-5pm (Main)	Wednesday 25 Boys Volleyball Practice 3-5pm (Main)	Thursday 26 Varsity Scrimmage Boys Volleyball Practice 3-5pm (Main)	Friday 27 Boys Volleyball Practice 3-5pm (Main)	Saturday 28 Boys Volleyball Clinic 8-10am (Main)

Boys high school volleyball just keeps climbing!

In the past 10 years, participation is up 76% — the next highest boys sport grew just 16%.

And in just one year, it's risen 12.57%, compared to 4.63% for the next highest.



OUR GAME

- Boys volleyball is a fast-paced, power game that puts a premium on teamwork and communication
- Volleyball is recognized as one of the top 10 safest sports in the world.
- Welcomes people from all sports and backgrounds.
- Popular sport for boys in Europe, Africa, Caribbean, etc.
- Experience it once and you'll understand why boys want to play!

WOLVES VOLLEYBALL

Our Program here at EFHS was started in the Spring of 2020. In those six years we have won our region twice, made the playoffs every year, and have made it to the final four twice!

2021:

10-0 in Region - Region Champs!

10-1 in 4A - Made playoffs in first competitive season!

11-4 overall

2022:

12-0 in Region - Region Champs!

13-2 in 4A

15-3 in AIA - Made playoffs, won play-in round, lost in 1st round.

25-6 overall

2023:

8-2 in Region

16-2 in 4A

33-5 overall

Finished Regular Season 3rd in State!

Made it to the Final Four in Playoffs!

2024:

5-5 in Region

11-6 in 4A

27-11 overall

Finished Regular Season 12th in State

Made it to the Final Four in Playoffs!

2025:

3-5 in Region

7-10 in 4A

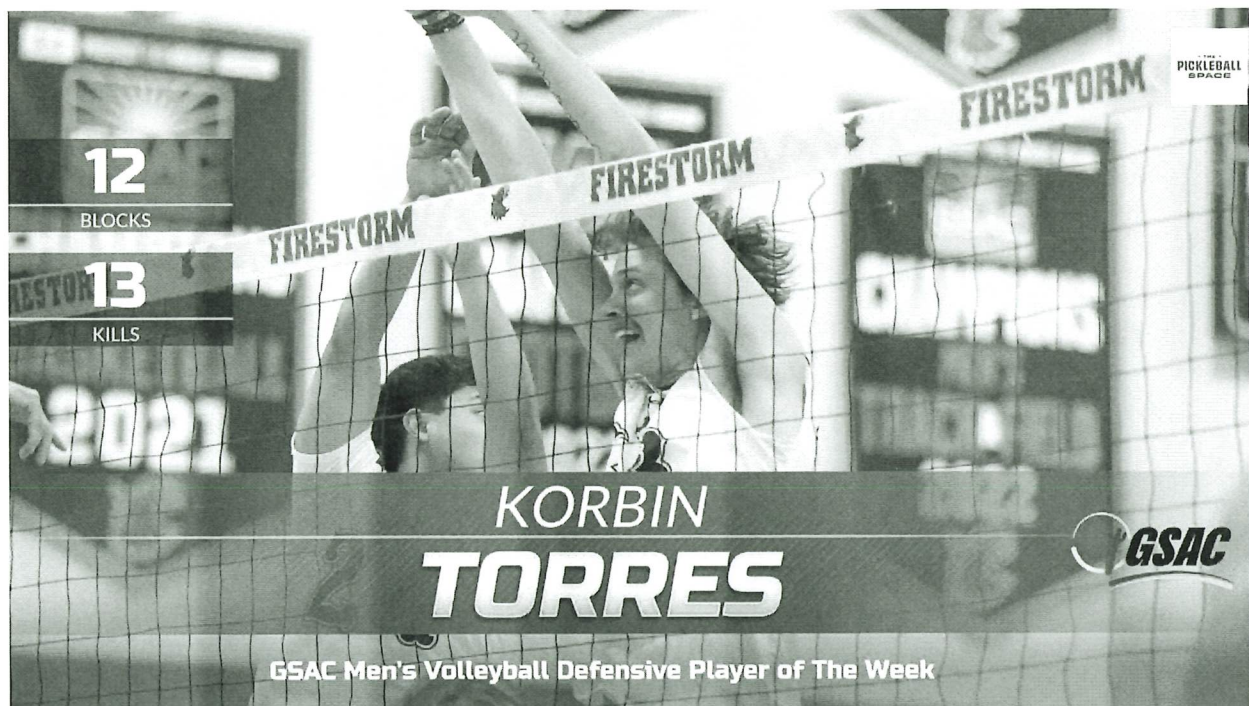
7-11 in AIA

11-18 overall

Finished Regular Season 16th in State

Made it to Round 1 of the State Playoffs

We have established a culture of winning, camaraderie, and fun. We have had athletes from our program go on to play at the college level.



COLLEGIATE MEN'S VOLLEYBALL

- The NCAA and NAIA are growing rapidly with over 80 new collegiate teams in last five years.
- Combined D-I and D-II championship with 23 NCAA Division I teams and 26 Division II teams. Feeds into a seven-team National Championship with five automatic qualification bids and two at-large bids.
- 50 Division III teams in 2010, grown to 120 teams in '19-20.
- NAIA grew from 30 to 51 schools in the last four years, and now volleyball is an NAIA national championship sport.
- Division I and II with at least 4.5 scholarships with roster size of 16-23.

Men's volleyball has also experienced tremendous growth within the NCAA. This is because the popularity of volleyball as a sport itself has increased at all levels worldwide. As a result, universities are investing more financial resources into volleyball. Better training facilities are being developed, and more opportunities are emerging for athletes to play volleyball at a high level.

CROSS-TRAINING

Volleyball is also a great sport to cross-train with. Volleyball involves jumping, lateral movements, and quick reflexes, all of which are crucial in many other sports. The jumping and movement patterns in volleyball closely mirror those in basketball, making it an ideal sport for cross-training. Volleyball builds fast-twitch muscle responses, these explosive movements are directly transferable to:

Basketball: Think fast cuts to the basket or explosive first steps on defense.

Football: Side shuffles, positioning, and footwork all benefit.

Soccer: Agility for defending, footwork, and ball control on the move.

- Footwork becomes *second nature*.
- Reaction time gets *noticeably faster*.
- Body control improves for *smarter, safer plays* in any sport.

Hand-Eye Coordination

- Setting and passing sharpen precise **timing and control**.
- Serving strengthens **focus** and **accuracy**.
- Spikes improve **hand-eye quickness** and **touch sensitivity**.

Communication + Teamwork Make the Difference

- Teammates call out every play.
- They shift, rotate, and cover for each other.
- Trust and awareness are built on every volley.

Injury-Prevention + Total Body Conditioning

- **Stronger core stability** for improved balance & injury prevention
- **Leg power and explosiveness** from constant jumping
- Balanced upper/lower body training without overloading knees and shoulders

Builds Mental Toughness on High-Pressure Moments

- **Stronger core stability** for improved balance & injury prevention
- **Leg power and explosiveness** from constant jumping
- Balanced upper/lower body training without overloading knees and shoulders

There have been some pretty impressive athletes who have played volleyball, including Wilt Chamberlain, Chase Budinger, and alumni Noah Amenhauser.



High School Boys Volleyball Participants 2005-06 to 2024-25 (data from NFHS)



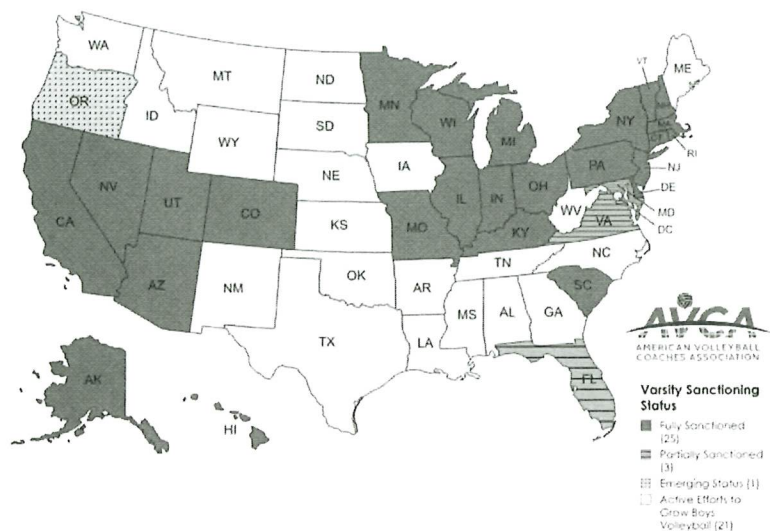
Six-Year Percentage Change in Boys Sports Participation

Sport	High School
Volleyball	51%
Baseball	-2%
Basketball	0%
Cross Country	-10%
Fencing	-43%
Football	2%
Golf	13%
Gymnastics	-91%
Ice Hockey	-9%
Lacrosse	0%
Rifle	-15%
Skiing	-8%
Soccer	6%
Swimming & Diving	-13%
Tennis	-4%
Track and Field (Indoor)	12%
Track and Field (Outdoor)	6%
Water Polo	-3%
Wrestling	21%

Notes: Percentage change from 2018-19 to 2024-25.
High school numbers collected from National Federation of High School Associations.



Boys High School Volleyball Sanctioning Status



Created with mapchart.net

Sources:

Boys Volleyball Participation Grows Over 10,000 Athletes

<https://www.avca.org/blog/boys-volleyball-participation-grows-over-10000-athletes/#:~:text=In%20terms%20of%20participation%20percentage,by%20more%20than%2015%20percent.>

Want to Play in College?

<https://www.cleselectvolleyball.com/growth>

Here are the five fastest-growing college sports.

<https://www.slamstox.com/en/here-are-the-five-fastest-growing-college-sports/>

Tips and Essential Benefits of Cross-Training for Basketball

<https://teachhoops.com/tips-and-essential-benefits-of-cross-training-for-basketball/#:~:text=Best%20Sports%20for%20Cross%2DTraining%20for%20Basketball&text=Volleyball%20involves%20jumping%2C%20lateral%20movements,ideal%20sport%20for%20cross%2Dtraining.>

Why Volleyball Makes Boys Better at Other Sports Too

<https://nsscvolleyball.com/why-boys-playing-volleyball-helps-them-excel-in-sports/#:~:text=Volleyball%20Builds%20Fast%2DTwitch%20Muscle%20Responses&text=These%20explosive%20movements%20are%20directly,ball%20control%20on%20the%20move.>

Former NBA player Chase Budinger makes history on the Olympic beach volleyball court

<https://www.npr.org/2024/07/30/nx-s1-5057470/chase-budinger-beach-volleyball-nba-olympics>

Chase Budinger

<https://avp.com/player/chase-budinger/>

Remembering Wilt Chamberlain's Short-Lived but Momentous Volleyball Career

<https://www.insidehook.com/sports/remembering-wilt-chamberlain-pro-volleyball-career>