

COACHES CONTACT FOR SUMMER CONDITIONING

All athletes must have a completed Athletic Participation packet and student insurance before participating in conditioning. The links for these can be found on our school website and also on www.pcsb.org. Printed copies of the Athletic Participation packet will be available in the main of Hollins High.

Football: Coach Caparaso email- caparasod@pcsb.org

Boys Basketball: Coach Lauster email- lausterr@pcsb.org

Girls Basketball: Coach Jones email- joneske@pcsb.org

Cross Country: Coach Callahan email- callahandan@pcsb.org

Soccer: Coach Griffin email- griffinch@pcsb.org

Swimming: Coach Zemaitis email- zemaitism@pcsb.org

Volleyball: Coach Rivera Rivera email- riverariverae@pcsb.org

Wrestling: Coach Spataro email- spataron@pcsb.org

Hollins Football

Summer conditioning will be Monday – Thursday starting at 9am. We will meet at the field house in the football stadium for conditioning. All athletes must have a completed Athletic Participation packet and student insurance before participating in conditioning. The links for these can be found on our school website and on www.pcsb.org.



Boys

Hollins Basketball

2022 Spring/Summer Schedule

Date	Day	Activity	Time
5/2	Mon	Weights	2:15-3:15
5/3	Tue	Practice – Gladden Rec Center	4:30-6:30
5/4	Wed	Weights	2:15-3:15
5/5	Thu	Practice – Gladden Rec Center	4:30-6:30
5/9	Mon	Weights	2:15-3:15
5/10	Tue	Practice – Gladden Rec Center	4:30-6:30
5/11	Wed	Weights	2:15-3:15
5/12	Thu	Practice – Gladden Rec Center	4:30-6:30
5/16	Mon	Weights	2:15-3:15
5/17	Tue	Practice – Gladden Rec Center	4:30-6:30
5/18	Wed	Weights	2:15-3:15
5/19	Thu	Practice – Gladden Rec Center	4:30-6:30
5/23	Mon	Weights	2:15-3:15
5/24	Tue	Practice – Gladden Rec Center	4:30-6:30
5/25	Wed	Weights	2:15-3:15
5/26	Thu	Practice – Gladden Rec Center	4:30-6:30
5/30	Mon	No Practice, Memorial Day	
5/31	Tue	Game at Keswick vs Osceola	5:00pm
6/1	Wed	Weights at Hollins 3:30/Practice – Gladden Rec Center	4:00/5:00-6:15
6/2	Thu	Weights at Hollins 3:30/Practice – Gladden Rec Center	4:00/5:00-6:30
6/6	Mon	Weights at Hollins 3:00/Practice – Gladden Rec Center	3:00/4:00-5:15
6/7	Tue	Game at Keswick vs Admiral Farragut	9:00pm
6/8	Wed	Weights at Hollins 3:30/Practice – Gladden Rec Center	4:00/5:00-6:15
6/9	Thu	Weights at Hollins 3:30/Practice – Gladden Rec Center	4:00/5:00-6:30
6/13	Mon	Practice	3:00-5:00
6/14	Tue	Game at Keswick vs Canterbury	6:00pm
6/15	Wed	Practice	3:00-5:00
6/16	Thu	Game at Manatee	4:00, leave at 2:45
6/18	Sat	2 Games at FABC Camp in Bradenton, FL	TBA
6/20	Mon	Practice	3:00-5:00
6/21	Tue	Game at Keswick vs St Pete	5:00pm
6/22	Wed	Practice	3:00-5:00
6/23	Thu	Practice	3:00-5:00
6/24-6/26	Fri-Sun	Eckerd Team Camp	TBA
6/28	Tue	Game at Keswick vs AATL	7:00pm
6/29	Wed	Practice	3:00-5:00
6/30	Thu	Practice	3:00-5:00
7/5	Tue	Practice	12:00-2:00
7/6	Wed	Practice	12:00-2:00
7/7	Thu	Practice	12:00-2:00
7/11	Mon	Game vs Manatee	12:00
7/12	Tue	Game at Keswick vs Keswick	8:00pm

GIRLS BASKETBALL

Welcome to Hollins Girls Basketball program! We host a summer conditioning league in the summer. We meet in the gym on the northside of the school from 5 to 7 p.m. Below are the dates.

June 22nd

June 23rd

June 29th

June 30th

July 6th

July 7th

July 13th

July 14th

Cross-Country

Beach and Walter Fuller Schedule

Coach Dan Callahan

Coach Grace Johnson

We will have some practices on Thursdays and/or Fridays either on the beach or at ~~Walter~~ Fuller Park. The following is a possible schedule for both. Depending on the weather, our practice progressions during the week, the health of our program, and rides. If for some reason we stay here on campus during these days, a message through our group app will be sent.

August 11th

Indian Rocks Beach 2:30-3:45

August 19th

Walter Fuller Park 2:30-3:30

September 9th

Indian Rocks Beach 2:30-3:30

September 15th

Walter Fuller Park 2:30-3:30

September 22nd

Indian Rocks Beach 2:30-3:30

October 3rd

Walter Fuller Park 2:30-3:30

October 7th

Indian Rocks Beach 2:30-3:30

Cross Country Summer Workout Schedule

Hollins High School

Coach Callahan and Coach Johnson

A cross-country race is 3.2 miles, therefore, your child has to be in shape when cross-country season starts. Cross-Country is a fall sport, meaning it will begin when we start school in August. Cross-country training includes road training and track training plus core training in a swimming pool if applicable. The following is an example of a week of practice in order to help your child be in proper shape for the upcoming season.

Week 1

Monday:

Warm-up Jog 10 minutes (you are able to have a conversation as you run with your partner).

Fartlek run (Swedish for speed way) 25 minutes total. Pick landmarks in your neighborhood such as the yellow mailbox, the pink house, the stop sign, the house with the trampoline, etc and run fast toward the landmark then jog to the next landmark. For example, I am going to run fast to the yellow mailbox, then jog to the pink house, then run fast to the stop sign, then jog to the house with the trampoline.

Cool Down: 10- minute conversational jog.

Tuesday:

Track workout: Pyramid run of 800,400,200, 800,400,200 with one -minute jogs in between sets. Warm-up and Cool down are both 5- minute light conversational jogs. (By the end of the summer you should be able to do 1600,1200,800, 400 then 1200,800,400).

Or a pool workout where you jog in the deep end of the pool for 3 sets of 10 laps each.

Wednesday:

Timed run of 25 minutes. See how many miles you can run in this time frame.

Cool down and warm-up are both 5 minutes.

Thursday:

Track workout or pool: In the pool, continue to swim 3 sets of 10 laps each in the deep end. Your feet should not touch the ground.

On the track, run 8x 100 meter runs, jog the curve.

Friday: Off day where you should hit the gym and focus on gaining strength.

*Every week you should add 10% from the previous week. Mix pyramid runs, with Fartlek runs. Remember you need to be able to comfortably run 3.2 miles. Before and after practice you should do drills such as squats, high knee kicks, butt kicks, skips, cross-overs, calf stretches and hamstring stretches.

- Your weekly schedule should also include beach runs or park runs. Use the fartlek strategy but this time run on the beach or on a trail. Listen to the waves and the sound of your footsteps, and if you run on the trail focus on your footsteps and take in nature. Focus on positivity such as “I’m doing well” “I can make it to that park bench”, “I am doing better than I did yesterday”, and “I’ve done this before.” You are your thoughts so make sure your thoughts are positive.

Must Do’s before season starts:

- 1) Create a confidence journal: Write down weekly goals, your own mission statement, and positive things you accomplished during your runs. Come up with mantras such as “I’m doing great” or “Believe.” Repeat these when you run. Training will be difficult at first, but you can do it. Make it happen!
- 2) Make sure you check our school’s website for updated and important events such as when physicals are due, and paperwork needs to be turned in.
- 3) Coaches Contact Info: Head Coach callahandan@pcsb.org
Assistant Coach johnsongra@pcsb.org

Hollins High Swim Schedule (3A)
Head Coach: Megan Zemaitis 941-720-2898 - Assistant Coach: Megan Walker
Home and Away meets are from 6:30PM-9:00PM
All Practices and Home Meets are held at Sky View Pool

DATE	PRACTICE 2:30-4:30	PRACTICE 4-6	HOME MEET	AWAY MEET	PCAC
Monday August 1st	X				
Tuesday August 2nd		X			
Wednesday August 3rd	X				
Thursday August 4th		X			
Friday August 5th	X				
Monday August 8th	X				
Tuesday August 9th		X			
Wednesday August 10th	X				
Thursday August 11th		X			
Friday August 12th	X				
Monday August 15th	X				
Tuesday August 16th		X			
Wednesday August 17th	X				
Thursday August 18th		X			
Friday August 19th	X				
Saturday August 20th				@ Northeast	Preseason Invite
Monday August 22nd	X				
Tuesday August 23rd		X			
Wednesday August 24th			Lakewood		
Thursday August 25th		X			
Friday August 26th	X				
Monday August 29th	X				
Tuesday August 30th		X			
Wednesday August 31st				@ Tarpon Springs	
Thursday September 1st		X			
Friday September 2nd	X				
Monday September 5th	X				
Tuesday September 6th		X			
Wednesday September 7th			Pinellas Park		
Thursday September 8th		X			
Friday September 9th	X				
Saturday September 10th				@ Northeast	TOTAL TEAMS WARES RELAY MEET
Monday September 12th	X				

Tuesday September 13th				@ Northeast		
Wednesday September 14th	X					
Thursday September 15th		X				
Friday September 16th				@ Southwest Pool	X	PCAC - Diving
Saturday September 17th				@ Southwest Pool	X	PCAC - Swimming
Monday September 19th	X					
Tuesday September 20th			Gibbs (Senior Night)			
Wednesday September 21st	X					
Thursday September 22nd		X				
Friday September 23rd	X					
Monday September 26th	X					
Tuesday September 27th		X				
Wednesday September 28th				@ Dunedin		
Thursday September 29th		X				
Friday September 30th	X					
Monday October 3rd	X					
Tuesday October 4th		X				
Wednesday October 5th				@ Boca Ciega		
Thursday October 6th		X				
Friday October 7th				@ Northeast		Cities - Diving
Saturday October 8th				@ Northshore		Cities - Swimming
Monday October 10th	X					
Tuesday October 11th		X				
Wednesday October 12th	X					
Thursday October 13th		X				
Friday October 14th	X					
OTHER DATES TO KNOW:						
August 15th - 20th	Preseason Classic Meets					
October 17th - 22nd	District Meets					
October 24th - 29th	Regional Meets					
November 4th	FHSAA State Championships					

HOLLINS VOLLEYBALL

On Monday, August 1st, to Friday, August 5th, from 4 to 6 p.m., we are conducting our Girls Volleyball Team JV & Varsity conditioning/tryouts. All athletes must have the Athletic Participation Packet and Student Insurance completed and turned in to Coach Rivera or Coach Jones, Athletic Director, before participating in conditioning or tryouts. The Athletic Participation Packet can be find on our school website or packets are available in the Hollins High School office. Student Insurance is purchased online at www.pcsb.org click on school insurance and follow the prompts.

HOLLINS WRESTLING

Wrestling conditioning will be held every Monday & Wednesday from 4 to 8 p.m. in our wrestling room 314. Contact me for more information spataron@pcsb.org.

Summer Soccer

**Summer soccer will be from 10:00 -12:00
noon in the gym. Bring water.**

Tuesday July 5th

Thursday July 7th

Tuesday July 12th

Thursday July 14th

Tuesday July 19th

Thursday July 21st

Tuesday July 26th

Thursday July 28th