



PAC Meeting

July 30, 2024

Lakeville North

Panthers Volleyball

2023

South
Suburban
Champions

GIVE WHAT IT TAKES



Lakeville North High School Volleyball Program

COACHING PHILOSOPHY

I BELIEVE
THAT A COACH EDUCATES LIFE LESSONS
ON AND OFF THE COURT
THROUGH EXAMPLE AND HEART;

THE GREATER THE HEART,
THE MORE INFLUENTIAL THE EXAMPLE WILL BE.

2024
UNDIVIDED
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.
- I _____
- 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, bods, 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.**



State Champions

2010 2012 2017

State Tournament Appearances

| | | | |
|------|------|------|------|
| 1981 | 1994 | 2004 | 2011 |
| 1982 | 1999 | 2005 | 2012 |
| 1986 | 2000 | 2006 | 2017 |
| 1987 | 2002 | 2007 | 2019 |
| 1990 | 2003 | 2010 | 2021 |
| | | | 2022 |



Championship Runner-Up

| | |
|------|------|
| 1987 | 2006 |
| 1990 | 2011 |
| 2003 | 2022 |
| 2004 | |

UNDIVIDED



2024



Culture...



LAKEVILLE NORTH PANTHERS VOLLEYBALL

2024 PANTHER BEACH VOLLEYBALL TOURNAMENT

A fundraiser to benefit Lakeville North Volleyball

SUNDAY JULY 14TH
9 AM
CASPERSON PARK LAKEVILLE
RAIN OR SHINE

COST & REGISTRATION
Summer: \$120/Team - before 3/31/2024
Standard: \$140/Team
Late: \$160/Team - after 7/1/2024

OFFERING
Bottles & Food Trucks
Both Tournament

• Community & Competitive
• Community & Recreational
• Accredited Adult Court rules include
• Rental Model \$3.50/2x
• All grade courts (no sand)
• All grade courts (no sand)
• All grade courts (no sand)
• All grade courts (no sand)
• All grade courts (no sand)
• All grade courts (no sand)



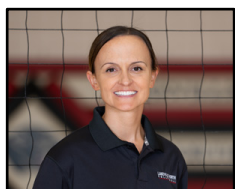
2024
Lakeville North Panther Volleyball
presents the
1st Annual
National Girls
and Women
In Sports Day
Celebration



2024 Leadership Program



Panthers Coaching Staff



Jackie Richter Head Varsity (612) 597-5328 Jackie.Richter@isd194.org



David Laufenburger Asst Varsity (612) 325-9496 lauf4858@isd194.org



Halle Wolfe Asst Varsity (952) 406-1352 hallebree@gmail.com



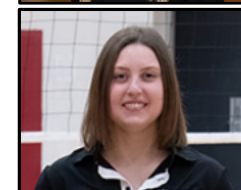
Alison Henze Head JV (952) 334-0713 Alison.henze@gmail.com



Sydney Dose Head 10A (952) 607-9476 dose.sydney@gmail.com



Olivia Masso Head 9A (651) 955-4838 olivia@massofamily.com



Brett Johnson Head 9B (952) 212-3205 brettjohnson@edinarealty.com

Panther Volunteer Coaches



Taylor Hall



Kennedy Brady



Mike Butler

Remaining Summer Calendar



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|---|---|---|--|--|
| 7/23 | 7/24 | 7/30 ETS 6:45-8:15am Virtual PAC Meeting 6:00pm | 7/31 ETS 6:45-8:15am | 8/1 ETS 6:45-8:15am | 8/2 | 8/3 |
| 8/4 | 8/5 ETS 6:45-8:15am Panther Prep 10am-12pm LNHS | 8/6 ETS 6:45-8:15am Panther Prep 10am-12pm LNHS | 8/7 ETS 6:45-8:15am Panther Prep 10am-12pm LNHS | 8/8 ETS 6:45-8:15am Panther Prep 9am-12pm Antlers Park | 8/9 | 8/10 |
| 8/11 | 8/12 Tryouts 10 th -12 th : 9-11:30am 1-3pm 7 th -9 th : 1-4pm | 8/13 Tryouts 10 th -12 th : 9-11:30am 1-3pm 7 th -9 th : 1-4pm | 8/14 Tryouts 10 th -12 th : 9-11:30am 1-3pm 7 th -9 th : 1-4pm | 8/15 Tryouts 10 th -12 th : 9-12pm 7 th -9 th : 1-4pm | 8/16 Team Photos 8am-10am Practices V-9B 9am-12pm Poster Photos 4pm-6pm | 8/17 V/JV Scrimmage 9am-12pm Fall Meeting (all) 12pm-3pm |

Planning Ahead...

Shoes



Panther Prep Week



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|--|--|--|--------|----------|
| 8/4 | 8/5 Panther Prep 10am-12pm LNHS | 8/6 Panther Prep 10am-12pm LNHS | 8/7 Panther Prep 10am-12pm LNHS | 8/8 Panther Prep 9am-12pm Antlers | 8/9 | 8/10 |

Details

Open to all incoming 9th graders and 10th-12th graders
(plus returning 2023 rostered players)
interested in trying out for the volleyball program.

Optional Practices led by Seniors and Varsity Captains.

Intention is to thoughtfully *connect* incoming freshmen and others within the program;
To *participate* in drills designed to reflect both fun and purpose;
To *build* cohesion and preparation for the fall volleyball season;
To *share* experience and *ask* questions about tryouts/season/program.



How to register for tryouts

Go to: <https://www.lnhspanthers.com/signup>

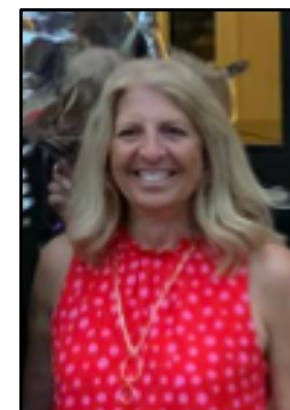
- 1) Log in to your rSchool Today account
- 2) Click on the Registration Tab
- 3) Click on Lakeville North Athletics
- 4) Sign in
- 5) Select Lakeville North Athletics (again)
- 6) Complete all pages and forms
- 7) Submit payment

Completed Sports Physicals can be:

- 1) Emailed to Lisa Krohnberg (lisa.krohnberg@isd194.org)
- 2) Faxed to 952-469-7945 (attn Lisa Krohnberg)
- 3) Dropped off in the mail depository located by the Admin office



AD Mike Zweber



Assistant AD
Lisa Krohnberg

Tryouts Calendar



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|--|--|--|---|--|
| 8/11 | <p>8/12</p> <p>9-11:30am + 1-3pm</p> <ul style="list-style-type: none"> All 10th-12th grades All returning 2023 rostered athletes Net set up begins at 8:30am (both gymnasiums) Warm-ups begin no later than 8:50am <p>1-4pm</p> <ul style="list-style-type: none"> 7th-8th graders NEW 9th graders to the program (not rostered in 2023) Check-in no later than 12:40pm Warm-ups begin no later than 12:50pm Auxiliary Gym | <p>8/13</p> <p>9-11:30am + 1-3pm</p> <ul style="list-style-type: none"> All 10th-12th grades All returning 2023 rostered athletes Net set up begins at 8:30am (both gymnasiums) Warm-ups begin no later than 8:50am <p>1-4pm</p> <ul style="list-style-type: none"> 7th-8th graders NEW 9th graders to the program (not rostered in 2023) Check-in no later than 12:40pm Warm-ups begin no later than 12:50pm Auxiliary Gym | <p>8/14</p> <p>9-11:30am + 1-3pm</p> <ul style="list-style-type: none"> All 10th-12th grades All returning 2023 rostered athletes Net set up begins at 8:30am (both gymnasiums) Warm-ups begin no later than 8:50am <p>1-4pm</p> <ul style="list-style-type: none"> 7th-8th graders NEW 9th graders to the program (not rostered in 2023) Check-in no later than 12:40pm Warm-ups begin no later than 12:50pm Auxiliary Gym | <p>8/15</p> <p>9-12pm ONLY</p> <ul style="list-style-type: none"> All 10th-12th grades All returning 2023 rostered athletes Net set up begins at 8:30am (both gymnasiums) Warm-ups begin no later than 8:50am <p>1-4pm</p> <ul style="list-style-type: none"> 7th-8th graders NEW 9th graders to the program (not rostered in 2023) Check-in no later than 12:45pm Warm-ups begin no later than 12:50pm Auxiliary Gym | <p>8/16</p> <p>First Team Practices</p> <p>Varsity</p> <ul style="list-style-type: none"> 9-12pm + 1-3pm <p>JV</p> <ul style="list-style-type: none"> 9-12pm <p>10A</p> <ul style="list-style-type: none"> 9-12pm <p>9A</p> <ul style="list-style-type: none"> 9-11am <p>9B</p> <ul style="list-style-type: none"> 9-11am <p>Team Photos</p> <ul style="list-style-type: none"> 7:45am Varsity 8:00am JV 8:15am 10A 8:30am 9A 8:45am 9B | <p>8/17</p> <p>Home Scrimmage</p> <ul style="list-style-type: none"> Varsity + JV 9am-12pm <p>Program-wide Parent/Player Fall Kick-Off Meeting</p> <ul style="list-style-type: none"> LNHS Commons 12pm-3pm |

Program Captains



1 BROOKE ZWEBER
Middle



10 ERIN MACLEOD
Outside Hitter



4 RAYNA CHRISTIANSON
Middle, Right Side, Setter

Tryout Information



Eligibility Requirements:

- Updated Physical (every 3 years)
- Online Registration open
- Fall Activities Fee (refund issued if needed)

Lines of Communication: (tryouts):

- Athlete led, Athlete first. Always.
- Parent emails/phone calls are not encouraged.

Reminders:

- On the court at least 10' prior to scheduled start.
- Wear black (LN) t-shirt daily. NO CLUB SHIRTS or tank tops.
- Team placements will be distributed Thursday (unless more time is needed for decision-making).

Information Distributed:

- Fall Kick-Off Meeting Flyer/Payment
- Feed My Starving Children Event Flyer
- Team Photo Information
- Apparel information sheet
- V/JV Scrimmage info

Attendance:

- is mandatory to ensure a fair and accurate evaluation of abilities with peers.

What to bring:

- Packed lunch for the break
- Water bottle
- Change of clothes

Impact Placement



The intention of the Lakeville North volleyball coaching staff is to organize players on teams in which:

- 1) They will have the most impact;
- 2) Their teammates and competition will raise their level of performance;
- 3) They have the best opportunity to achieve team and individual success;
- 4) Best supports the future vision for that player.

Volleyball is a complicated, skill-specific and positional-based sport. To compile the potential for a successful team, every team at every level is in need of a specific number of people to fill each specific role. There is not an exact number of players designated to each team. Our sport is defined by position and number. What is important, is that the player possess the necessary skill level to compete on the team of which they have been selected for.

Impact Placement



Team assignment is an accumulation of:

- Individual skill level;
- Team skill level;
- Position-specific based needs;
- Intangible quality contribution:
 - Work ethic
 - Team mentality
 - Leadership qualities
 - Commitment-immediate/future
 - Coachability
 - Receptiveness to change
 - Discipline
 - Above and beyond;
- Communication;
- Volleyball IQ

- A unified and committed effort is made by the LNHS volleyball coaching staff to ensure that every athlete placement creates the highest level of success, challenge, team and court time impact.
- Impact placement **does not** grandfather athletes.
- Team assignment does not grant a younger athlete higher placement when a 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 person growth (mentally and physically) throughout the season and to inspire continued personal growth after the fall season (requires athletes' active participation).



Team Assignments

Varsity: Participation as a member of the Varsity squad is open to all players 7th – 12th grades. Match time is not guaranteed at the Varsity level. Although match time is not guaranteed, it is the intention of the head coach to identify each players role and allow that impact to present itself throughout the season (under the assumption that attendance, academic, effort, coach-ability and commitment have been positively exerted consistently throughout the season).

Junior Varsity: Participation as a member of the JV squad is open to all players 7th – 11th grades. Although match time is not guaranteed, it is the intention of the head coach to identify each players role and allow that impact to present itself in the majority of matches (under the assumption that attendance, academic, effort, coach-ability and commitment have been consistent).



Team Assignments

B-Squad: Participation as a member of the B-squad is open to all 7th – 11th graders; unless numbers or critical positions are not covered. Although play time may not be evenly distributed, it can be expected that every member of the team will be provided with an opportunity to impact every match (under the assumption that attendance, academic, effort, coach-ability and commitment have been consistent).

9A: Participation as a member of the 9A squad is open to all players 7th – 9th grades. All members can expect to be provided with an opportunity to impact every match (under the assumption that attendance, academic, effort, coach-ability, and commitment have been consistent).

9B: Participation as a member of the 9B squad is open to all 9th graders; unless numbers or critical positions are not covered. All members can expect to be provided with an opportunity to impact every match (under the assumption that attendance, academic, effort, coach-ability, and commitment have been consistent).

Team Assignments



Date: Thursday, August 17th, 2023

To:

Dear _____,

Congratulations! After a strong and hardworking week, you have been honorably selected to participate on this year's _____ squad for the 2023 Lakeville North Volleyball Season.

Throughout the week, your North coaching staff identified the following strengths:

Throughout your 2023 season, your coach will be actively working to improve the following areas:

The hard work is not done, and better yet, has just started! Be an active participant in not only your own personal growth and development, but also your team's growth throughout the 2023 season. What a strong team and program you have been selected to compete on. Take advantage of every moment and create your best Panthers season! Awesome job this week!

Best regards,

Volleyball Coaching Staff
Lakeville North High School

Collective decision-making with a group and team success at the forefront.

Individual post-tryout evaluations including strengths and areas for improvement regardless of team placement.

Opportunity to discuss team placement/evaluation with any/all coaches.



Date: Thursday, August 17th, 2023

To:

Dear _____,

The coaching staff at Lakeville North High School commends and thanks you for your time, efforts and hard work spent throughout the week of tryouts. Lakeville North has a very competitive program, and, as coaches, we appreciate every level of effort.

It is very difficult to release athletes at the end of the tryout week. Unfortunately, we regret to inform you that you have not been selected for the 2023 North volleyball roster. Please do not hesitate to connect with our coaching staff if you have questions above and beyond what is provided in the descriptions below. We wish you the best in your academic year at North.

Throughout the week, your North coaching staff identified the following strengths:

Throughout the week, your North coaching staff identified the following areas for improvement:

Best regards,

Volleyball Coaching Staff
Lakeville North High School



What to expect at tryouts

Attention to timeliness (if you're 'on time' you're late).

The 'little things' matter.

Coaches do not expect perfection.

You will move court to court. Do not make assumptions.

Daily physical testing of strength, speed, jump and stamina.

There is no pre-set number for each team. Team rosters are determined by the principles driving LNHSVB Impact Placement.

We (coaching staff) should expect that if your daughter has questions or a need for a conversation, that she approach the coaching staff before she exit the gym on Thursday.

To be a member of the Panther volleyball program means....



-
- Making a daily commitment to give your best effort, attitude and commitment.
 - Making a commitment to others; a commitment to a team (time management).
 - Making a commitment to improve and exercise communication with coaches (adults).
 - Committing yourself Monday, August 12th – Tuesday, October 15 (sub-varsity):
 - Attendance (school, practice, scrimmages, matches, tournaments, FMSC, fundraisers, meetings).
 - 14 matches, 3 tournaments, working/running another teams tournament.
 - Riding the bus together to away matches.
 - Training with ETS on non-match days.
 - Supporting and Contributing to Chipotle and B52 fundraisers.
 - Fulfilling the expectation to support all teams throughout the program on home nights (4pm/ 5:30pm/ 7pm).
 - Representing yourself and the program well with your choices, social media and actions.
 - Supporting the Varsity team throughout their section matches.
 - Attending the end-of-season banquet on Sunday, November 17th at Crystal Lake.

Common Questions

- What if my daughter cannot make tryouts?
 - Unfortunately, a fair evaluation cannot be made without attending tryouts.
- If I do not make a rostered spot, do I receive my activity fee back?
 - Yes, or it can be transferred to another fall sport at LNHS.
- How many people make a team? How many people are kept in the program?
 - Not a set number. Formed by the qualified number represented at tryouts.
- Are practices everyday? What is the commitment?
 - Monday-Friday (and five weekends) practices/matches and home match support.
- Do I need to wear arm sleeves? Can I wear leggings?
 - Not mandatory. Legging may be worn in practices at anytime. Matches are a team decision.
- If my daughter earns a rostered spot, are there volunteer requirements throughout the season?
 - Yes (10 hours per family, players work home matches and one additional tournament, B52, Chipotle)

Fall Kickoff Meeting



2024 Lakeville North Volleyball Kick-off Meeting

Players and Parents:

Mark your calendars to attend a mandatory program-wide volleyball meeting on **Saturday, August 17th** from 12pm-3pm in the LNHS commons.

- **Arrive** at 12:00pm in the LNHS commons (immediately following the V/JV scrimmage);
- View and **try on** samples of our 2024 apparel selection (available to purchase on our online store only - link and password provided at tryouts);
- Bring your calendar to **reserve** and confirm your volunteer hours for the fall volleyball season. **Each family is required to commit to at least 10 volunteer hours for the fall season.** Families of Varsity players will fulfill volunteer hours on Saturday, 9/14/24. Families of JV players will fulfill volunteer hours on Saturday, 9/7/24. Families of 9B/9A/10A players will fulfill their volunteer hours on Friday, 10/11 and Saturday, 10/12;
- Bring a \$10 **donation** for the elite Todd L. Bachman invitational Hospitality Room;
- Consider **purchasing** a LNHS Volleyball yard sign for \$15.00, a LNVB insulated mug for \$15.00, and/or a car decal for \$3 (or two decals for \$5);
- Join us for a delicious **lunch** (generously provided by _____) before the main presentation;
- After lunch, **receive** 2024 season information from Head Coach Jackie (and the LNHSVB booster club) covering program expectations, season expectations, coach introductions, team schedules, volunteer requirements and more;
- Break out into your individual **team meetings** where parents and players will receive specific expectations from their team coach.

To help us prepare for the event, players must return the bottom portion of this form no later than **Wednesday, August 14th**. Registrations (with the Bachman donation) will be returned to the athlete if a rostered position is not received.

We look forward to seeing you Saturday to kick start the 2024 Panthers volleyball season!

Name of player: _____ Grade: _____

Number of **Additional** Attendees: _____ (do not include your athlete in the count for this line)



Lakeville North Volleyball Booster Club

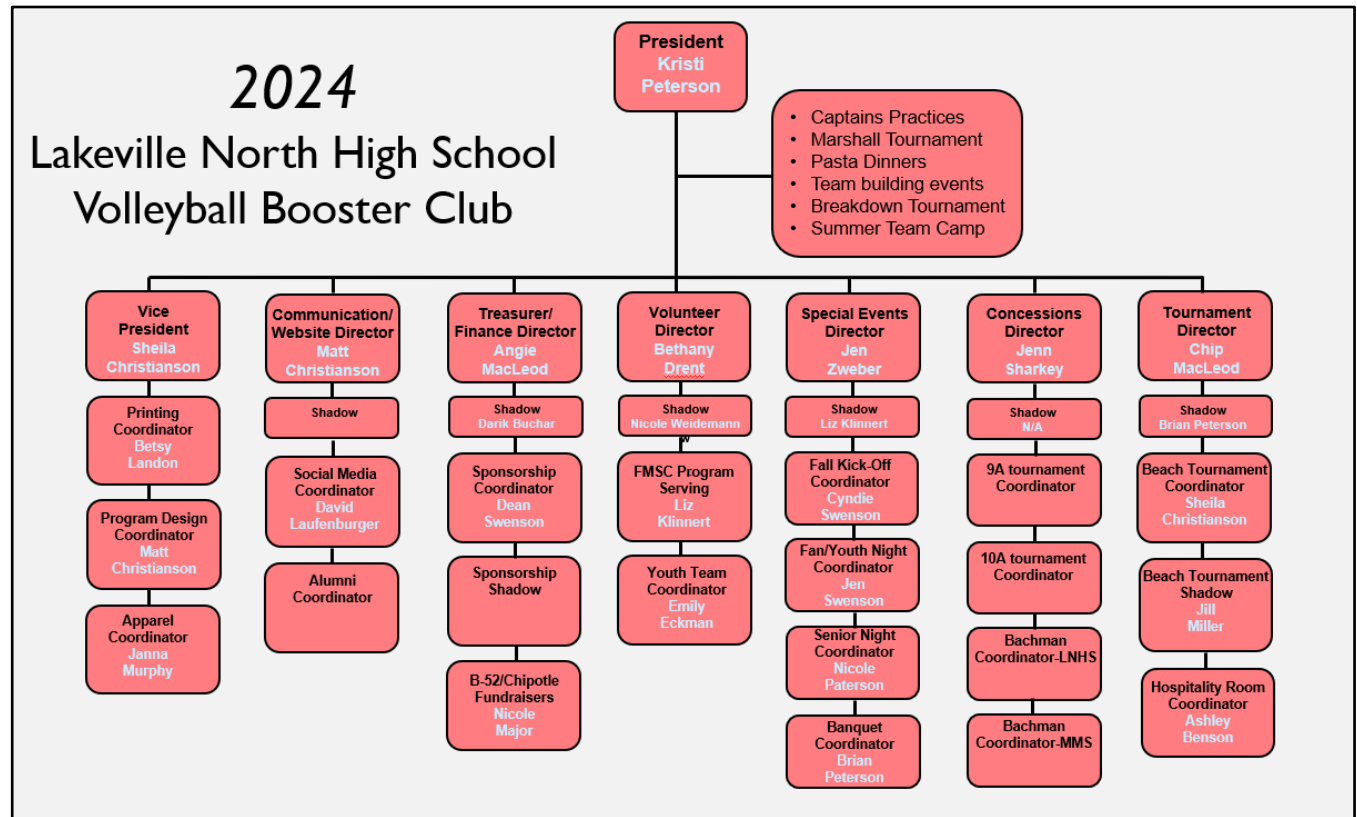
CONNECT WITH
PRESIDENT
KRISTI PETERSON

DETLEF10@ME.COM

OR
VP *SHEILA*
CHRISTIANSON

SHEILA.CHRISTIANSON@GMAIL.COM

FOR BOOSTER
CLUB INQUIRIES
AND
INFORMATION



Communications

Website/Communications Director:
Matt Christianson

Social Media Coordinator
Halle Wolfe

SUBSCRIBE TO MAILING LIST

Name *

First Last

Email *

How are you associated with LNHSVB? *

Supporter (non-parent)
 Alumni
 LNHS Coach
 I have someone I want to follow in the program (parent, grandparent, etc).
(Please provide Player Name and Graduation Year)

Player Name Player Grad Year

Sign up for program email updates! <https://panther-volleyball.com>

Follow the program on Twitter: [@LNHSVolleyball1](https://twitter.com/LNHSVolleyball1)



Follow the program on Instagram: [lakeville_north_volleyball](https://www.instagram.com/lakeville_north_volleyball)



Follow the program on Facebook: [Lakeville North Volleyball](https://www.facebook.com/Lakeville North Volleyball)





Questions?

**Next mandatory program-wide meeting
is Saturday, August 17th from 12-3pm**

Apple Valley, Lakeville, Burnsville, Eagan, Rosemount, Farmington

SUN Thisweek

Lakeville North was in the state tournament (2022) for the tenth time in the community's two-high school era, which started in 2005.

Lakeville South has gone to state twice, meaning a Lakeville team has been there 12 times in the 17 state volleyball tournaments since the school (LHS) split.

