

Fall Season Open VOLLEYBALL Workouts Information

- ❑ Student athletes **MUST have a blue card** provided by the school nurse to participate in open workouts.

- ❑ The planned starting date for open workouts will be Monday, 9/21.
Workouts will be every Monday and Wednesday from 3:30 - 5:00 PM until October 28th.

- ❑ No spectators are allowed. *Please arrange rides to arrive by 5:00 pm.*

- ❑ Workouts will be designed/implemented by Hoosic Valley coaching staff.

- ❑ Open workouts are an opportunity for athletes to improve their physical fitness and technique for their upcoming sports season.

- ❑ **Open workouts are not mandatory** in any manner, but are highly recommended for players who would like to improve their skills.

- ❑ Athletes who choose to participate in open workouts are expected to put 100% effort into each workout.

- ❑ *Athletes must wear acceptable face coverings* unless the athlete is unable to tolerate it while actively participating in physical activity. The health and safety of our student athletes and coaches is our top priority.

- ❑ Athletes are to **bring the following** to open workouts:
 - *Knee Pads *Sneakers
 - *Water *Face Covering
 - *A POSITIVE AND DETERMINED ATTITUDE!

❑ If you have any questions or concerns please contact Coach LaCourse on the REMIND app. Dial 81010 Code is @hvvol