

Coach Lauren Votaw and the high school coaching staff are excited to offer trainings for 7th and 8th grade players this fall. Trainings will take place every Tuesday and Thursday beginning September 8th and running through October 8th at Fishers High School. Training will run from 5:30-7:00 PM. Players should enter door FH6. These trainings will focus on skill development as well as basics of the Lady Tiger System. Any interested player should following the steps below:

1. Email Coach Votaw to let her know of your interest. Space is limited. lvotaw@hse.k12.in.us
2. Have an IHSAA physical on file. Per the IHSAA, athletes that had an IHSAA physical on file for the 2019-20 school year will not be required to submit a new physical for 2020-21. [IHSAA Physical Form](#)
3. The IHSAA has added a [NEW Health History & Consent and Release](#) form that must be completed by a parent/guardian of all athletes for the upcoming 2020-21 school year prior to participation. Please bring this on the first night you come to training.
4. [HSE Schools Summer Activity Consent & Release Form](#) Must be turned in on your first night of participation.
5. Bring a mask, water bottle and full length towel to each workout.