

## **2018 VARSITY SPORTS SUMMER WORKOUT INFORMATION**

### **Football**

Summer workouts begin June 26<sup>th</sup> through August 1<sup>st</sup>, Monday through Wednesday beginning at 6:00 pm.

Camp begins August 8<sup>th</sup> at 8:00 am. Preseason continues with practices Monday through Saturday beginning at 8:00 am, single and double sessions.

Equipment will be distributed beginning August 7<sup>th</sup> at 6:00 pm.

August 8<sup>th</sup> - First official practice 8:00 am, all levels.

Any questions, or for further information, e-mail Coach Lina at [linac@hhsd.k12.nj.us](mailto:linac@hhsd.k12.nj.us).

### **Field Hockey**

- Summer Practices begin June 25<sup>th</sup> from 9 am – 11:00 am every Monday and Wednesday except for Team Camp week and July 4. Practices are strongly encouraged.
- Summer League 7v7 at Gateway, 4:00 pm – 9:00 pm, June 26, 28, July 3, 5, 10, 12, 17 and 19.
- Hot and Hazy 7v7 Field Hockey Tournament at Shawnee High School, July 14<sup>th</sup>.
- Pitman Day Camp at Rowan University, July 16-20, 8:00 am – 12:00 pm.
- “Sticks in the Sand” Tournament in Wildwood, July 21-22.
- Field Hockey Clinic at Eastern High School, July 23 – 25, 9:00 am – 4:00 pm.
- Team Camp: July 30 – Aug. 3, Haddon Heights, 9:00 am – 12:00 pm.
- 11 v 11 Under the Lights at University of Penn, August 10<sup>th</sup>.
- UP2Fitness at Haddon Heights High School, August 13<sup>th</sup> and 15<sup>th</sup> from 8:00am – 9:00 am.
- First Official Practice for pre-season is August 13<sup>th</sup> from 9:00 am-12:00 pm on High School Field Hockey Field.
- Meet the Coaches Night, Monday, August 13<sup>th</sup> at Haddon Heights High School, 6:00 pm.
- NJSIAA requires all players to wear protective eyewear/goggles. Bring goggles to all practices.
- Weight Room Hours – Open to any incoming freshman thru 12<sup>th</sup> grade.  
Monday, Wednesday & Thursday: 10:00am – 12:00pm.

Any questions contact Coach Byard at [byardg@hhsd.k12.nj.us](mailto:byardg@hhsd.k12.nj.us).

## **Cheerleading**

- Cheer practice will be held on July 9<sup>th</sup> from 9:00 am – 12:00 pm at the High School and from August 27<sup>th</sup> through August 30<sup>th</sup> in the High School Gym from 9:00 am – 12:30 pm.
- Team Camp – Pine Forest Cheerleading Camp with UCA, August 19 – 22.
- Cheer practice September 4 – 7 (time: TBA)
- In season practices will be on Tuesdays, Wednesdays and Thursdays from 3:00 – 6:00 pm in the gym beginning September 10<sup>th</sup>.

## **Boys Soccer**

- Conditioning/Fitness Program runs from 6/4/18 – 8/12/18. Includes: Running/Weight Training/Small Sided Games. Each player will receive a handout/training package.
- 9<sup>th</sup> and 10<sup>th</sup> Graders will be playing in the Glassboro-Gloucester County Summer League, ([www.eteamz.com](http://www.eteamz.com)) two games per week during the month of July and early August. Cost is \$89 per player.
- 11<sup>th</sup> and 12<sup>th</sup> Graders – Shawnee Summer League (called the High School Player Development League), two games per week. Runs 6/25/18 to 7/30/18. On-line registration at [www.hspdNJ.com](http://www.hspdNJ.com). \$75 per player.
- Combination Team Camp at Devon Ave (1:00pm – 3:00pm) and Eastern High School (6:00pm – 9:00pm). Camp runs Aug. 6 thru Aug. 9. Intended varsity players should attend.
- Captain's Practices – Run throughout the summer - 7/2 to 8/5.
- Weight Room – Open throughout the summer. Team dates and times TBD.
- Shawnee Tournament – Saturday 7/28/18. Three 60 minute games. Semi-Finals and Finals on Sunday, 7/29. Cost per team is \$395.00.
- Official preseason practice begins Monday, 8/13/18 thru Monday, 9/3/18. 2 – 3 sessions daily. Schedules will be provided.
- Stockton Tournament – 8/26/18. All varsity players must attend.
- Labor Day 9/3/18 - 1 v 1 Tournament. (May be moved due to scrimmage)
- Regular Practice schedule begins Wednesday, 9/5/18, 3:30 – 6:00pm. First two games are scheduled for Tuesday, 9/4 and Friday, 9/7.

Any questions, contact Coach Eppright (609-519-0187) Mailing address: 10 Trinity Place, Barrington, NJ 08007. E-mail: [epprightj@hhsd.k12.nj.us](mailto:epprightj@hhsd.k12.nj.us) or [jiffsoccer5@gmail.com](mailto:jiffsoccer5@gmail.com).

## **Girls Soccer**

- Voluntary Summer League: June 26 – July 26. Every Tuesday and Thursday at Deptford High School. <http://www.spartansummerleague.com/>
- Open Summer Weight Room hours: Every Monday, Wednesday & Thursday from 10:00 am – 12:00 pm.
- Captains' practices: 1-2 times per week. Contact Coach Kent for dates and times.
- Voluntary preseason practice July 31 – August 3. 6-8 pm at Devon Ave Field.
- Ellis Team camp: July 30<sup>th</sup> – August 2<sup>nd</sup> at Devon Ave Field, 9am-12pm, and 2-4pm.
- Mandatory preseason practice begins Monday, August 13<sup>th</sup> at Devon Ave from 10:00am – 12:30 pm.

Any questions, contact Coach Kent at [kentb@hhsd.k12.nj.us](mailto:kentb@hhsd.k12.nj.us) .

## **Boys/Girls Cross Country**

First official practice for Cross Country will be August 13<sup>th</sup> at 3pm.

For summer practice times and locations contact the Cross Country Coach.

Boys Cross Country: Andrew Whitman at [whitmana@hhsd.k12.nj.us](mailto:whitmana@hhsd.k12.nj.us).

Girls Cross Country: Carrie Parejo at [parejoc@hhsd.k12.nj.us](mailto:parejoc@hhsd.k12.nj.us)

## **Girls Tennis**

Preseason workouts will be from 8:30 am – 10:00 am on the following dates: July 2, 3, 9, 11, 13, 16, 18, 20, 23, 25, 27, 30; August 1, 2, 3, 6, 7, 10. First official practice date is August 13<sup>th</sup> from 8:00 am – 10:00 am, Monday through Friday.

Practice will run from August 13<sup>th</sup> through August 31<sup>st</sup>. You must attend 6 official practices before you can play in a scrimmage or regular season match.

Summer conditioning should include running on your own. Be prepared to run 1 mile in under 10 minutes. Bring your own water bottle and towel to every practice and game. Any questions, contact Coach Chambers at [chamberk@hhsd.k12.nj.us](mailto:chamberk@hhsd.k12.nj.us). Sign up for Girls Tennis REMIND 101 for schedule changes by texting @7ff30ac to 81010.

## **Wrestling**

- Summer Wrestling Workouts every Tuesday at 7:00pm. For the first week only, we will practice on Wednesday, June 20<sup>th</sup>. Practices will run thereafter from June 26<sup>th</sup> through August 7<sup>th</sup> in the High School Wrestling Room every Tuesday. Jr. High will start at 5:00 pm.
- Weight Room – “Bigger-Stronger-Faster”. Open all summer beginning June 25<sup>th</sup>, Mon, Wed, Thurs, 10:00am – 12:00pm.

Any questions, contact Coach McCarthy at [mccarthys@hhsd.k12.nj.us](mailto:mccarthys@hhsd.k12.nj.us).

## **Girls Basketball**

- Summer League every Monday and Wednesday at Rutgers, Camden from July 9<sup>th</sup> – August 13<sup>th</sup> (varsity only).
- Workout Sessions: (gym and weight room):
  - Tuesdays and Thursdays from 2:00 pm – 3:30 pm in the High School Gym, June 26<sup>th</sup> through August 9<sup>th</sup>.
  - Tuesdays and Wednesdays from 9:00 am – 12:00 pm in the High School Gym, July 10<sup>th</sup> through July 30<sup>th</sup>.
  - Individual workout sessions available with Coach Kendra on Sundays from 12:00 pm – 2:00 pm from July 1 thru August 5<sup>th</sup>. Contact Coach Kendra.

Any questions, contact Coach Kendra at [kendral@hhsd.k12.nj.us](mailto:kendral@hhsd.k12.nj.us).

## **Boys Basketball**

Boys' basketball practices will begin on Monday, June 25<sup>th</sup>. Practices will be every Monday and Wednesday, 9:00 am – 10:30 am in the High School gym. Any questions, contact Coach Ricci at [riccir@hhsd.k12.nj.us](mailto:riccir@hhsd.k12.nj.us).

## **ACTIVITY FEE**

Activity Fees are required to participate in Jr./Sr. High School athletics and/or co-curricular programs during the school year. Forms can be found/downloaded on the home page of the school district website, the Jr./Sr. High School Home Page and the Athletics Home Page. Additionally, you can now submit your Activity Fee payment online through the “School Payments” option in the PowerSchool Parent portal. Once you log into PowerSchool, there is a link on the left-hand side titled “School Payments”. Once in the payment interface, you can click on “Items/Fees” at the top to take you to the Activity Fee payment screen. The Activity Fee must be paid prior to the first scrimmage for Fall athletics.

## **FAMILY ID**

Family ID registration must be completed by the first day of practice, no exceptions. Family ID is an online registration platform where you input all of your medical and contact information once. Registration is required each season, however, medical and contact information does not need to be re-entered, only updated. The Family ID website is listed below and the link can also be found on the Jr/Sr High School Athletic Home page.

<http://www.familyid.com/organizations/haddon-heights-jrsr-high-school>

## **PHYSICALS**

Physicals will only be given by the school physician **ONE TIME** for those students that are currently in Haddon Heights Jr./Sr. High School. No physicals will be offered at the school over the summer! If you do not obtain a physical by the school physician, you must receive a physical by your family physician before you may participate. Physicals must be turned in to the Athletic Office by August 1<sup>st</sup> for High School sports and August 27<sup>th</sup> for Jr. High Sports. Physical exams **MUST** be reviewed and approved by the Haddon Heights School District physician prior to an athlete being medically cleared for participation. This process could take up to 3-5 days. You may turn in physicals after August 1<sup>st</sup> however, that will not guarantee you participation on the first day of practice. The physical must be completed on the state mandated physical form which may be downloaded from the school's athletic website or picked up in the main office.

Any questions, please call Mr. Joe Cramp, Athletic Director at (856) 547-1920, ext. 5510 or e-mail at [crampj@hhsd.k12.nj.us](mailto:crampj@hhsd.k12.nj.us). You may also visit our school athletic website for information, forms, and schedules.

## **SUMMER WEIGHT ROOM HOURS**

**June 25 – August 10**

**Open to all students:**

**Monday, Wednesday, Thursday**

**10:00 am – 12:00 pm**