

## Fall Sport Parent Meeting / Volleyball

- I. Welcome
- II. Introductions of the Coaching Staff
  - a. Coach Johnson – Our Junior Varsity Coach celebrates her 21<sup>st</sup> season coaching volleyball and 19 of those years at BVHS, high school computer teacher.
  - b. Coach Youngberg – 3<sup>rd</sup> year coaching volleyball at BVHS. Also coaching freshman girls’ basketball for the 3<sup>rd</sup> year as well. She is a Special Education teacher at BVHS.
  - c. Coach Wegner – joins us in her 2<sup>nd</sup> season at the freshman level for volleyball. She is a high school physical science and biology teacher at BVHS.
  - d. Coach Boehrns – 1<sup>st</sup> year head coach at BVHS. Previously, freshman and sophomore level coaching at Washington High School in Sioux Falls. Taught elementary physical education at Rosa Parks while working for the SF school district. Currently, the Adaptive PE/freshman and Jr. Kindergarten/Kindergarten P.E.
- III. Lynx Volleyball Program Philosophy
  - a. **Goal #1** => to ensure that each athlete is exposed to a high level of skill in volleyball achieved through a commitment to personal excellence.
  - b. **Goal #2** => to provide the opportunity for growth and development through a disciplined structure.
  - c. **Goal #3** => to provide a social setting for teamwork, cooperation and sportsmanship.
  - d. **Goal #4** => to expose players to competitive situations that will be remembered through their lives as positive and rewarding experiences.
- IV. Team Selection Process
  - a. We do not “cut” kids from our program...we “select” the athletes that we believe will produce the strongest team unit.
  - b. Three to five practices are allowed to prove oneself...based on attitude, athletic ability, coach-ability, position and commitment

during the off-season. Our rating system tests agility, strength, vertical jump and volleyball specific skills.

- c. Freshmen team = 14 to 20 student-athletes
- d. Sophomore team = 8 to 10 student-athletes
- e. JV/Varsity team = 12 to 16 student-athletes
- f. Thought to ponder... Basketball's Michael Jordan was cut from his high school varsity as a sophomore. And, most recently I had an athlete made the freshman and sophomore teams, not selected her junior year, worked hard to improve during the off-season and made the team her senior year!

#### V. Team Expectations

- a. Academics – student-athlete means that you are capable of excelling at school while performing athletically...a student athlete manages both simultaneously.
- b. Practice – be here on time, every time! Sometimes you cannot be at practice...a family crisis or a violent illness are about the only two reasons that I can think of. If you are going to be absent contact your coach early and directly...via telephone, e-mail or by contacting the Main BVHS office.
- c. Home matches – everyone arrives at 3:30 to help set-up...everyone stays until the last Varsity point! Freshmen A/JV play at 4:30, Freshmen B/Sophomores play at 5:30 and the Varsity first serve at 7 pm.
- d. Away Matches – we travel as a team...there and back! Be early, look nice, and keep voices low as some may need to use bus time to study.
- e. Cell phone use – home matches – phones will not be visible in the gym at any time starting at 4 until last varsity point. Away matches – on the bus ride they may be used for listening to music quietly or homework...otherwise please use that time to interact with your teammates. No cell phones visible in gym...as well.
- f. Out of Season – you are still considered a BV VB player...participation is expected in scheduled activities.
- g. Day-to-Day around BVHS – being associated with BVHS athletics holds a certain amount of status...people around school and in the

community notice that you are dedicated and driven individuals. Be kinds, be considerate, know that you have the power to influence...make your influence positive!

- h. Social Media – Twitter, Instagram, Facebook. If you do not want your grandmother seeing your photo or reading your writing, do not post it!

## VI. Training Rules

- a. The District has guidelines...the bottom line is...under-age drinking is against the law!

## VII. Parent Expectations

### a. Support

- i. Your daughter's coaches have high expectations; support your daughter in reaching her academic and athletic goals.

### b. Praise

- i. Be sure to praise her academic accomplishments more than her athletic ones. Keep sports in perspective.
- ii. Your daughter never tries to make a mistake...in volleyball or in life...we all make many. Praise the fact that she has placed herself in a position to be vulnerable...facing fear and prevailing will give her an edge in volleyball and in life.

### c. Positive Comments

- i. Your daughter is competing and wants your approval.
- ii. The coaching staff will provide the constructive criticism; it's taken much better coming from us.
- iii. If you cannot say anything nice...do not speak.

### d. Assist your daughter in meeting her responsibilities

### e. Enjoy the sport

### f. Appreciate the successes of the team

- i. Do not hesitate to congratulate someone else's kid...everyone likes to know that his or her hard work is noticed.

### g. The first amendment...

#### i. When you won't be heard

1. Game day...wait 24 hours after match
2. Directly before or after practice

- ii. When you start your opening sentence with “my daughter does not know I’m talking to you...”
- iii. Whenever playing time or someone else’s daughter is mentioned...conversation = over!

#### VIII. Expenses

- a. Freshman Practice shirts- 2 for \$10 and you keep the t-shirts (do not cut sleeves)
- b. Returning players Practice shirts – 1 for \$5
- c. Active ankles- approx. \$40 for one (Contact Chad Urban)
- d. Travel Meals- Mr. Goodscents
- e. Spirit wear – pullovers, leggings, t-shirts, team shoes etc. Sign up form available tonight

#### IX. Insurance/Physicals

- a. Forms available
  - i. Concussion
    - 1. All freshman, junior or “never had one” volleyball players need a concussion test done on Tuesday, Aug. 9<sup>th</sup> @ 9:00 AM at BV Middle School computer lab
  - ii. Physical
    - 1. Must be done before the first practice! NO EXCEPTITIONS!

#### X. Important Dates

- a. Thursday, August 11<sup>th</sup> – First Day of Practice – 7 am H.S. track
- b. Monday, August 15<sup>th</sup> – Team Selections
- c. Saturday, August 20<sup>th</sup> – Team Building/Picture Day?
- d. Tuesday, August 23<sup>rd</sup> – First Match vs. Yankton
- e. Thursday, October 13<sup>th</sup> – Dig Pink Night (O’Gorman)
- f. Tuesday, October 18<sup>th</sup> – Senior Night (Harrisburg)
- g. November 17<sup>th</sup> – 19<sup>th</sup> – State Volleyball Tournament/Brookings
- h. November 22<sup>nd</sup> – Volleyball Awards Banquet

#### XI. Booster Club

- a. Nicole Jellema, ChrisAnn Etrheim
- b. Nancy Klinkhammer
- c. Lisa Reinschmidt
- d. Jodi Myers