

# HJS Volleyball – 2020

The attached information is our current plan for starting our Fall season. If these plans change due to State of Ohio/Ohio High School/Lakota/Greater Miami Conference recommendations, the changes will be posted to [lakotaonline.com](http://lakotaonline.com) (Schools – Hopewell Junior -- Athletics) ASAP. We recommend you check the website throughout May, June and July for any updates.

Also, we encourage our future athletes begin some of the conditioning recommendations listed below so you will be physically prepared to begin your journey into Hopewell Junior Athletics. Go Hawks!!

## SUGGESTED SUMMER WORKOUT PROGRAM

1. Push ups – 3 sets of 15  
Body Squat – 3 sets of 15  
Crunchies – 3 sets of 25  
Chair Dips – 3 sets of 15  
Walking lunges – 3 sets of 30 seconds
  
2. Chin ups (can be modified) 3 sets of 5 – 10 reps  
Standing Walkout to push up position and back – 3 sets of 10  
Leg Lifts – 3 sets of 15  
Planks – 3 sets of 30  
Toe Touches – 3 sets of 15  
Step ups – 3 sets of 10 for each leg
  
3. Decline push up 3 sets of 15  
Box jumps – 3 sets of 10  
Heel raises – 3 sets of 15  
Twist with a stick – side to side with a stick – 3 sets of 10  
Hip Bridge – 3 sets of 10

Each group above (1, 2 or 3) can be done 1 or 2 times each week. Do not try to do all 3 groups every day. Rotate groups to allow rest and recovery for the targeted muscle groups. Your self-discipline and work ethic will help you prepare for the season.



# HJS Girl's Volleyball

At Hopewell Junior there is a 7<sup>th</sup> and 8<sup>th</sup> grade volleyball team. Each team is made up of 10 to 12 girls. Girls trying out for a team should have fundamental knowledge of the game. If you would like to try out, but you haven't had much experience we strongly suggest signing up for a camp/clinic. There are many camps, clinics, and leagues throughout the local Cincinnati area that offer Spring and Summer opportunities. A few of these organizations are attached.

Mark the following important events on your calendar for this summer:

- **Conditioning and Open Gym: July 22, 23, 24, 25, 27, 28, 29, 30, 31.** These Conditioning and Open Gym dates will be held at Hopewell Jr. School. Times will be 10:00 am – 12:00 pm. Attendance is strongly encouraged, although not mandatory.

Each girl needs to bring:

- A water bottle for conditioning (we may do some conditioning outside and it will be HOT)
- Kneepads
- Running shoes or cross trainers

- **Try-outs: August 3<sup>rd</sup> and 4<sup>th</sup>** at Hopewell Jr. School. Attendance at both try-out dates is vital for thorough evaluation.
- 7<sup>th</sup> grade: 10:00 am – 11:00 am  
8<sup>th</sup> grade: 11:10 am – 12:00pm
- **Completed Physical Forms are DUE at the first try-out date. Athletes CANNOT try-out if this is not turned in at the first try-out!**
- **All other required forms can be found at: [finalforms.com](http://finalforms.com)**

Fees: Volleyball fees will not need to be paid until your daughter knows if she has made either the 7<sup>th</sup> or 8<sup>th</sup> grade team. Fees will then need to be paid within 5 days of making the team. The fee is \$150.00.

**\*\*\*Please go to Hopewell Jr. Athletics website periodically during the spring/summer for updated information and additional workout information. If we need to alter practices times we will post the new information on the Hopewell Jr. Athletics website.**  
<https://hopewelljr.lakotaonline.com/athletics/volleyball>

Girls making the team will be chosen based on their ability to play the game, skill, enthusiasm, good sportsmanship, and attitude. Girls are expected to attend all practices and games. If you do not make the team, you should play club volleyball to increase skills and try-out the following year. If you have any questions or concerns, call one of the coaches listed below.

Sincerely,

Katie Bolte, 7<sup>th</sup> Grade Volleyball Coach  
Hopewell Jr. School  
(513) 252-6756

## Local Volleyball Camps or Training Teams

Sports Express Volleyball  
<http://sportsexpressvb.com/>

Cincinnati Volleyball Academy (Courts 4 Sports)  
<http://www.courts4sports.com/volleyball/camps-clinics/summer-volleyball-camps/>

Ohio Premier (Kid's First)  
<http://www.ohiopremiervc.com/summer-camps>