

HINGHAM VOLLEYBALL INFORMATION 2019 SEASON

CHECKLIST AFTER THE MEETING

- _____ Check with parents that you have a doctor's appointment scheduled to ensure your physical will be valid for the fall season
- _____ Join the volleyball Facebook Group "Hingham High Girls Volleyball 2019" to receive all communication from the captains & Instagram "hinghamvolleyball"
- _____ Look for the email from the Athletic Department regarding IMPACT Testing (All JR and FR must take this test)
- _____ Confirm you can attend ALL the tryout sessions below
- _____ Join the Remind App to receive notifications
 1. Send a text to: 81010
 2. In message box type: @coachmm19
 3. Respond to prompts with additional instructions

VOLLEYBALL TRYOUTS/PRACTICES DATES & TIMES

VOLLEYBALL FALL TRYOUTS

AUG 22 8:00-10:30 AM 11:15-12:45 PM (Bring a snack for the break)
AUG 23 8:00-10:30 AM 11:15-12:45 PM (Bring a snack for the break)
AUG 25 8:00-11:00 AM
AUG 26 8:00-11:00 AM
 7:00 PM - Mandatory Fall Sports Parent/Player/Coach Meeting

*MISSING **ANY** OF THESE SESSIONS WILL SEVERLY IMPACT YOUR CHANCES OF MAKING A TEAM SO PLEASE PLAN AHEAD IN TERMS OF VACATIONS/COMMITMENTS

SUMMER PRACTICE (mandatory for anyone who makes a team)

AUG 27 8:00-11:00 AM
AUG 28 3:00-5:00 PM
AUG 29 3:00-5:00 PM
AUG 30 8:00-2:00 PM - Playdate at North Quincy HS (varsity) and Quincy (FR/JV)

REGULAR AFTER SCHOOL PRACTICE SCHEDULE 3:00-5:00 PM (starts on SEPT 3rd)

Additional Notes: Always make sure to bring water, knee pads, and sneakers. During warmer days make sure to wear light colors and athletic gear that is loose. You may want to bring an extra shirt to change into for double sessions. If you have specific volleyball sneakers you may want to bring an extra pair of sneakers for when we condition outside.

VOLLEYBALL COACHES & CAPTAINS CONTACT INFORMATION

Mrs. McCash-V	C: 781-504-8024	EM: mmccash@hinghamschools.org
Katie Sassorossi-JV		EM: ksassorossi@hinghamschools.org
Natalia Maccarrone- FR		
Katelyn Breen	C: 339-236-4557	EM: kbreen2@comcast.net
Jess Johnson	C: 781-626-2392	EM: jessmjohnson29@gmail.com

HINGHAM VOLLEYBALL WEEBLY

Access the website for important information: <http://hinghamvolleyball.weebly.com>

SUGGESTED CAMPS & CLINICS

1. Velocity Volleyball Clinic (open to incoming freshmen/not returners)
August 12th – 15th (8:30 AM-12:30 PM) @ HHS
Run by Coach McCash, Coach Sassorossi, Coach Maccarrone as well as HHS varsity players
Access the following website to sign up: www.velocityvolleyball.weebly.com
2. Hingham Conditioning
Week of July 1st - Week of August 14th
(Mondays, Tuesdays, Wednesdays) 8 AM - 9 AM
HS Turf Field
2019 Incoming High School Students (Boys and Girls)
Cost: \$186 (partial) -or- \$260 Full
<https://www.hinghamconditioning.com/>
Contact Information: Ryan Puntiri (ryan.puntiri@gmail.com)

REGIONAL CAMPS & CLINICS

Boston College Volleyball Camp
Team Camp and Individual Camps offered
<https://camps.jumpforward.com/bcvolleyballcamps>

Tufts University
Various Clinics and Position Specific training offered
<http://www.jumbovolleyballclinics.com>

Smash Volleyball Camps
<http://www.smashvolleyball.com>

Southern Alliance Volleyball
<http://southernalliancevolleyball.com/camps.html>

Mass Patriots Volleyball
<https://www.masspatriots.com/summer-camps>