

# Penn Hills Girls Volleyball Information

**Ladies, this past year was the best season we've had in 10 years.  
What we do this summer will determine if we make the next step and get to the  
playoffs!**

## **Open Gyms**

MONDAYS AFTER SCHOOL-- June 3<sup>rd</sup> & June 10<sup>th</sup> from 3:00-5:30pm at the High School Gym

\*Linton students can take Bus #314 to get to the High School

MONDAY EVENINGS -- Starting June 17<sup>th</sup> through August 6<sup>th</sup> from 6:30 – 8:30pm at the High School Gym.

THURSDAY EVENINGS -- Starting July 31<sup>st</sup> through August 9<sup>th</sup> we will add Open Gyms on Thursdays from 6:30 – 8:30pm at the High School Gym.

## **Summer League**

Varsity team members will be playing in a league on Wednesdays starting May 29<sup>th</sup> and going through July 24<sup>th</sup>. We will not be playing on June 19<sup>th</sup>. We will determine which players will be going to the league game each week based on availability and performance.

We could use some help each week getting players to the games. They will be played at the Murrysville Sportzone just off of Route 22. Please contact Jay if you can assist with rides. 412-215-2937.

Murrysville Sportzone Arena  
4491 School Road South  
Murrysville, PA 15632  
(724)-325-2244

## **Physicals**

Wednesday, June 5 <sup>th</sup> 7:00am	High School Nurse's Office
Friday, June 7 <sup>th</sup> 8:00am	Linton Nurse's Office
Monday, July 22 <sup>nd</sup> 8:00am	High School Nurse's Office (Make-up Day #1)
Monday, August 5 <sup>th</sup> 8:00am	Linton Nurse's Office (Make-up Day #2)

## **First Day of Practice/Tryouts (Mandatory)**

Monday, August 12<sup>th</sup> at 8:30am. Please try to have all vacations completed by this point.

Week #1: August 12-16                      8:30am – 1:00pm at the High School Gym

Week #2: August 19-23                      2:30 pm – 5:30 pm at the High School Gym

Our first competition is the Franklin Regional Tournament August 31<sup>st</sup> -- LABOR DAY WEEKEND!!!

## **Team Communication**

Please sign up for the Volleyball 2019 "class" on the Penn Hills Remind App.

## **Questions:**

Head Coach Jay Mitlo: 412-215-2937      hoozyer@verizon.net

Assistant Coach Todd Holler: 412-400-3588      tholle@phsd.k12.pa.us