



Perry Hall Girls Volleyball Fall 2022

1. Summer Workouts

- a. Open Gyms June 21st 9-10:30am, June 28th 5-6:30pm, July 5th 9-10:30am, July 12th 5-6:30pm, July 19th 9-10:30am

2. Tryouts!

- a. Varsity
 - i. August 10th- 13th 9:00 am- 11:00am
- b. JV
 - i. August 10th – 13th & 15th 8-10:00am
- c. In order to tryout, students must have a GPA of 2.0 or higher, unless you are an incoming 9th grader.
- d. All students must be registered on Form Releaf (opens July 1st)
- e. All students must have a physical on file with Mr. Hruz, they can be emailed in a PDF format to rhruz@bcps.org
- f. Athletes should be able to complete; **prior** to tryouts our fitness expectations. They are as follows:
 - i. 1 mile run in 10 minutes or less
 - ii. complete 30 crunches- Varsity, 15 crunches for JV
 - iii. 20 push ups for Varsity, 10 for JV
 - iv. hold a 1-minute plank
- g. We highly encourage all girls to attend a summer volleyball camp prior to trying out.
 - i. Perry Hall Girls Volleyball Camp
www.stonealley.com/program/WhiteMarsh/group/VolleyballCamp

3. Schoology

- a. PH Gator Volleyball
- b. Access Code XMNNJ-2GV6J

4. Coaches Contact Information

- a. Laura Britton- Varsity Head Coach lbritton2@bcps.org
- b. Steph Roche – Varsity Assistant step.roche15@gmail.com & Katelynn Thompson colley12volley@gmail.com
- c. Kayleigh Davis – JV Head Coach kayldavis17@gmail.com