HSN FALL GIRLS' VOLLEYBALL SCHEDULE

IMPORTANT DATES:

- Genesis: opens May 13 (don't delay, schedule your physical)
- Volleyball Conditioning Program*: June 30 sign up deadline (parent must sign waiver)
- PHYSICALS DUE **July 22** (and Genesis Forms closes) (Physicals dated on/after 8/12/18)

TRYOUTS: Varsity and JV - August 12, First day of practice 8/15

Freshmen - August 19, First day of practice 8/23

Student/player not cleared in time by the nurse will not be allowed to participate in the tryouts



*HSN Volleyball Conditioning Program July 8 to Aug 2.

This program will run 3x a week for 2 hour (7-9 a.m.). The program's goal is to help new and returning players, interested in volleyball, to improve their motor learning and volleyball skills. This program is designed to have a volleyball focused weight lifting for 1 hour and then 1 hour court time where volleyball fundamentals and drills are reviewed.

NOTE: Participation in this program doesn't guarantee a placement in the team.