

2022 Hatton High School - Summer Information

Football, Basketball, Baseball

Now that we are gradually returning to "normal", we can now announce the strength & conditioning, practice, and competition schedule for the upcoming summer. Over the past year we have seen success in all phases of our male athletic program and contribute a vast amount of that success to athletes being able to play multiple sports and coaches working together in developing the multi-sport athlete.

Some of you are familiar with our summer program and some of you will be entering into the program for the first time. Regardless, please know that our coaching staff is excited to have you on board and the expectations (a positive attitude, attendance, promptness, and mental toughness) required of you will remain the same, regardless of the sport(s) you are participating in.

Strength & Conditioning Calendar

Monday, Tuesday, Wednesday, Thursday - 7:15 a.m.-9:30 a.m.

Week #1	May 30 - June 3	Off Week
Week #2	June 6 - June 9	Strength & Conditioning All Sports (BB & BK Priority)
Week #3	June 13 - June 16	Strength & Conditioning All Sports (BB & BK Priority)
Week #4	June 20 - June 23	Strength & Conditioning All Sports (BB & BK Priority)
Week #5	June 27 - June 30	Strength & Conditioning All Sports (FB Priority)
Week #6	July 4 - July 7	Off Week
Week #7	July 11 - July 14	Strength & Conditioning All Sports (FB Priority)
Week #8	July 18 - July 21	Strength & Conditioning All Sports (FB Priority)**
Week #9	July 25 - July 28	Off Week

****AHSAA Conference, No Competition Allowed, Only Practice**

Guidelines for Summer Workouts

1. All athletes MUST have an UPDATED AHSAA Pre-Participation Physical Form signed by a M.D.
 - a. <https://www.ahsaa.com/Portals/0/revised%202018%20Form%205%20Physical.pdf> (Hard Copy or uploaded on DragonFly)
2. All athletes must be prepared to work both inside or outside each day, weather will only be a factor in canceling workouts if it is deemed severe
3. Athletes must be in attendance and COMPLETE 20 of 24 workouts to avoid Extra Conditioning prior to their respective season
4. Water will be accessible for Athletes, Sports Drinks will be Sold, but athletes are encouraged to bring their own
5. Make sure your child eats something light BEFORE they come to workouts (wouldn't hurt to add salt to meals during this time)
6. Please weigh your athlete before and after workouts. As a result of the rigor and heat, weight loss will occur. Replace every pound lost with at least 16 oz. of water/sports drink. Our trainer will be at the school at some point each morning to check in on injuries.
7. Expect your athlete to be tired/sore/etc. Please make sure they are getting the rest they need for proper recovery (going to bed at a decent hour)
8. Your child will be held accountable and nothing will be asked of him that he should not be able to do. If he chooses to quit the workout, he will not receive credit. For example, if he doesn't make time during conditioning, he will continue that portion until he does. If he skips agility or doesn't lift, he will not receive credit.
9. If you are dropping your child off, someone will be here no later than 7:00 a.m.; please make sure your child is not tardy to workouts.
10. Workouts vary in length so please allow +/- 15 minutes from the 9:30 a.m. conclusion

Again, our coaching staff is excited to have your child as a part of Male Athletics at Hatton High School and look forward to working with him. In regard to sport specific practices, try-outs, and competitions; a coach from that specific sport will distribute the necessary information to your child. We hope to make next academic year even better than this past year.

FOOTBALL SPECIFIC INFORMATION

- TRY-OUT DATE:** Football Does Not Have Tryouts
- COST:** \$150 - Includes Practice Shirt, Practice Short, Travel Polo, Player Fee. Cleats can be purchased through the school or individually. Order Forms & Sizes will be distributed during the first day of Workouts and need to be returned by that Thursday.
- PRACTICE:** Summer Practice - 9-12 grade will be from 10:00 a.m.-11:00 a.m. During Week #5, #7, #8
- 7th & 8th grade practice will be from 10:00 a.m.-11:00 a.m. on Tuesday & Thursday during Week #7 & Week #8.
- Fall Practice - Will Begin on Monday (August 1) with time to be Determined for all levels
- CONTACT:** Coach Denton Bowling - dbowling3@gmail.com
Coach Jarrod Helms - jarrodhelms@lawrenceal.org
Coach Zane Crumbley - zcrumbley@lawrenceal.org

BASKETBALL SPECIFIC INFORMATION

Per AHSAA Rules(we are allowed to practice/compete 3 of 4 weeks from May 30-June 25th)

Tryouts: (2022-2023 7th/8th) Monday 3:30-5:30
(2022-2023 9th-12th) Wednesday 12:30-3 (early dismissal)

JH PRACTICE/PLAY DATES will be the following Days:

June 8th 10:00-11:30
June 9th 10:00-11:30
June 10th 2 Games @ Lexington TBA
June 15th 10:00-11:30
June 16th 2 Games @ Clements TBA
June 22nd 10:00-11:30
June 23rd 10:00-11:30
June 24th 2 Games @ Central TBA

JV/V PRACTICE will be the following Days:

June 8 11:30-1:00
June 9th 11:30-1:00
June 10th 2 Games each @ Lexington TBA
June 15th 11:30-1:00
June 16th 2 Games each @ Clements TBA
June 22nd 11:30-1:00
June 23rd 11:30-1:00
June 24th 2 Games each @ Central TBA

*Play Dates: Day or place could change due to availability
Open Gym dates will be posted after June 25th

Contact Justin Henley at jhenley@lawrenceal.org with any questions

BASEBALL SPECIFIC INFORMATION

Per AHSAA Rules (we are allowed to practice/compete 3 of 4 weeks from May 30-June 25th)

TRYOUTS 7-12 Tuesday, May 24 3:30-5:30
Pitchers/Catchers may have to stay later

Varsity/JV PRACTICE

Practice will follow morning workouts on Mondays & Tuesdays during week #2 (6/6 and 6/7), week #3 (6/13 and 6/14), and week #4 (6/20 and 6/21). Practice and game attendance is mandatory ***UNLESS excused by Coach Arnold.***

Varsity/JV PLAY DATES are as follows:

Monday June 6 @ Red Bay 5:00/7:00
U - Tuesday June 7 @ Hatton vs. Danville 5:00/7:00
U - Saturday June 11 @ Hatton vs. Tharptown and Addison 10:00/12:00/2:00
Monday June 13 @ Shoals Christian 5:00/7:00
Tuesday June 14 @ Danville 5:00/7:00
Monday June 20 @ Clements 5:00/7:00
Tuesday June 21 @ Hatton White vs. Blue Game TBA

***Play Dates: Day or place could change due to availability or inclement weather**

JH PRACTICE will be June 6, 7, 13, 14, 20, 21. Time is TBA

JH PLAY DATES

U - Monday 6/6	@ Hatton vs. Phil Campbell	5:00/6:30
Tuesday 6/7	@ RedBay	
5:30/7:00		
Monday 6/13	@ Covenant Christian	2:00/3:30
U - Tuesday 6/14	@ Hatton vs. Phil Campbell vs. Tharptown	
3:00/4:45/6:30		
Monday 6/20	@ Clements	3:00

***Play Dates: Day or place could change due to availability or inclement weather.**

Contact Coach Arnold at garnold@lawrenceal.org with any questions.