

# Horace Hawks Volleyball

## 2023 Summer Information



### Summer High School Skills Sessions (ALL 9<sup>th</sup>- 12<sup>th</sup> graders)

- June 6th-July 27th (Tues & Thurs - not July 4<sup>th</sup> week)
- 8:00am-9:30am at Horace High School

### Summer Middle School Skills Sessions (ALL 7<sup>th</sup>-8<sup>th</sup> graders)

- June 6th-July 27th (Tues & Thurs - not July 4<sup>th</sup> week)
- 10:00am-11:30am at Heritage Middle School

### Varsity Summer League (invite only)

- June 12th, 19<sup>th</sup>, 26<sup>th</sup> & July 10<sup>th</sup> & 17<sup>th</sup> (Monday nights)
- Roughly 5:30pm-8:30pm
- JV @ Sheyenne High School
- Varsity @ DGF High School

### JV/Varsity Tournaments (invite only)

- JV: Moorhead Thursday, June 22
- Varsity: St. Benedict (St. Cloud): Wednesday, June 28
- Varsity: Summer Slam Tournament in Sioux Falls, SD: July 24<sup>th</sup>-25<sup>th</sup>

### MIDDLE SCHOOL - entering Grades 6<sup>th</sup>-8<sup>th</sup> Girls: Summer Strength & Speed Development

**When: June 5<sup>th</sup>- July 27<sup>th</sup> (OFF WEEK OF JULY 4<sup>TH</sup>)**

**Time: 12:00pm-1:00pm**

**Where: Horace High School Weight Room**

**Cost: \$150**

### HIGH SCHOOL - entering Grades 9<sup>th</sup>-12<sup>th</sup> Girls: Summer Strength & Speed Development

**When: June 5<sup>th</sup> – July 27<sup>th</sup> (OFF WEEK OF JULY 4<sup>TH</sup>)**

**Time: 9:30am-11:00am**

**Where: Horace High School Weight Room**

**Cost: \$180**

## OTHER OPTIONS:

- ETS
- Sanford Power
- Dynasty
- Maximum Performance and Fitness

PARENT/ATHLETE: Beginning this summer, online registration will be available for student activities! To register for activities, a student must first be registered for the fall semester and have their district-issued student identification number.

Prior to the first day of practice, each student must complete the following:

1. Complete a NDHSAA physical evaluation with a healthcare provider dated after April 15, 2023
2. Register on our Activity Registration Website and upload a signed digital copy of your student's physical
3. Submit participation fee payment AFTER you have registered using MySchoolBucks beginning **Monday, August 1.**

**Middle School Start Date: Week of August 21<sup>st</sup> – runs 8 weeks**

**High School Start Date: August 14<sup>th</sup>-November (TBD)**

**Varsity Coach:** Hadley Steffen

**JV Coach:** Kalli Hegerle

**C-Squad Coach:** Claire Miller

**Freshman A Coach:** Jaci Barron

**Freshman B Coach:** TBD

**Float Coach/Assistant:** Evan Martell

Please reach out with any questions! Go Hawks!

Hadley Steffen

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**ATHLETES, PLEASE SCAN AND FILL OUT!**

