

Dear 2018 HHS players and parents,

Here is a list of important dates and events for the upcoming season. ****Please contact me if you have any questions (620-345-9826 OR sandy.arnold@usd410.net).**

Wednesday, August 8 - 7:00 – Sports Information Night - **VB Parent Meeting to follow**

Monday, August 13 – 3:45-4:15 Concussion Video/Team Meeting At this time we will discuss team expectations, the season’s theme, and review schedules and tasks. I will have your t-shirts for you at that time. If you did not pay me at camp, please bring \$20 to the meeting. This covers insurance and camp t-shirts. Any difference will be applied to further team purchases (ex. Team jackets or bags).

Monday, August 13

4:00-7:00pm– Practice – Due to changes in the KSHSAA pre-season rules we will not be having a midnight madness practice. Our first practice will be at this time.

Tuesday, August 14

3:15-6:15pm – Practice

Wednesday, August 15

4:00-7:00pm – Practice

7:00pm – More Grind (small group practice) this will not involve everyone. Groups will be determined later.

Thursday, August 16 (School starts) – Friday, August 17

3:45 - Practice after school

7:00pm – More Grind (small group practice)

Saturday, August 18

Practice – Time TBA

Monday, August 20-Friday, August 24

3:45 – Practice after school

Following Practice – More Grind Mon-Thurs (small group practice)

Friday, August 24 - Booster Club Meeting – 8:00pm - Joel Wiens Stadium

Saturday, August 25

CKL PRE-SEASON TOURNEY at Halstead

Hillsboro Volleyball 2018

Never hope for it...more than you work for it!
The time to work is here!

Reminders

****You cannot practice without a physical signed by a doctor, your permission to participate, and your concussion form.**

****Also, it is not too late to start getting in shape!**

****We would like to limit “taping” as much as possible. If you have ankle problems, we strongly suggest you invest in ankle braces.**

