Notre Dame Academy Athletics Try-Out Information

Coaches: Donna Coonan and Crystal-Lee Coonan

Contact Information: volleyball@nda-worc.org

Practice Location: NDA Athletic Center | 425 Salisbury Street, Worcester, MA

8/24 Monday	8/25 Tuesday	8/26 Wednesday	8/27 Thursday	8/28 Friday
2:30-4:30	2:30-4:30	2:30pm- 4:30pm *athletes will be notified if they have earned a position on a team*	Junior Varsity Team Practice: 2:30pm- 4:00pm Varsity Team Practice: 2:30pm-4:30pm	Junior Varsity Team Practice: 2:30pm- 4:00pm Varsity Team Practice: 2:30pm-4:30pm

Get Ready For Tryouts Early:
Volleyball-specific Strength Exercises & Workouts:
https://www.theartofcoachingvolleyball.com/10-volleyball-specific-strength-exercises

Tips For A Successful Volleyball Tryout:

- When practice starts at 2:30pm that means: the net is set up, you are dressed for practice, you have stretched and are warmed up, and you are ready to participate!
- Cell-phones should remain in gym bags.
- Positive interactions with coaches and other players.
- Listening and receptive attitude of feedback from coaches and captains.
- Hustle after every ball!
- Bag packed with required equipment: 2 pairs of sneakers (indoor and outdoor), athletic clothing for skills and conditioning, knee pads, hair elastics, and 2 water bottles.
- Google Classroom for volleyball workouts, code: qfoygi6

Notre Dame Academy Athletics
Try-Out Information

Coach: Andrea O'Brien

Contact Information: fieldhockey@nda-worc.org

Practice Location: NDA Field | 425 Salisbury Street, Worcester, MA

8/24 Monday	8/25 Tuesday	8/26 Wednesday	8/27 Thursday	8/28 Friday
4:00 - 6:00	4:00 - 6:00	4:00 - 6:00 *Team decisions will be sent out via email by 8:30 pm*	4:00 - 6:00 Media Day Both teams	9:00 - 11:00 JV & Varsity Practice

Get Ready For Tryouts Early:

- Field Hockey Off-Season Training Packet - Email Coach for a copy of the current training packet.
    - The packet includes conditioning and agility training, plyometrics, and stick skills training.

Tips For A Successful Field Hockey Tryout:

- When practice starts at 4:00 that means: Nets are set up, you are dressed for practice, you have stretched and are warmed up, and you are ready to participate!
- Cell-phones should remain in bags.
- Bring water bottle down to field with you.
- Positive interactions with coaches and other players.
- Listening and receptive attitude of feedback from coaches and captains.
- Hustle after every ball & station
- Bag packed with required equipment: Field hockey stick, shin guards, mouth guard, Cleats or turf shoes (NO metal cleats) and sneakers, and a water bottle.
- SportsYou: for communication, updates, schedules…etc: Website: **https://sportsyou.com** Code: **3K2C-W6U6**
- Instagram: **ndaworcesterfh**

Notre Dame Academy Athletics
Try-Out Information

Coaches: Joseph Sposato
Contact Information: jsposato@nda-worc.org
Practice Location: NDA Soccer Field | 425 Salisbury Street, Worcester, MA

8/24 Monday	8/25 Tuesday	8/26 Wednesday	8/27 Thursday	8/28 Friday
All interested athletes. 3:00 - 5:00	All returning Varsity Players and athletes in Grades 10,11,12 3:00 - 5:00	All athletes Grades 7,8,9 and Captains 3:00 - 5:00	All athletes 3:00 - 5:00 Teams to be posted at 8:00pm	Varsity 3:00 - 5:00 JV 3:00 - 5:00

Get Ready For Tryouts Early:
Conditioning, athletes should be running 1-2 miles every other day with a 3-4 mile run every 4th time. (pace should be under 10 min mile).
Great read and training: Solo Soccer training

Tips For A Successful Soccer Tryout:

- When training starts at 3:00 that means: cleats on, cell phones gone and training begins at 3:00
- Positive attitude, positive energy, positive body language
- Be ready to work hard and be focused the entire training
- Bag packed with required equipment: cleats, shinguards, running shoes, and water
- SportsYou: code-84H9-TEDD
- Instagram @ndaworcester.soccer
- Facebook NDAWorcester Soccer (Rebel Worc)
- X - @NDAworcSOC

Notre Dame Academy Athletics Try-Out Information

Coach: Hannah Rhoades

Contact Information: hrhoades@nda-worc.org

Practice Location: NDA Athletic Center | 425 Salisbury Street, Worcester, MA

8/24 Monday	8/25 Tuesday	8/26 Wednesday	8/27 Thursday	8/28 Friday
2:45-4:00	2:45-4:00	2:45-4:00	2:45-4:00	2:45-4:00

Get Ready For Season Early: build your endurance with cardio, running/biking/swimming, building up your time and distance!

Tips For A Successful Cross Country practice:

- When practice starts at 2:45pm that means: water bottle is filled, you've used the restroom, you are dressed for practice, you have stretched and are warmed up, and you are ready to participate!
- Cell-phones should remain in gym bags.
- Positive interactions with coaches and other players.
- Listening and receptive attitude of feedback from coaches and captains.
- Bag packed with required equipment: running sneakers, comfortable athletic clothing for running/be prepared to run in the rain or cold, hair elastics, filled water bottle, watch preferred for each individual to time runs but not mandatory.
- Google Classroom:7uwnkrf