



# TRITON VOLLEYBALL

*Informational  
Meeting*

# Welcome!

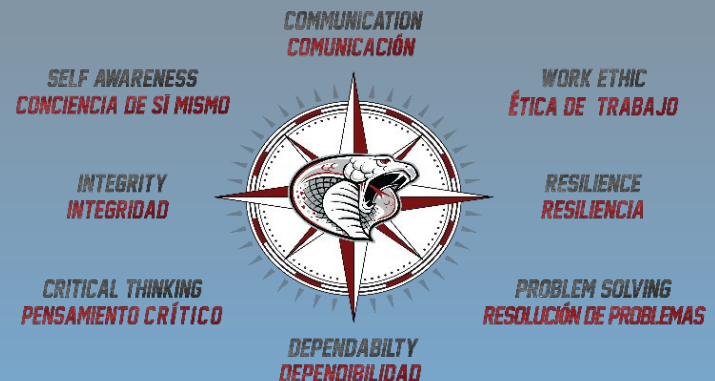
## Team Goals and Mission

- Commit to competitive excellence on the court, in school, and in life.
- Build a true team environment in which players demonstrate integrity, feel valued, and bring out the best in each other.

## Coach Essig's Coaching Purpose Statement:

I coach to share my love of the game of volleyball. By instilling the values of hard work, resilience, and teamwork in practice, players will develop strength and confidence to compete on the court and in life.

## *Resilience, Communication, Integrity*



# *2023 Coaching Staff*

Varsity: Laurie Essig

JV: Allissa Hallaway

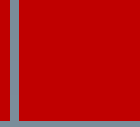
JV/V Assistant: Kayce Munnikhuyusen

C Squad: Karissa Eipers

8th: Peyton Soltau

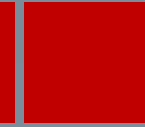
7th: Olivia Zwashka

Jr High Assistant: Colleen West



***Communicate - Respect  
Commit & Compete***

# *Communicate*



Communication is very important between the players, coaches, and parents and is instrumental in the overall experience.

- Follow the flow of communication if there are issues. Most can be resolved through good communication.
- Flow of communication starts with the athlete and their coach. If needed, the next step is to set up a meeting with a parent, athlete, and coach. Do NOT contact the coach the night after a game. Wait until the next day.
- No meetings will be conducted without the player in attendance.
- Do NOT contact the coach after a game. Wait until the next day.
- Concerns regarding playing time will not be addressed electronically (email, text, etc). Those concerns will be addressed with conversations.

# *Electronic Communication*

- Website: <http://tritonvolleyball.weebly.com>
- Twitter: Follow @cobraladies
- Triton App - Thrillshare
  - o Android: <https://bit.ly/3lms0h9>
  - o iPhone: <https://apple.co/3nur3pI>

o All electronic communication will be transitioned to the Rooms App (no more emails)

# *Respect*

- Follow MSHSL conduct policies.
- Be respectful of teammates, coaches, opponents, refs, equipment, bus, schools/locker rooms, etc leaving places looking better than when we found them.
- Be conscious of what is posted on social media and only post supportive comments.
- Coaches will be respectful in the language, actions, and interactions with players, parents, and members of opposing teams.
- No cell phones at practice. Only respectful use of cell phones at games/when traveling with the team.
- Be encouraging and supportive of all players, opponents, coaches and officials
- Coaches will be respectful in their interactions with players, parents, officials, and members of opposing teams.

# *Commit & Compete*

- To be a good team and teammate it takes commitment and *careful* choices. The daily choices we make may initially seem small, but they will add up after time.
- Starting August 14th, all practices are mandatory. Missing a regularly scheduled practice will result in loss of playing time. When any player misses practice or a game, it affects the whole team. Your teammates and coach are counting on your attendance and commitment to being all in at practices and games.
- Commit to getting to school and practice on time.
- Compete at school and in the classroom.
  - It will be our goal to achieve All-State Academic status as a team
- Compete in practice!
  - You practice like you play.
  - In games develop a never give up attitude no matter what the score.
  - Commit to eating right and getting enough sleep.



# *Schedule*

## *Season starts Aug 14th*

VB Website: <http://tritonvolleyball.weebly.com/calendar.html>  
Paper copies available - Make sure to check for updates!

- Practice schedule varies in August.
  - Zumbrota Scrimmage (C,JV,V) on Aug 21
  - Hayfield Scrimmage (V) on Aug 22
  - First game: Aug 24 at Pine Island
  - Practice on Labor Day - Monday, Sept 4th 5:00-6:30pm
  - Once school starts, practice is 3:30 - 5:30 daily.
- Lifting with OMC will be part of our practice time twice/week for all players.
- Will look for helpers to assist with our CE VB program on: 9/21, 9/26, 10/2, 10/4, & 10/12
- Please see handbook for game night expectations.

# *Important Dates*

- Pictures: Friday, Aug 25th
  - ✓ 10am: JV/V
  - ✓ 10:30am: C/7&8
    - All teams will practice after pictures
- Family Night: Tuesday, September 19
- Homecoming Game: September 28
- Give Back Night: Thursday, October 5
- Community Ed Night: Monday, October 9
- Senior Night: Tuesday, October 10

# Teams:

**7th Grade:** All 7th graders will be on the 7th grade team unless a need arises for a specific position on the 8th grade team. We will split into groups and provide an assistant junior high coach if there are more than 15 players. There will be ample playing time for all players. Final decisions regarding playing time will be up to the discretion of the coach based on: attendance, effort, attitude, and position.

**8th Grade:** 8th graders have the opportunity to try out for a High School team the first 3 days of pre-season practice. They may also choose to attend 8th grade practices from the start and play on the 8th grade team. On the 8th grade team, playing time will be fair and shared with opportunities for all players. However, fair does not always mean equal. Final decisions regarding playing time will be up to the discretion of the coach based on: attendance, effort, attitude, and position.

**C-Squad:** Players are becoming more competitive. An attempt will be made to play everyone at the C-Squad level, but there may be games when everyone will not play.

**JV:** These players are preparing to become future Varsity players. Playing time will be competitive.

**Varsity:** Our top players will be on the Varsity team. Top players will start and play the most; playing time is not guaranteed.

# *C/JV/Varsity - Selection process*

**1st week of practice: August 14th - 18th**

8a-11a: Fitness and Fundamentals

1p - 3p: Competitive Game Play

**Fill out Pre-Season Form**

o [http://bit.ly/vb\\_preseason](http://bit.ly/vb_preseason)

- Any 8th graders wanting to try out for a HS level team may attend 9-12 practices Mon - Wed (8/14-8/16)
- If 8th graders are going to 9-12th practices, they should not attend 3:30-5:30p practice on those days. It is okay for 8th graders to just come to 3:30-5:30 practices. We will talk to all the 8th graders trying out for HS teams at the end of practice on Wednesday and determine if any players are needed at the HS level.
- Team placement is determined by player skills, positions needed, experience, attitude, unity, and dedication. In all cases, the coaching staff will do their best to put athletes at a level where they can excel and experience the most success. Every player has an important role in forming the best team possible. We want successful teams at ALL levels.
- Teams will be posted on Monday, August 21st before the Zumbrota Scrimmage



# *Playing time*

Playing time is earned. The amount of playing time is determined by the coaches, who see the players every day in practice. The goal is to develop all players in practice and compete at the highest level in games. Players can influence their playing time by consistently providing their best effort, attitude, and skills at practice and tournaments. Please be respectful of our coaches and their decisions.

# *Handbook*

- Access handbook online
- Student/Parent/Coaching Responsibilities & Expectations
  - All relate back to Communication - Respect - Commit & Compete
  - By registering for VB it is implied that players/parents have read the handbook and are comfortable with the content. Any questions, please let Coach Essig know

## Equipment needed:

1. Comfortable and respectful practice attire. (No cut-off shirts/tank tops)
2. Black shorts (spandex/regular shorts) or leggings for games
3. White knee pads for games
4. White socks for games
5. Pair of court/tennis shoes (no running shoes)
6. Elbow pads are optional, though may help players feel comfortable diving on the court.

**Uniform tops and a long sleeved warm-up shirt provided**

# Reminders

- Before **AUGUST 14**, you **MUST**
  - Sign-up with Activities Office
  - Pay Activities Fee
  - Have a current physical on record
  - 9-12 graders - fill out pre-season form.

*Check with Mr. Black or Annalee if you have any questions!*

**You CANNOT** practice without the top 3 items!



# *Questions?*

Feel free to stop by, meet the coaches, and let us know if you have any questions. We are excited to start the season!