

2022 Hatton High School - Summer Information

Volleyball, Basketball, Softball

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 female 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 - 9:30 a.m.- 11:45 a.m.

Week #1	May 30 - June 3	Off Week
Week #2	June 6 - June 9	Strength & Conditioning All Sports (SB & BK Priority)
Week #3	June 13 - June 16	Strength & Conditioning All Sports (SB & BK Priority)
Week #4	June 20 - June 23	Strength & Conditioning All Sports (SB & BK Priority)
Week #5	June 27 - June 30	Strength & Conditioning All Sports (VB Priority)
Week #6	July 4 - July 7	Off Week
Week #7	July 11 - July 14	Strength & Conditioning All Sports (VB Priority)
Week #8	July 18 - July 21	Strength & Conditioning All Sports (VB 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 her that she should not be able to do. If she chooses to quit the workout, she will not receive credit. For example, if she doesn't make time during conditioning, she will continue that portion until she does. If she skips agility or doesn't lift, she will not receive credit.
9. If you are dropping your child off, someone will be here no later than 9:30 a.m.; please make sure your child is not tardy to workouts.
10. Workouts vary in length so please allow +/- 15 minutes from the 11:45 a.m. conclusion.

Again, our coaching staff is excited to have your child as a part of Female Athletics at Hatton High School and look forward to working with her. 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.

SOFTBALL SPECIFIC INFORMATION

TRY-OUT DATE: Tentatively set for May 23rd @ 3:30-4/4:15
(7-8th grade will tryout for volleyball after softball)

PLAYER FEES: Player Pack \$300-\$350 + \$100 worth of Fundraising. Player Pack Includes Practice Gear & Uniforms are provided. Cleats & Other Items (Jackets, sleeves, socks, belt) may be purchased through the school.

SUMMER DATES: 10-12 grade will be Mon. & Wed. of Weeks #2,3,4 - Time = TBD
7-9 grade will be Tue. & Thur. of Weeks #2,3,4 - Time = TBD

Fall Practice - Will Begin on Monday (August 1) with time to be Determined for all levels

CONTACT: Coach Denton Bowling - dbowling3@gmail.com
Coach Whitney King - wking@lawrenceal.org

GIRLS BASKETBALL SPECIFIC INFORMATION

Tuesday, May 24 3:30-5:30--all grade levels 7-11

Player Fees- Before the season, players will sell 3 digital ads that will cover their player pack (sweatshirt, tshirt, sweatpants, socks). Jerseys, warm-ups, bags, and practice jerseys are provided. Additional payment will only be required for basketball shoes (~\$100) and any other extras you may want to purchase (practice shorts, backpacks, game day shoes, etc.)

7th/8th Summer Dates

Week #2

June 6, 7, 8- JH, JV, and V will practice from 8:00-9:30

June 9- JH, JV, and V will play at UNA (3 games each)

Week #3

June 13- JH, JV, and V will practice from 8:00-9:30

June 14- JH will practice 8:00-9:30

June 15- JH plays at Cullman (2 games)

June 16- Only come to workouts

Week #4

June 20- JH, JV, and V will practice from 8:00-9:30

June 21- JH will practice 8:00-9:30

June 22- JH will play at West Morgan (2 games)

June 23- Only come to workouts

9th-12th Summer Dates

Week #2

June 6, 7, 8- JH, JV, and V will practice from 8:00-9:30

June 9- JH, JV, and V will play at UNA (3 games each)

Week #3

June 13- JH, JV, and V will practice from 8:00-9:30

June 14- JV and V will play at Good Hope (2 games each)

June 15- No practice, only workouts

June 16- JV and V will practice, V will then leave for Auburn

June 17- V playdates at Auburn University (3 games)

Week #4

June 20- JH, JV, and V will practice from 8:00-9:30

June 21- JV and V will play at Winston County (2 games each)

June 22, 23- only come to workouts

****All play dates are tentative, schedules will be sent out once received****

Contact: Erika Little elittle@lawrenceal.org

VOLLEYBALL SPECIFIC INFORMATION

TRY-OUT DATE: Monday, May 23 (7/8th Immediately following softball) 4-5:30

Wednesday, May 25 9-12 12:30-3 (early dismissal)

PLAYER FEES: Player Pack \$220. Player Pack includes team practice tee, game shorts, backpack, shoes, socks and knee pads. Uniforms tops are provided. Camp fees are \$75-120 depending on level. Fundraising - \$100 minimum and any additional will help cover camp cost.

SUMMER DATES: June 27-30 Practice 8:00-9:30 am
July 4-7 OFF
**July 8th Practice 9-11 am (Prep for Camp/Play Dates)
July 11-12 Varsity Camp @ Muciana
July 11 JV/JH Practice 8:00-9:30 am
July 12 Play Date - JV/JH @ LCHS
July 13-14 JV Camp @ Muciana
July 13 V/JH Practice 8:00-9:30 am
July 14 Play Date - V/JH @ WMHS
July 15 V/JV/JH Practice 8:00-9:30 am
July 18-22 Workouts only **AHSAA Summer Conference
July 25 V/JV/JH Practice 9:00 am **No Workouts
July 26th Play Date - V/JV/JH @ WMHS
July 27-29 JH Camp @ Priceville HS
July 27 Play Date - V only @ Bevill State **tentative
July 28 Play Date - V/JV only @ LCHS
July 29 V/JV Practice 8:00-9:30 am
August 1 OFF
August 2 OFF
August 3-5 V/JV/JH Practice (Times TBD)
August 8-12 V/JV/JH Practice (Times TBD)

SEASON STARTS: Aug 18, 2022 @ HHS vs. Haleyville & ELHS

CONTACT: Coach Amy Speegle aspeegle@lawrenceal.org
Coach Tamra Mason tamraterry4@yahoo.com