

WELCOME
TO THE
2020
LAKEVILLE NORTH
VOLLEYBALL
SEASON



2019

PANTHER VOLLEYBALL

Strong
Program-Wide
Season Finish

V: 25-9

(State tournament: 5th place)

JV: 23-8

10A: 22-3

9A: 28-0

9B: 23-6

Program: 121-26



Our leadership group attendance continues to grow!!!

PANTHER VOLLEYBALL

2020

Find A Way



2020 CAPTAINS



Abbey Milner
Senior, Middle
4th year Varsity



Maddy Hornyak
Senior, Outside
3rd year Varsity



Ella Wheatcraft
Senior, Libero
3rd year Varsity

(Traditional)

Year- Round (off-season) Impact



~~Fall/Spring Saturday youth program~~

~~Leadership Development~~

~~President's Day Tournament~~

~~Cub Food Fundraisers~~

~~Boys Tournament Concessions~~

~~LN Juniors Tournament Concessions~~

~~Booster Meetings: program development~~

~~Summer Opportunities~~

~~☐ POP Beach Tournament~~

~~☐ Concordia Team Camp~~

~~☐ High School Camp~~

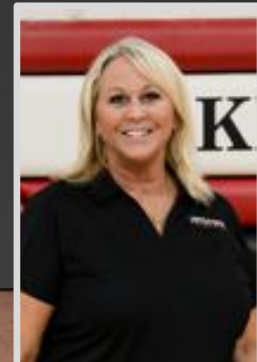
~~☐ Youth Camp~~

~~☐ Strength Training~~

~~☐ Breakdown Pre-Season Tournament~~

2020 COACHES

Jackie Richter	Head Varsity	(612) 597.5328	JackieRichterLNVB@gmail.com
Taylor Hall	Asst Varsity	(612) 599.1996	Taylor.a.hall6@gmail.com
David Laufenburger	Asst Varsity/JV	(612) 325.9496	David.Laufenburger@isd194.org
Megan Williams	Head JV	(651) 235.8330	megankathleenw@gmail.com
Brooke Swenson	Head 10A	(612) 242-2200	Brooke.lewko@gmail.com
Bonnie Sperbeck	Head 9A	(952) 212-3377	Bonnie.Sperbeck@isd194.org
Brett Johnson	Head 9B	(952) 212.3205	brettjohnson@edinarealty.com
Mike Butler	Asst 10A/9A/9B	(612) 919-2568	wmb3112@frontiernet.net



2020 ADMINISTRATION

Mike Zweber

Lisa Krohnberg

Heather Bartz

Trevor Morning

Athletic Director

Athletic Administration

Athletic Trainer

ETS Lead Trainer

zweb1571@isd194.org

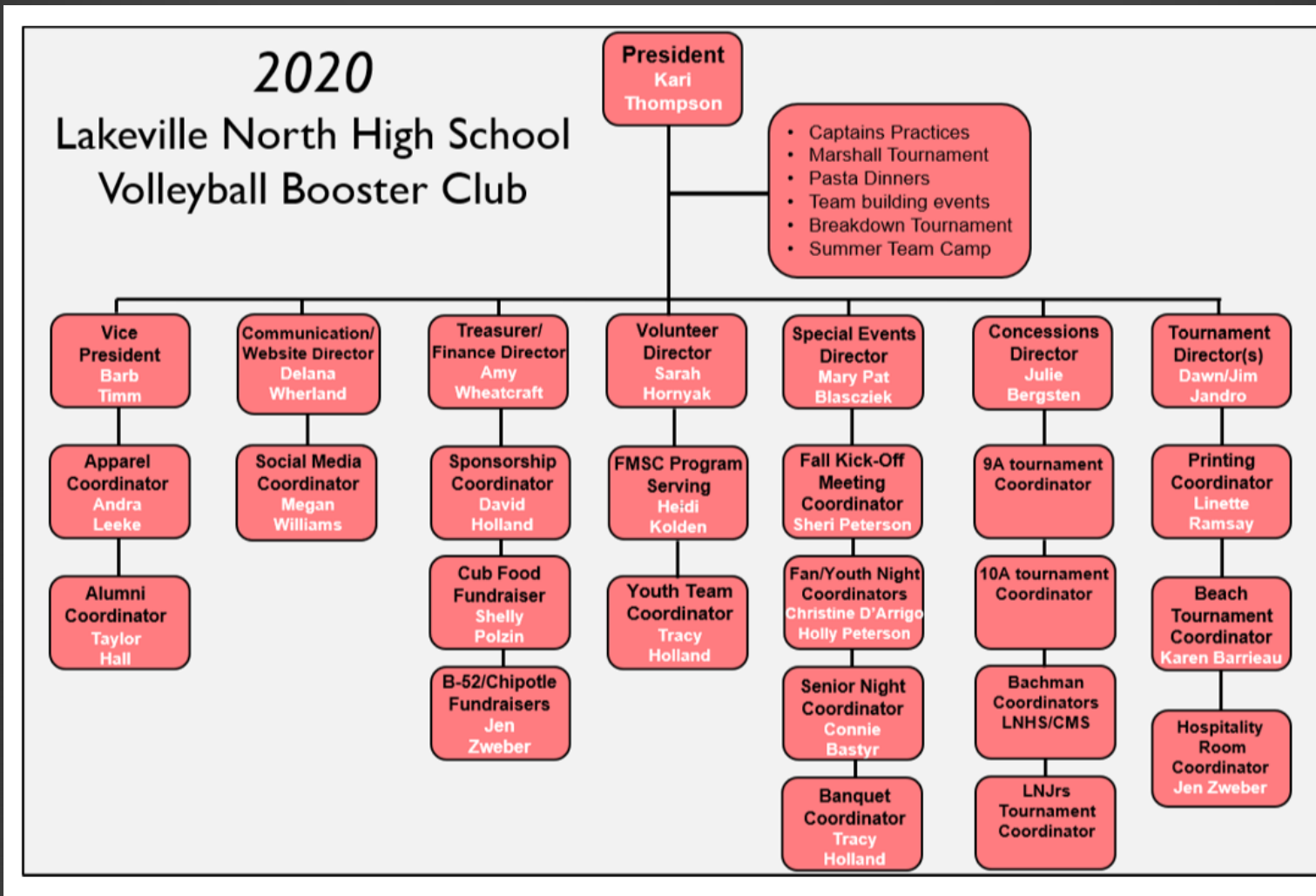
Lisa.krohnberg@isd194.org

hbartz2@Fairview.org

southmetro@etsperformance.com



LNHSVB Booster Club



LNHSVB Booster Club

Director Contacts

Kari Thompson	President	skthompson6@charter.net
Barb Timm	Vice President	barbtimm@frontier.com
Delana Wherland	Communications Director	cdwherland1@gmail.com
Amy Wheatcraft	Treasurer	amywheatcraft@gmail.com
Sarah Hornyak	Volunteer Director	Sarah_bigler@hotmail.com
Mary Pat Blascziek	Special Events Director	Marypat.Blascziek@stthomas.edu
Julie Bergsten	Concessions Director	Julie.Bergsten@bluecrossmn.com
Dawn/Jim Jandro	Tournament Director	djandro@northfieldschools.org

Interested in being a shadow within the booster club?
Contact Kari Thompson!

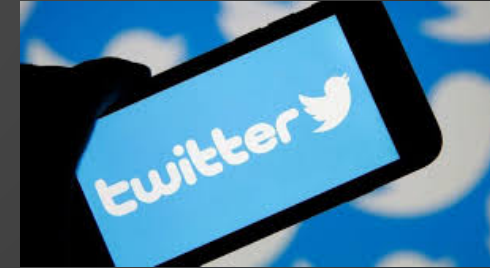
SO MUCH GRATITUDE FOR YOUR LEADERSHIP



Sarah Hornyak



Match Programs:
Linette Ramsay
Barb Timm



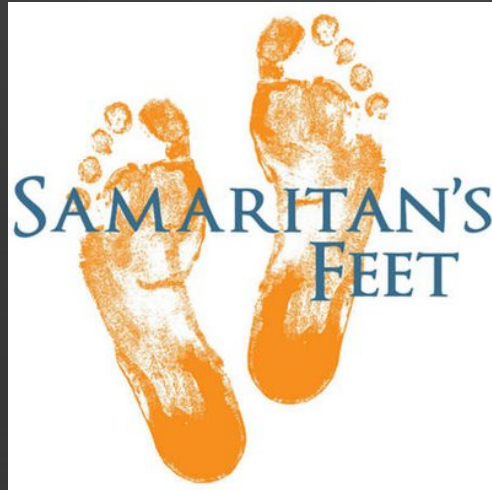
Megan Williams



SO MUCH GRATITUDE FOR YOUR LEADERSHIP



Barb Timm



Sheri Peterson
Amy Wheatcraft
Kari Thompson



David Holland



Jen Zweber

2020
Panther Volleyball
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KILL SPONSORS:

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ETS

David Charlez Designs

BLOCK SPONSORS:

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SUPPORTERS:

Turning Leaf Chiropractic Restored Thrift Store Centerpointe Dental Vital Nutrition

2020
Panther Volleyball



Impact Placement

(review)



Impact Placement

- The **vision** of the Lakeville North volleyball coaching staff is to ensure that every athlete placement creates the highest level of successful, self- challenging, team and court time **impact**.
- Team assignment is an accumulation of:
 - individual skill level,
 - team skill level,
 - position-specific-based needs,
 - intangible qualities (work ethic, characteristics as a teammate, characteristics as a leader, commitment-immediate/long term, ability to be coached, willingness to make changes, discipline)
 - communication,
 - volleyball IQ
- **Impact** placement does not grandfather athletes.
- Team assignment through **impact** placement does not grant a younger athlete higher placement when the younger athlete's skill level is equal to or less than the older athlete.
- **Impact** placement is directly guided by the future vision of the head coach to target what present team assignment will support the most successful path to the highest level of team assignment in the future.
- **Impact** placement aims to coordinate teams in which the experience aids in personal growth (physically and mentally) for the season and to inspire continued personal growth after the fall season.



Panther Roster



9B (14)

Head Coach Brett Johnson

Last Name	First Name	Grade	Position
Bakke	Jordyn	9	MB
Fladhammer	Elizabeth	9	S/RS
Larson	Brynn	9	OH/RS
Le	Ilyse	9	DS
Lewis	Emma	9	DS
McGunnigle	Laina	9	OH/RS
Montbriand	Kate	9	MB
Nelson	Jade	9	RS/S
Nerison	Mia	9	S
Peter	Ella	9	OH/DS
Pogue	Payton	9	OH/S
Scheller	Rylee	9	DS
Rager	Tanaya	8	S
Swenson	Annika	8	MB



Panther Roster



9A (13)

Head Coach Bonnie Sperbeck

Last Name	First Name	Grade	Position
Conner	Lindsay	9	OH/RS
Craig	Addison	9	OH
Dahl	Elle	9	OH/MB
Engelmann	Cadence	9	MB
Major	Teah	9	DS
Werwie	Analise	9	DS
Allen	Abbie	8	OH
Drent	Morgan	8	S
Grange	Savannah	8	MB/DS
Henderson	Taylor	8	S/RS
MacLeod	Erin	8	OH/DS
Patterson	Kassi	8	DS
Christianson	Rayna	7	S/RS



Panther Roster



10A (12)

Head Coach Brooke Swenson

Last Name	First Name	Grade	Position
Gebhard	Gretchen	10	S
Hughes	Mary	10	MB
LaMere	Macie	10	OH
McNutt	Carolyn	10	OH
Renz	Madi	10	DS
Shroyer	Chanel	10	DS
Stoltman	Rachel	10	OH
D'Arrigo	Sammy	9	DS
Driver	Aliyah	9	OH/RS
Firm	Ava	9	S
Hughes	Sarah	9	MB
Patullo	Emily	9	MB



Panther Roster



JV (12)

Head Coach Megan Williams

Last Name	First Name	Grade	Position
Barrieau	Lexi	11	OH/RS
Bergsten	Kate	11	DS
Timm	Sydney	11	RS/S
Wherland	Abigail	11	RS/MB
Carlson	Sydney	10	S
Conner	Chloe	10	OH
Holland	Carlyn	10	OH/MB
Kelly	Abby	10	MB
Matheis	Ella	10	MB/RS
Ramsay	Emily	10	OH
Rich	Hannah	10	LIB
Zweber	Brooke	8	MB



Panther Roster



Varsity (13)

Jackie Richter, Taylor Hall, David Laufenburger

Last Name	First Name	Grade	Position
Bastyr	Justine	12	RS
Hornyak	Maddy	12	OH
Milner	Abby	12	MB
Petrick	Lexie	12	RS/DS
Polzin	Savannah	12	OH
Strozewski	Emma	12	OH/DS
Thompson	Ella	12	MB
Wheatcraft	Ella	12	LIB
Jandro	Abby	11	S
Leeke	Bailey	11	RS
Peterson	Kaitlynn	11	OH/RS
Blaschick	Ava	10	S
Wissbrod	Sidney	10	DS

UMBRELLA TOPICS

PAVING THE FUTURE WITH A COHESIVE PROGRAM

Calendar

☐ Practices :

- ☐ 3pm-5pm for Varsity (main gymnasium) / 9A (auxiliary gymnasium)
- ☐ 4pm-6pm for JV (main) / 10A (auxiliary) / 9B (auxiliary)

☐ Strength Training:

- ☐ JV/10A/9B – Monday: 3pm-4pm and Wednesday: 10:45am-11:30am
- ☐ V/9A – Monday: 5pm-6pm and Friday: 5pm-6pm

☐ 14 matches, No tournaments (round-and-a-half in the South Suburban Conference SSC):

- ☐ 5 Non-conference matches to start (10/9, 10/13, 10/15, 10/19, 10/21)
- ☐ 9 Conference matches to complete season
- ☐ Varsity will compete in the 1AAA Section Tournament (no state tournament)
- ☐ Seniors recognized before the 10/19/20 match (home) vs Shakopee

SOUTH SUBURBAN CONFERENCE



October 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 ⁽²³⁾ First Practice (V) 3pm-6pm (JV) 4pm-6pm (10) 4pm-6pm (9A) 3pm-5pm (9B) 4pm-6pm	3 Fall Kick-Off Zoom Meeting 1pm-2pm
4	5 ⁽²²⁾ Practice/ETS Office Hour: 6-7pm	6 ⁽²¹⁾ Practice	7 ⁽²⁰⁾ Practice/ETS (V) 3-5pm	8 ⁽¹⁹⁾ Practice	9 Eagan AWAY 4:15pm/5:30pm/7:00pm	10
11	12 ⁽¹⁸⁾ Practice/ETS Office Hour: 6-7pm	13 Rosemount AWAY 4:15pm/5:30pm/7:00pm	14 ⁽¹⁷⁾ Practice/ETS	15 Lakeville South HOME 4:15pm/5:30pm/7:00pm	16 ⁽¹⁶⁾ Practice/ETS	17
18	19 SENIOR NIGHT Shakopee HOME 4:15pm/5:30pm/7:00pm	20 ⁽¹⁵⁾ Practice	21 Prior Lake HOME 4:15pm/5:30pm/7:00pm	22 ⁽¹⁴⁾ Practices	23 ⁽¹³⁾ Practice/ETS Office Hour: 6-7pm	24
25	26 Conference begins Apple Valley AWAY 4:15pm/5:30pm/7:00pm	27 ⁽¹²⁾ Practice	28 Burnsville HOME 4:15pm/5:30pm/7:00pm	29 ⁽¹¹⁾ Practice	30 ⁽¹⁰⁾ Practice Office Hour: 6-7pm	31

November 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 ⁽⁹⁾ Practice/ETS Office Hour: 6-7pm	3 ⁽⁸⁾ Practice	4 Rosemount HOME 4:15pm/5:30pm/7:00pm	5 ⁽⁷⁾ Practice	6 Farmington AWAY 4:15pm/5:30pm/7:00pm	7
8	9 Eastview HOME 4:15pm/5:30pm/7:00pm	10 ⁽⁶⁾ Practice	11 Lakeville South AWAY 4:15pm/5:30pm/7:00pm	12 ⁽⁵⁾ Practice	13 ⁽⁴⁾ Practice/ETS Office Hour: 6-7pm	14
15	16 ⁽³⁾ Practice/ETS Office Hour: 6-7pm	17 Shakopee AWAY 4:15pm/5:30pm/7:00pm	18 ⁽²⁾ Practice/ETS	19 Eagan HOME 4:15pm/5:30pm/7:00pm	20 ⁽¹⁾ Practice/ETS Office Hour: 6-7pm	21
22	23 Prior Lake AWAY 4:15pm/5:30pm/7:00pm	24	25	26	27	28
29	30					

MATCHES

HOME

❑ Home Match Nights (what will it look like) at LNHS:

- ❑ No Spectators allowed. One team photographer per team
- ❑ Livestream or Facebook live (more info to come)
- ❑ Teams will “work” matches for each other (line judge (2), scorebook, scoreboard, libero)
 - ❑ Coaches will assign and communicate dates
 - ❑ Masks on the work team
 - ❑ No Varsity 3-ball system
- ❑ No announcer. National anthem (varsity) and then starters take the floor
- ❑ No handshakes before or after the match
- ❑ Masks must be worn by athletes on the bench
- ❑ Chairs will be spaced 6-feet apart
- ❑ Only the coach can attend the pre-match meeting
- ❑ Power, connection and presence of the Panther benches
- ❑ Locker rooms will be available for 25 people or less
 - ❑ Quick transitions between teams, no two teams together at once
- ❑ Creative and mindful of celebrations
- ❑ Jerseys kept at the school and placed in custodian laundry room
- ❑ Can not stay to support or watch any other LNVB team



MATCHES

AWAY

❑ Away Match Nights (what will it look like):

❑ Transportation:

- ❑ Families can complete the athletic bus waiver. Every athlete (family) is responsible for coordinating their arrival and departure transportation to and from away matches
- ❑ Can not stay to support any other LNVB team

❑ Arrival time:

- ❑ Every coach will communicate the expected and prompt arrival time for their team

- ❑ Jerseys will be collected by one team member. Every team has a travel laundry bin. When the match is complete, every member of the team will drop their jersey into the hamper and one person will turn the jerseys in to the high school after the match (before the next day)

- ❑ North coaches will connect with our away opponent before the day of the match to communicate how parents will be able to watch the live streaming of their daughters' match

UMBRELLA TOPICS

PAVING THE FUTURE WITH A COHESIVE PROGRAM CONTINUED...

Social Responsibilities

❑ Lines of Communication

- ❑ Direct from athlete (athlete/coach; athlete/coach/parent; athlete/coach/AD)
- ❑ Absences communicated directly from the player to the coach
- ❑ Office Hours either Monday or Friday's from 6pm-7pm after the start of school
- ❑ 24 Hour Rule

❑ Attendance

- ❑ Excused absence (absences in which you have no control: weddings, funerals, school-related events etc.)
result in a *missed set*.
- ❑ Unexcused absence (absences in which you do have control: concerts, dances, appointments, birthday parties etc.) result in a *missed match*.
- ❑ Illness
 - ❑ Official rule: A positive COVID test results in a two-week quarantine for the entire team. All matches are forfeited during that time.
 - ❑ Coach communication, encouragement and response.

UMBRELLA TOPICS

PAVING THE FUTURE WITH A COHESIVE PROGRAM CONTINUED...

“If a student is absent from school for any part of the day without administrative approval, the student is ineligible to practice or participate in a competition on that day.”

-A.D. Mike Zweber



UMBRELLA TOPICS

PAVING THE FUTURE WITH A COHESIVE PROGRAM CONTINUED...

Social Media Responsibilities

- ❑ Clean and strong representation of self and program.
- ❑ NO volleyball posts.
- ❑ Violations result in a meeting with coach and AD.



"We are aware of a picture taken in our team's locker room following the NCAA Women's Volleyball Championship and posted on social media," Muir said in a statement. "The image in the background of the picture is unacceptable and does not reflect the values of Stanford University. We have reached out to our colleagues at Nebraska to express our sincerest apologies to the university and its women's volleyball program. We regret detracting from what was otherwise a great night for the sport of women's volleyball."

2 Champlin Volleyball Players Suspended for 1st State Tournament Match after Social Media Post



This College Basketball Team Banned Smartphones. Now It's in the Final Four



UMBRELLA TOPICS

PAVING THE FUTURE WITH A COHESIVE PROGRAM CONTINUED...

Academic Responsibilities

☐ Attendance

☐ GPA and grades

☐ Coach has access to grades;

☐ Any failing or potential fail should be communicated when the athlete has identified a struggle. The coach/athlete will then solution to identify tools to guide the athlete back on track.

☐ Time Management and organization (Above the Line)

2020
'Find A Way'
It's not about me.

Above the Line Championship Team Behaviors – choose to be extraordinary

Focused: We will not concern ourselves with our overall record. We are going to focus on mastering the skills to be the absolute best team we can be.

Action: We are solution-based with our choices. We will seek ways to solve problems (on and off the court).

Response: We respond to challenges with open body language and a next play response. We allow for three seconds of 'humanness' followed by a confident verbal and non-verbal response to the next ball. We fail fast and move on.

Body language: Warrior pose always. We carry ourselves with a positive, open and confident body language of engagement and connection in every moment.

Give: Maximum effort always. Chase down effort balls, your body is always in a position to play balls. In both challenge and success, we give vocally to our teammates.

Acceptance: I accept, tolerate and love my teammate(s) for who they are. I allow them to be their authentic self and I show my appreciation for them.

Committed: I am committed to all the expectations of the program and this team. Gym time arrival, set up, starting on time/ahead of time, strength training, completing assignments, attending class after match days, riding the bus to matches, supporting all the teams in our program (always shagging balls during warm-ups etc.).

Communication: Respectful (both give and receive), proactive (coaches), supportive (of teammates, program, coaching staff). Team texts are as one. No separate groups of team members.

Attitude: Positive, coachable, receptive, goal driven.

Time Management: Religious, Family, Academic and Athletic demands are prioritized. Social opportunities are interwoven when other areas are in balance. Ensuring proper sleep, water and nutrition are a must for success.

Pride in practice: Warm-ups begin 10 minutes ahead of time, nets and equipment are set up properly, take care of equipment (no throwing balls at ball cart, strings out, equipment not put back in rightful place), all jewelry off, no gum, ALL non-practice layers removed, LNVS t-shirts only).

Blaming others for my circumstance.

Complaining about expectations, how you "feel" in the moment, others (teammates, program, coaches).

Defending yourself in times of struggle ("I thought there was a hole," "I couldn't get out there because...").

Absence of practice readiness (lateness, distracted conversation, body, body language reflects the day).

Being a taker-shelling up when challenged and not talking to teammates (closed body language), not setting up nets, lack of effort.

Judgement, thinking/seeing/speaking with judgement about teammates, team, coaches, program.




Choices that do not reflect a team first mentality.

UMBRELLA TOPICS

PAVING THE FUTURE WITH A COHESIVE PROGRAM CONTINUED...

Substance Abuse Contract

- ❑ Lakeville North High School in accordance with MSHSL.
- ❑ Lakeville North High School volleyball program:
 - ❑ Any/all confirmed violations **is a result of that seasons competition schedule**, expected to complete the seasons practice schedule.



Substance Abuse Contract

When selected to participate in the Lakeville North High School volleyball program you are expected to uphold standards of academic, performance, effort and character at every level. Upon accepting the offer to participate in volleyball (at every/any level) in the North volleyball program, you are accepting to uphold the following expectation throughout the academic year:

The Lakeville North High School volleyball program prohibits:

- 1) Possession and/or use of illegal substances, drugs, alcohol, tobacco or performance enhancing drugs.
- 2) Being **in the prolonged company** of person(s) who possess or are using drugs, alcohol, tobacco or performance enhancing drugs. You are expected **to leave** the company of this person(s) within a reasonable and justifiable amount of time.

Consequences

There is one very direct consequence after choosing to partake of any kind of illegal substance, alcohol, tobacco or performance enhancing drugs: **A confirmed violation will result in IMMEDIATE SUSPENSION from the rest of the season's competition schedule.** You will, however, be expected to stay committed to your team's season practice schedule. There are NO exceptions, or revisions to this program rule.

Contract Recognition and Compliance

I, _____, value the opportunity to participate in the North Volleyball Program. I, _____, presence am binding myself to the agreement that my eligibility to participate results in my absence of the use of drugs, alcohol, tobacco or performance enhancing drugs. I, _____, understand that there are no exceptions to this rule, nor is there tolerance for any cases of violation. I, _____, respect myself, my team, my coaches and the program enough to make positive choices advancing me in a positive, drug and alcohol-free future.

Name: _____ Date: _____

UMBRELLA TOPICS

PAVING THE FUTURE WITH A COHESIVE PROGRAM CONTINUED...

Season/Practice Responsibilities

- ❑ **Equipment** Setup and Takedown (10 minutes prior to scheduled start).
- ❑ **Uniforms** (no mandatory shoes; same color kneepads/socks)
 - ❑ School/athletic property-damage or loss results in a charge issued by the athletic department.
 - ❑ Custodial staff will wash/dry uniforms. No player is allowed to personally wash/dry their jerseys at home. Submit all jerseys after matches the right side out.
 - ❑ Coach will communicate and coordinate for each team.

UMBRELLA TOPICS

PAVING THE FUTURE WITH A COHESIVE PROGRAM CONTINUED...

End of Season Responsibilities

- ☐ Player Season/Coach evaluations
- ☐ One-on-One meetings
- ☐ Equipment Return
 - ☐ Jerseys
 - ☐ Locks
- ☐ Team awards in preparation for the banquet
- ☐ Banquet information TBD (to be determined)

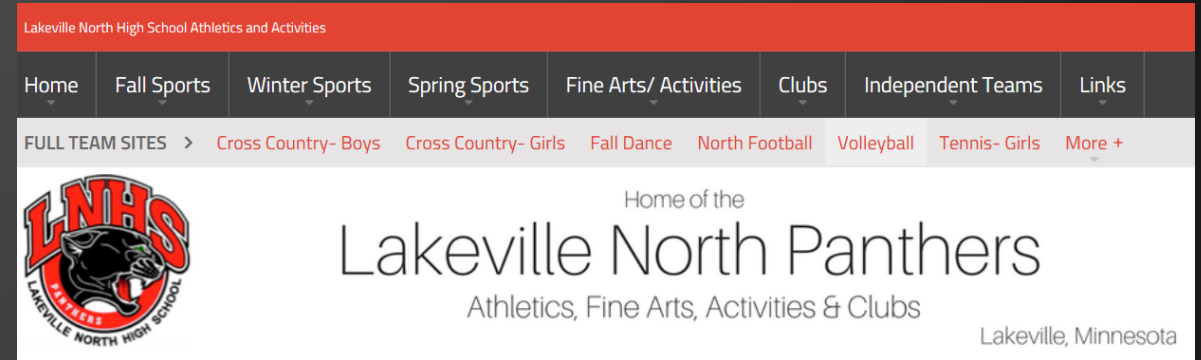
Miscellaneous

- ☐ Pictures: No team pictures. LifeTouch will take individual pictures. Date to be announced.

COMMUNICATION CRITICAL FOR SUCCESS

Program Communications:

- ☐ Email (Mail Chimp)
- ☐ Social Media (Facebook, Twitter, Instagram)
- ☐ Website (SportsEngine)
- ☐ Office Hours (Mondays 6pm-7pm)



APPAREL OPTIONS

ONLINE ORDERS



www.midwestvolleyballwarehouse.com

Click on 'Team Gear Store'

Enter: LNPANTHERS20

Act quickly!

The deadline for ordering your discounted team items expires on:
10/04/20

How to order

1. Go to www.midwestvolleyball.com
2. Scroll to the very bottom/left of the page and click on the link: **Team Gear Store**
3. At the top of the page, enter in your "Team Gear" login code.
4. Now you can start shopping! All products displayed are chosen by your team organizers. Discounts only apply to the products on the team page. All other prices are as stated. Once you have selected the products you wish to order and you have added them to your shopping cart, you are more than welcome to continue shopping the rest of the Midwest Volleyball Warehouse store. To get back to your teams store, just re-enter your login code on the Team Gear Store page and it will take you back to your store page. All products you have added to your shopping cart will remain there until you are ready to check out.

No returns or exchanges on screen printed or embroidered items



www.midwestvolleyball.com

952-808-0100

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www.midwestvolleyball.com

Questions?

Break out into individual team meetings