

Summer Volleyball Schedule

Preseason Practices (Recommended)

Tuesday, June 21, from 10:00 a.m. to 11:30 a.m.
Thursday, June 23, from 5:30 p.m. to 7:00 p.m.
Thursday, June 30, from 5:30 p.m. to 7:00 p.m.
Friday, July 1, from 5:30 p.m. to 7:00 p.m.
Thursday, July 7, from 3:00 p.m. to 4:30 p.m.
Friday, July 8, from 5:30 p.m. to 7:00 p.m.
Tuesday, July 12, from 10:00 a.m. to 11:30 a.m.
Thursday, July 14, from 3:00 p.m. to 4:30 p.m.
Saturday, July 16, from 10:00 a.m. to 11:30 a.m.
Tuesday, July 19, from 10:00 a.m. to 11:30 a.m.
Thursday, July 21, from 3:00 p.m. to 4:30 p.m.
Saturday, July 23, from 10:00 a.m. to 11:30 a.m.



Tryouts (Required)

Monday, July 25, from 5:00 p.m. to 6:30 p.m.
Tuesday, July 26, from 5:00 p.m. to 6:30 p.m.

Please attend both tryout sessions if possible.

Official Practices (Required)

Thursday, July 28, 3:30 p.m. to 5:00 p.m.
Friday, July 29, 3:30 p.m. to 5:00 p.m.
Monday, August 1, 3:30 p.m. to 5:00 p.m.
Tuesday, August 2, 3:30 p.m. to 5:00 p.m.



Regular Practice Schedule – Begins August 11

Mondays, Tuesdays, Thursdays, and Fridays from 3:30 p.m. to 5:00 p.m.

Important Dates:

Tryouts: July 25 and 26

First Official Practice: July 28

See back for more information →

General Information:

Please ensure that the following forms are up to date with our athletic department prior to the first practice:

- Sports Physical Exam (**must** use TACS form)
- Concussion information form
- Cardiac Arrest Form
- HCA Parent/Athlete Agreement

These documents can be found on our website at www.hcacrusaders.com/sports

Athletes will enter the gym at Door 13 on practice days. Dress code is a t-shirt, shorts within two inches of the kneecap, knee pads, and proper volleyball shoes.

Athletes are required turn in their at-home practice forms (given on the first practice of each week) on Thursday of each week of preseason practice. I highly encourage each athlete to have their own volleyball at home.



2022 Team Verse

2 Fulfil ye my joy, that ye be likeminded, having the same love, being of one accord, of one mind.

3 Let nothing be done through strife or vainglory; but in lowliness of mind let each esteem other better than themselves.

Philippians 2:2-3

A Note to Parents

Thank you for entrusting me to teach your daughter the skills, goals, and character a Christian volleyball athlete should possess. Your encouragement and involvement are invaluable to me as your daughter trains at home and performs on the court. I am looking forward to a great year!

Coach Valentin
Head Volleyball Coach