



MEETING FOR ALL ATHLETES AND PARENTS GOING INTO 9TH GRADE

WHO NEEDS TO ATTEND: All girls wishing to try out for or be a manager for the HHS Volleyball Team

Where is the meeting: Harrisburg High School - Little Theater

When: Tuesday, Feb 26, 2019 at 6:30 pm

Why: Coaches are going to provide handouts and go over needed information for your student athlete who plans to take part in high school athletics.

- Physical Forms: These will be coming to you from our AD, Mr. Altenberg, in the future. Make sure you have this and a physical done and on file at the school BEFORE Aug 15, the first day of volleyball practice.
- Concussion Testing: This is for those new to the district as it is done in 7th and 10th grades.
- HS Athletics expectations: Summer training, camps, open gyms and more.
- Sanford Power (HS) and Champions (MS): This is our weight program provided right here for our athletes. VB has a time slot of Monday - Thursdays 6:30 am - 7:30 am. If this time doesn't work, talk to Coach Costain.
- Teamsnap: This is our communication platform for our volleyball team. We will explain this and get a player and one parent or both set up.
- Summer Camps – Fill this first link out to get yourself registered for high school volleyball by telling us your availability for the summer: <https://goo.gl/forms/854sC5UeYJFfCmC3> All other team camps are paid for by our team! Please fill this link out and we will notify who will be going to each camp by availability and positions needed.

Use this link to get signed up for our Harrisburg Individual Camp (for all HHS players grades 9-12):

<https://goo.gl/forms/qshDeQoOYvEsMXkk2>

Harrisburg VB is bringing in Volleyball 1 on 1 camp instructor Andor Gyulai for this summer's camp. HHS Individual Camp for Grades 9-12 dates are June 3rd, 4th and 5th, 2019 from 8:00 am - 6 PM. Location @ Harrisburg High School Gym. Each Player will get a Volleyball 1 on 1 Players' Cap, Player Empowerment Cards, and a 6 month membership to Volleyball 1 on 1 video subscription.

Cost of the camp is \$225

MUST register online by March 22nd, 2019

Check to Harrisburg Volleyball by May 1st, 2019

****High school girls are asked to work our little kids summer camp for Grades 2-8 June 10, 11, 12th from 8:00-12:00. On a future date, they will get a message through TEAMSnap to sign up for a time.**

- Fundraising: Dates and details will be discussed.
- First Day of Practice: August 15th - See Teamsnap for schedule.
- Open Gyms: Each sport is different so will discuss expectations. *Have to wait until all camps are set for all sports to see when gym time is available.

Sincerely, Coach Costain (Head Volleyball Coach) and Mr. Altenburg (HS Athletic Director)