

Volleyball FAQ

1. Who is coaching and how do I get in touch with them?

- a. Coach Messerly(Coach M): Head Coach
 - i. kmesserly@hfaaokc.org

2. What is OSSAA Dead Week?

- a. Oklahoma Secondary Schools Activities Association(OSSAA) has a mandated vacation from the weekend before to the weekend after July 4. For us, this is Saturday, July 1-Sunday, July 9. There is no communication between coaches and players/families. Enjoy the time off!

3. What dates do I need to know about?

- a. Tryouts: 8-10am Monday, July 10-Wednesday, July 12. A physical must be completed.
 - i. Harding has two teams: JV and Varsity. Generally, 10 players are on JV and 8-9 on Varsity. Cuts are possible if interest is high, but previous experience in the sport is not required. I look at work ethic, coachability, attitude, and the ability to work with a team first and then skill second.
- b. Firehawk Camp: July 17-20
 - i. 8am-1pm: Harding Gym
 - ii. Bring a BIG water bottle or two, maybe an extra shirt, and gym-specific shoes
 - iii. The concussion/cardiac arrest, etc. paperwork if it was not turned in during tryouts
 - iv. Since we started camp a couple of years ago, we have asked families to help by providing snacks/lunch.
- c. Summer practices: July 19-July 31 (Mon, Tues, Wed, Thurs)
 - i. 8am-12:30am, Harding Gym. Please arrive ten minutes early to get ready.
 1. JV: 8-10am
 2. FULL TEAM: 10-10:30am
 3. Varsity: 10:30-12:30PM
- d. First game: August 8, HOME.
- e. School practices: non-game days, Mon-Thurs, 3:30-5pm

4. Do I need to pay anything to play?

- a. There will be team dues of \$60 per player. We also ask each player to bring a case of water and a case of Gatorade in the first few days of camp.
 - i. Players will be given the team contract on the first day of camp and it, along with their dues, will be due by Thursday, July 28. Please reach out to the coaches with any concerns.
- b. Equipment/uniform: knee pads, sports bra, specific gym shoes, black spandex.