

# SPARTAN VOLLEYBALL

8

MILTON  
HERSHEY  
SCHOOL®

## VOLLEYBALL YEAR AT A GLANCE

Milton Hershey Volleyball competes in the Mid-Penn Conference Capital Division in PIAA District III, 3A Classification.

### Fall Season (August to October)

- Preseason practices begin
- Daily practices after school with some Saturday practices and games
- 22 regular season games, two scrimmages, and up to two tournaments against PIAA opponents
- Senior Night and Dig Pink Breast Cancer Awareness events held in the Spartan Center Gym
- Mid-Penn, District III, and PIAA State Playoffs, if qualified

### Winter Season (December to May)

- Weekly workouts and practices
- Speed, strength, agility, and skill development workouts
- Weekly strength and conditioning workouts
- AAU partnership with Prevail Volleyball Club where select athletes can participate in multiple AAU volleyball tournaments held on campus and at local facilities against other club teams

### Summer Season (May to July)

- Team tryouts begin for the fall season
- Strength, conditioning, and overall fitness workouts
- Select athletes can attend an overnight volleyball camp held at a local college or university
- Athletic-focused YRE available, providing daily lifting, conditioning, and other sport programming for students staying on campus in the summer



Camps, club teams, off-season training, and equipment  
are included—with all costs covered.



## VOLLEYBALL FACILITIES



- Spartan Center Gym with one main court for home games and up to three practice courts
- Copenhagen Gym with one main court for home games and up to four practice courts
- Middle Division: Two volleyball courts and one auxiliary gym court
- Varsity and JV locker rooms
- Equipment storage cages
- Indoor fitness facilities include multiple weight rooms, a cycling room, and a newly renovated pool
- MHS Athletics Media Room for watching game film, holding team meetings, and conducting classroom-style sessions

## PROVIDED EQUIPMENT

- 40+ Baden, Tachikara, Molten practice volleyballs, and a duffle bag
- Uniform includes a home and away jersey, knee pads, crew socks, volleyball shoes, spandex, ankle supports, warm-up tops and bottoms
- Practice long and short sleeve volleyball t-shirts
- All equipment costs are covered, including quality brands like Nike and more

## MEET THE COACH



- **MHS Varsity Head Coach Jen (Cook) Shirk** was named head coach in 2020.
- She is an MHS Elementary Division fourth grade teacher.
- Prior to MHS, Coach Shirk played volleyball at Elizabethtown College and coached with Prevail Volleyball Club.
- The entire coaching staff builds a unique practice model that incorporates foundational skills, technical instruction, and team strategy.

## DEVELOPMENTAL PROGRAMS

- Middle Division: Developmental program (Fall)
- 7th/8th Grades: Participation in PIAA Junior High volleyball (Spring)
- Select 7th/8th grade athletes can participate in local club teams for tournaments

## PROGRAM ACCOMPLISHMENTS

- Mid-Penn Colonial Division Champions: 2016, 2017, 2018
- Mid-Penn All Star Honorable Mention Athlete: 2023 – Brijoanna Stewart
- Mid-Penn Capital Division Sportsmanship Team Award: 2022
- Mid-Penn Capital Division Coach of the Year: 2022 – Head Coach Jen Shirk
- Jenna Burney '24 holds the school record for career assists with 569

## NOTABLE ALUMNI

- Angelique Reyes '20 | Monroe College
- Kandey Torres '22 | Harcum College



Scan the QR code or visit [mhskids.org/athletics](https://mhskids.org/athletics) to learn more. Contact Special Talent Admissions Counselor Rylan Good at [goodry@mhs-pa.org](mailto:goodry@mhs-pa.org).

