

# Hastings Heat Required Informational Meeting

[www.hastingsheatjobv.com](http://www.hastingsheatjobv.com)

**Date: Thursday, November 8th, 2018**

**Time: 6:00p - 8:00p**

**Location: HHS Lecture Hall (2nd floor outside the gym)**

Hastings Heat is designed to give female athletes ages 10-17 (Grades 5th-11th) the opportunity to improve their volleyball skills while playing a sport they love.

## **Registration**

**Online Requirement** - <https://registration.ncrusav.org/Login.aspx?ReturnUrl=%2f>

- Tutorials available on top right hand side

**Printed Forms** - These will also be available during the parent meeting.

- Medical Release - Available through online registration or under 'Registration' tab on Heat Website
- Commitment Form - Heat Website - 'Registration' tab
- Heat Contract - Heat Website - 'Registration' tab

**\*\*\*All paperwork and postdated checks must be completed in order to try-out.**

## **Try-outs / Team Selections**

**Saturday, November 17th @ HHS from 8:30 am - 12:00**

## **Practice Schedules**

We are currently working with the traveling and High School basketball coaches to enable athletes to participate in both activities. We will honor that school sports always come first.

## **Tentative Days:**

12's - Thursday, Friday, and Sunday

13's and 14's - Monday, Friday, and Sunday

15's and 16's - Monday/Wednesday or Thursday based on team, Friday, and Sunday

17's - Wednesday, Friday, and Sunday

**Tuesday: Skills & Conditioning Night: Between 6:00p - 9:00p**

McAuliffe Elementary: The cost is already included in the club costs (\$600) 12U-14U...(\$675) 14-1'S+  
Regular attendance is **expected**.

**Practices begin Monday November 26th, 2018**

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