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# SUMMER PROGRAMS

- Volleyball is scheduled to begin the week of August 16, 2021
- Optional Summer Workout: [AOC Summer Workout](#)
- A google classroom will be shared with athletes who have signed up with Family ID in July. There will be drills and workouts available for you to access
- We will have 2 play evenings tentatively scheduled for July 7th and 14th at 6:00pm
- Please register for Fall sports: <https://ha.rsu22.us/athletics/>



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# PRACTICE INFORMATION

Pre-season and tryouts will begin on the week of August 16th. We will focus on skills, nutrition, strength and conditioning. During this time teams will be selected. During the school year JV practice will be from 3:30-5:00pm and Varsity will practice from 5:00-6:30pm.

## Summer Camps

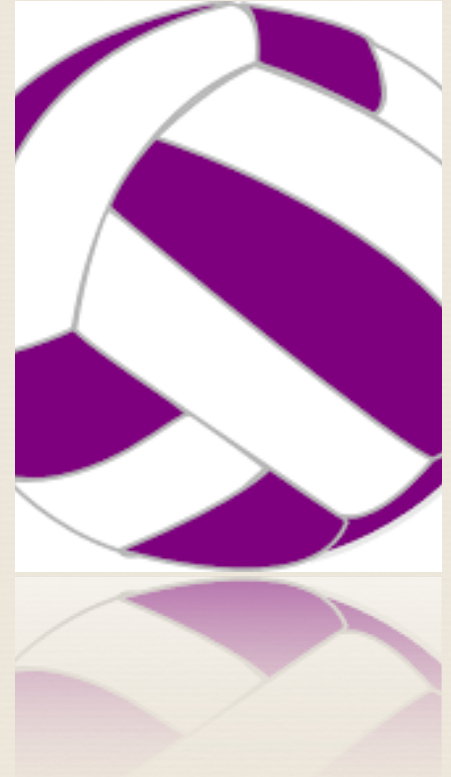
- [Maine Juniors](#)
- [Nike Camp--Endicott College](#)
- [USM Volleyball Camp](#)
- [UNE Summer Camp](#)

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# VOLLEYBALL 2021

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We are excited to share this great sport with the Bronco community.



# POSITIONS AND EQUIPMENT

Our new Bronco volleyball team will spend our second varsity year building on skills and strategies. We will work on the framework to make a great team! Believe it or not the Bangor region has a rich volleyball tradition and the team will be coached by Brittany Layman (varsity), Betsy Trenckmann (JV), and Monica Raye (volunteer assistant).



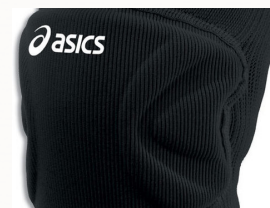
## Head Coach's Bio

Brittany Layman has 24 years of experience playing at the high school, collegiate, and adult level. Her career started at Narraguagus High School where she played for 4 years. During her senior year she was recruited to walk on to the Division 1 program at the University of Maine, Orono and played from 2001-2005. She eventually earned a scholarship and was a 3 year letter winner and 2 year captain. The University of Maine was in the America East conference and Brittany was a two time all conference member. During her time with the Black Bears she coached at a variety of camps in Maine and Massachusetts. College athletics taught leadership and mental toughness thus leading to a degree in nursing. Brittany has continued to play competitive volleyball in Maine and New England. Brittany works for RSU 22 as the Health and Wellness Coordinator and school nurse. She is looking forward to sharing the great game of volleyball with the young women of Hampden Academy.



### SETTER:

MAIN RESPONSIBILITY IS TO SET UP THE HITTERS-- WHEREVER THEY MAY BE (THIS COULD EVEN MEAN BACK ROW). THE SECOND CONTACT OF EACH POSSESSION IS MEANT FOR THE SETTER.



Knee pads are required



\$29.99 at Dick's Sporting Goods

### HITTERS:

ATTACK THE BALL ON THE THIRD CONTACT, USUALLY FROM A SET FROM THE SETTER. THIS POSITION CAN BE CALLED THE LEFT OR OUTSIDE HITTER. THE HITTER ON THE RIGHT SIDE TAKES OVER FOR THE SETTER IF SHE CANNOT SET AND IS KNOWN AS THE OPPOSITE. THE MIDDLE BLOCKER MOVES ACROSS THE NET BLOCKING AND HITTING.



Mizuno, Asics, and Nike make decent sneakers



Volleyball specific sneakers are strongly encouraged.

### DEFENSE:

EVERYONE PLAYS DEFENSE AGAINST THE ATTACK FROM THE OTHER TEAM. SOMETIMES A PLAYER, WHO IS NOT A STRONG DEFENDER, IS SUBBED OUT FOR A DEFENSIVE SPECIALIST OR LIBERO. DEFENSE INVOLVES DIGGING ATTACKS AND BLOCKING.



Adidas Compression shorts



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