

HUHS Girls Volleyball Open Gyms & Open Lifts

Any female athletes entering grades 9-12 who are interested in trying out for the 2026 HUHS Girls Volleyball Program are encouraged to attend both open gyms and open lifts.

Open Gym: Opportunity for girls to play with other athletes in the program last year and other athletes interested in trying out for volleyball. Coaches will supervise but can't coach, structure drills, or provide feedback

Open Lift: Opportunity for girls to lift over the summer with a structured volleyball specific program for our athletes. Coaches will supervise and guide exercises.

Contact Day: Same as open gym but our coaching staff has the ability to structure drills and provide feedback ahead of tryouts.

All open gyms will be held in the HUHS Field House.

All open lifts will be held in the HUHS Wellness Center.

OPEN GYM & OPEN LIFT DATES:

OPEN GYMS & CONTACT DAYS (7-9PM)	OPEN LIFT (6-7PM)
June 2 – Open Gym (small gym)	June 2
June 8 – Contact Day (small gym)	June 8
June 10 – Contact Day	June 10
June 15 – Contact Day	June 15
June 17 – Contact Day	June 17
June 22 – Contact Day	June 22
June 24 – Contact Day	June 24
July 6 – Contact Day	July 6
July 8 – Contact Day	July 8
July 20 – Contact Day	July 20
July 22 – Contact Day	July 22
July 27 – Contact Day	July 27
July 29 – Contact Day	July 29
August 6 – Open Gym	August 6
August 10 – Open Gym	
August 12 – Open Gym	

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