



Austin Packer Volleyball Program

We are a part of this team, no matter our differences.

We work toward a common goal. As one, we achieve excellence.

Unity is our strength.

Together we win.

Dear Parents/Guardian,

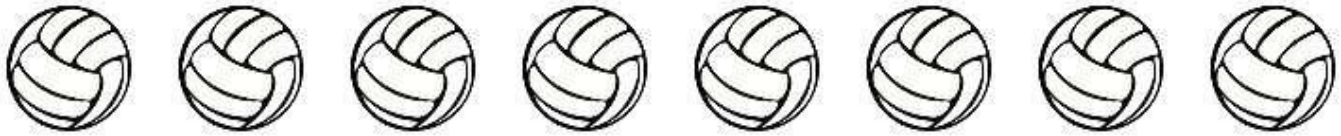
We, the Austin Volleyball coaching staff, want to welcome you to what should serve as a positive and exciting experience for your daughter. Our goal is to produce fine people first and good volleyball players second, as volleyball is an excellent tool for teaching fundamental and important life skills.

High school volleyball should be a positive, memorable experience for all involved. We intend to teach the game of volleyball, instill discipline, encourage classroom success, prepare players through weight training and off-season conditioning, and build UNITY through hard work and commitment to a common goal of a successful volleyball season. To be successful, everyone involved should realize that a positive attitude is a must. Very few things in life worthwhile come easily. Hard times require a positive outlook and attitude to continue striving to improve. Our motto revolves around everyone making a great effort to get better every day for the good of the TEAM. A player's level of improvement is directly related to the amount of effort put forth in each activity the team undertakes. We, as coaches, expect players to give great effort in everything we instruct players to do. On each team, players' have roles, and everyone involved should realize the concept of "Team Before Self". Coaches will show a genuine interest in the well-being and concerns of each player as an individual, however; coaches, players, parents, and administrators cannot put their interests before the teams' best interest.

As coaches, we will emphasize the importance of player accountability. **It is expected that players will be individually responsible for their actions and day-to-day choices.** Everyone should remember, "Playing volleyball is a privilege, not a right". There is no room for special privileges on a team. Everyone is expected to abide by the same standards and serve the same punishment when they do not. In the event an individual player becomes a hindrance to the teams' goals, that player will be removed. The Austin Volleyball Program demands a lot of time from our student athletes. There is a lot to learn in a relatively short amount of time so good attendance helps both the player and the team. We need you to support us in this effort and make sure that your daughter is available for the scheduled practices, games, and other events such as team building and fundraising. Thank you for allowing your daughter to be a part of our program. Together we will have a lot of fun while working hard towards our goals.

Coach Struck

Coaching Staff // Communication



Head Coach: Jeremy Struck

Contact Information:

Cell Phone Number: 507-440-6271

(Text Preferred / Can you call me when you get a chance?)

Email: jeremy.struck@austin.k12.mn.us

Assistant Coaches: Morgan Schmitz (JV), Chelsea Brolsma (B-Squad), Gabby Drews & Brea Nelson (C-Squad)

News / Updates / Social Media:

We will be using social media to share information and promote our program and players.

Website: <https://austinpackersvolleyball.com/>

Facebook: Austin Packers Volleyball - Request to join this group.

Remind (Text Message Alerts):

- Text a message to – 81010
- In the message portion, use the following codes to sign up.
 - Austin Volleyball 9-12 – austinvb1
 - Volleyball Parents – 1vbparents



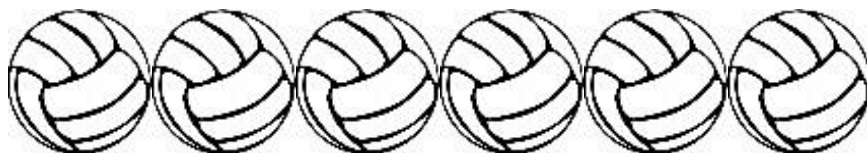
Program Goals & Philosophy

You are a winner as an individual, by participating in Austin Volleyball. Our team success will be judged by a score, but it **will never change your status**. Your success will not be judged by statistics, playing time or team record, for the standard is **your own potential**.

Coaches' Goals for the Program:

#1 Goal is to provide experiences to grow the individual and develop the program!

- **Each Season-** Be competitive in each match and develop a winning attitude, while leaving a positive past for the future teams to follow.
- **Each Game-** Be able to win at the end of the match.
- **Each Player-** Give a winning championship effort year-round. Players should be recognized for their contribution to winning, not for personal feats or great stats. Players will not be judged by “game playing time,” but on their preparation and contribution to the team.
- **Each Coach-** Be organized, demanding and compassionate. Study the game, evaluate the players, teach, re-evaluate, and listen. Stress living the lifestyle of a student athlete which will allow each player to reach his academic and athletic potential.
- *We want our players to practice and play volleyball; working hard to improve every day in every way.*
- *We want our players to compete, make mistakes, and learn how to manage pressure.*
- *We want our players to think, question, and communicate effectively.*
- *We want our players and coaches to work together to recognize excellence in others and support them in every way.*



Varsity Philosophy

The Austin Volleyball program will give each athlete an equal chance to EARN playing time. Players that continue to prove their abilities as the starter will get the most playing time regardless of age/grade. Playing time is a right and no single athlete is guaranteed time on the court. We believe that practice time is the best time to showcase a player's ability to help the team be successful on the court. **Placement on this team is not based on grade level, instead coaches will choose players with the best overall abilities. Playing time is not guaranteed and coaches will put the best six on the court to match the competition level of our opponents. Our goal is to out hustle, out work, out play, and outlast our opponents.**

Junior Varsity Philosophy

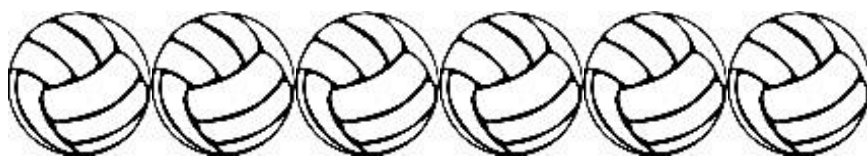
The Junior Varsity is made up of players that are considered the program's "next-ups". These individuals will continue to develop their skill sets, while competing at a very high level. Players shall be prepared to help the program excel however they can, whether that be offensively or defensively. These players will train closely with the Varsity to ensure there is a fluid transition between the two squads. **Placement on this team is not based on grade level, instead coaches will choose players with the best overall abilities. Playing time is not guaranteed and coaches will attempt to play players with the idea of preparing them for the next level.**

B-Squad Philosophy (Year 1 / Year 2 - Advanced)

Players on this squad will be pushed to develop their overall volleyball skills, focus on positional technique, and increase volleyball IQ to prepare for the demands of playing at the next level. Players shall demonstrate advanced skills and/or have shown an increased growth in skills from the previous year of playing. **Placement on this team is not based on grade level, instead coaches will choose players with the best overall abilities. Playing time is not guaranteed and coaches will attempt to play players with the idea of preparing them for the next level.**

C-Squad Philosophy (Year 1 / Year 2 - Developmental)

This squad is two-fold. It is an adjustment year for players transitioning from the equal playing time at the middle school level to a more competitive atmosphere. It also serves as one "last chance" for those second-year players to continue skill development in hopes of contributing at the next level. Players may practice different positions but will start or continue to focus on a primary position. **Placement on this team is not based on grade level, instead coaches will choose players whose skill sets match the competitive play of other conference foes. Playing time is not guaranteed but coaches will attempt to play players with the idea of providing a successful experience for all.**



Team Selection Process

- All tryout participants must complete registration and meet all requirements for participation set forth by the Minnesota State High School League before they can participate in tryouts.
- Team selection will be determined through open tryouts for 8th -12th grade athletes attending Austin High School through the try-out process.
- Players will be evaluated in the following areas:
 - Volleyball Skills: passing, setting, hitting, serving, digging, blocking & game knowledge.
 - Intangible Attributes: attitude, leadership, coachable, energetic, team chemistry.
- Teams will consist of 12-14 players.
 - 9-10 players are the number of players most coaches can manage during games because of rotations and positions.
 - 12-14 players are the number of players needed to instruct as a whole group and to develop individual skill sets.
 - **Determination of teams will be based on individual skill level and position within each team to create the strongest most competitive team rosters, regardless of grade level.**
 - Ideal roster sizes:
 - Varsity (12 – some shared with JV) -- 9th-12th grade.
 - Junior Varsity (12) – 8th -11th grade.
 - B-Squad (14) – 8th -10th grade (Year 1 & Year 2 Advanced)
 - C-Squad (20) – 9th -10th grade (Year 1 & Year 2 Developmental)
 - Packer Red (10)
 - Packer White (10)
 - 8th Grade (20+)
 - Lower skill-level players (10th grade) would now have two years to develop into players that can compete at the JV or Varsity levels.
 - Non-Selections (Cuts)
 - Players that have not advanced their skill sets after two years of development.
 - Depth chart casualties -- Juniors / Seniors that are near the bottom of the depth chart and will be unable to contribute significantly at the JV / Varsity due to the talent level above them.

Just
Do
Your
Best

Just
Do
Your
Best

Just
Do
Your
Best

Just
Do
Your
Best

Communication – Chain of Command

Using proper lines of communication:

1st - Talk to your daughter.

2nd - Have your daughter talk to their team coach.

3rd - Set up a parent meeting with your daughter and her team coach.

4th - Set up a parent meeting with your daughter, her team coach, and the Head Coach.

5th - Set up a parent meeting with your daughter, the Head Coach, and the Athletic Director.

Player / Coach:

- Injuries
- Schedule Conflicts
- Playing Time
 - Any questions / conversations about playing time and opportunities to increase that time **WILL REMAIN AT THIS LEVEL! IT WILL NOT BE DISCUSSED WITH PARENTS.**
- Coaches spend a great deal of their time putting together practice plans that provide ample opportunities for players to get better. We determine playing time based on our knowledge of the game and the observations we see at practice.

Parent Involvement:

- **Support:**
 - Positive encouragement for your daughter and team.
 - Provide support to academic success.
 - Be a positive and respectful fan.
- **Motivate:**
 - Encourage your daughter to be as active as she can and work as hard as she can.
 - Encourage your daughter to take full advantage of any opportunity to make herself better-
Off-season: Weight room/speed and agility, summer camps, JO Volleyball.
 - Work hard at practice, in the weight room, and in the classroom.
- **Promote Positive Growth Characteristics**
 - Team Oriented
 - Responsible
 - Sportsmanship // Respect for the game and all involved.
 - Strong work ethic // Dedication / Commitment
 - Self-Advocacy // Positive Self – Image

Program Rules & Expectations Team

Rules:

- 1. BE ON TIME! (To class, practice, bus departure, games, fundraising events, etc.)**
- 2. Accept your role**
- 3. Give 100% every practice/competition**

Program Expectations:

In the classroom and community –

- Just as players are expected to give 100% during practice/games, they are expected to give 100% in the classroom. Work ethic in the classroom carries over to how hard you will work on the court!
- Players must abide by all AHS student handbook rules. Any violation of these rules will result in a meeting with the coaching staff and possible consequences to follow.
- Weekly grade checks will be requested and monitored. If a player is not passing, they will NOT be eligible to play!
- It is highly recommended that every player is signed up for weight training!!! To be the best that we can be, and reach our team's highest potential, weight training is strongly valued and carries over to our success on the court.

Attendance --

- Players are required to attend EVERY practice/game unless they are excused. If you must miss a practice/game, you must communicate with the coaching staff.
- During home and away games, it is recommended to stay for all games, but exceptions for homework/transportation can be allowed if communicated with the coaching staff BEFORE the competition. Players should sit together during all games, to show support, cheer for each other and celebrate the success of the program. We are ONE team and will support each other.
- If a player is absent from school, they are not allowed to practice or compete in a game that evening. The only exception is if the absence is excused or due to a school event for another organization/extracurricular.

Social Media --

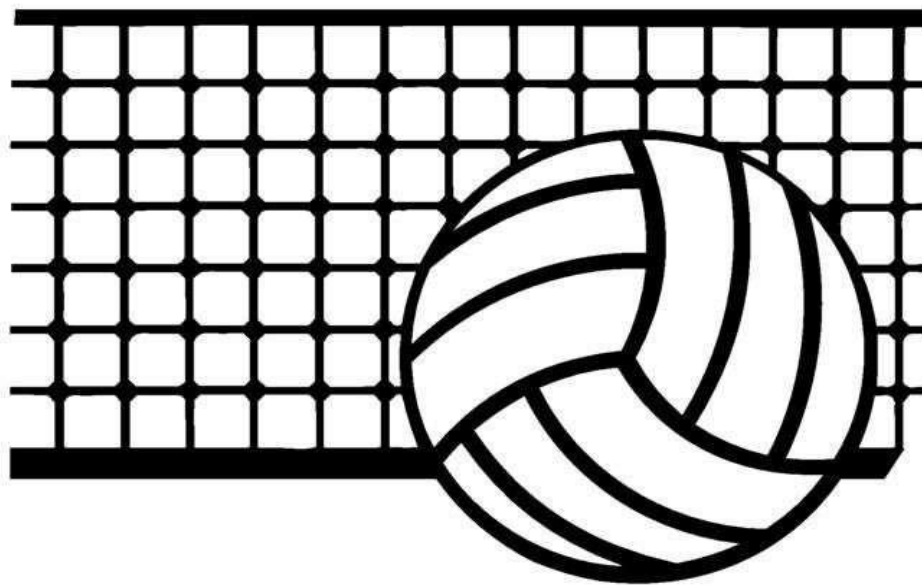
- BE POSITIVE WHEN TALKING ABOUT YOUR TEAM AND SCHOOL! This is an expectation requested among all athletic teams as we are all playing for Austin and should support each other in the process.
- Any inappropriate language toward another person/team will not be tolerated.

Practice/Games --

- BE EARLY – Practice begins at 3:50, every player should be dressed and ready before the start of practice/games.
- Players are expected to wear appropriate clothes to practice/games. This includes tennis shoes, knee pads, and athletic clothes. The trunk of your body should be covered. If a player needs to be taped for an injury, they must have it done before practice/games.
- Respect all equipment. After every practice/game, players must clean up equipment and put it away in its proper place.
- **Cell phones are not allowed at practice or games; they must be left in the locker room.**
- After a practice/game, all players must clean up after themselves. There is to be no trash left in the bleacher/locker room or on the bus.

Attitude/Effort --

- The two things every person has control over is their attitude and effort. There is NO excuse for a bad attitude or lack of effort during practice, games, or team events.
- Playing time is EARNED, not given. Ultimately the coaching staff will choose the players we believe will give the team the best chance to be competitive. Regardless of your position, accept your role!
- Remember that a positive attitude is just as contagious as a negative attitude. Be positive, enthusiastic, and dedicated when at practice and games, or with the team.
- Demonstrate sportsmanship at every competition with officials, fans, teams, and coaches.
- Be accountable, not just of yourself, but of your teammates, too. Our actions reflect on the entire team and represent all of Austin High School.



Players' Code of Conduct



- I accept responsibility for my behavior on and off the court. I understand that what I do and say affects my teammates, my school, and other people either positively or negatively.
- I lead courageously and live with integrity by speaking up against injustice and on behalf of others even when it is hard or unpopular.
- I act with respect toward myself and the people and things around me, including my parents, my coaches, my teammates, my teachers, my opponents, and the spectators.
- I act with empathy. I try to understand what is going on in the hearts and minds of others and what is causing those feelings so that I can be supportive and encouraging. I ask, “How can I help you?”
- I give 100 percent effort to practices, games, and events. I understand that my effort demonstrates my commitment to the team and my respect for my coaches and teammates.
- I will notify the coaching staff of any physical or personal problems that may affect my performance prior to the scheduled event.
- I understand that I am not allowed to use tobacco, alcohol, or illegal drugs in any form, and must abide by the MSHSL guidelines, from the time of signing this contract. If captains have a violation, their captain status will be revoked.
- **I will discuss any issues regarding practices, playing time, or other issues with my coach first.**
- I understand that I must have written notice from a parent (mom/dad/guardian) if they are to go home with another parent after the completion of a match. Phone calls and text messages will not be accepted.

Some material adapted from Ehrmann, J. (2011). InSideOut Coaching How sports can transform lives (pp. 196-197). New York, NY: Simon & Schuster.

Parents' Code of Conduct



- Understand and endorse the purpose of our program: to help our athletes become hardworking, dedicated, focused individuals that can take their learned skill sets from the court to the greater world.
- Support the coaches by applauding behavior in your child and her teammates that demonstrates characteristics of integrity, empathy, sacrifice, and responsibility.
- Acknowledge and appreciate players' growth toward maturity and their effort toward establishing stronger relationships with teammates, coaches, and themselves.
- Affirm your daughter and her teammates when good character, healthy sportsmanship, and other-centered behavior are displayed. Do not affirm only her athletic performance or a victory.
- Serve as role models for our players, talking politely and acting courteously toward coaches, officials, other parents, visiting team parents, and spectators at practices, games, and meetings.
- Model good sportsmanship. Acknowledge and applaud the efforts of team members and opponents. Accept defeat graciously by congratulating the members of the opposing team on a game well played. Support the team regardless of how much or how little your daughter plays or what the win-loss record is.
- Encourage your child and her teammates with positive statements, even when they make mistakes. At every practice, players grow physically, emotionally, and develop character.
- Refrain from boasting about your child's accomplishments.
- When problems or questions arise, please have your daughter present the problem to her coach. We want players to develop self-advocacy. After meeting with her coach, if the issue requires more clarity, contact the coach directly.

Some material adapted from Ehrmann, J. (2011). InSideOut Coaching How sports can transform lives (pp. 196-197). New York, NY: Simon & Schuster.



~Austin Volleyball~ Player/Parent Contract

As a student athlete, I, _____ (printed full name), understand that volleyball is a team sport and that my obligations to my team include:

1. I will attend and be on time for all scheduled practices and matches. I will text or call the coach DIRECTLY, if I am late to practice.
2. I understand that athletes are only excused from practices or matches when they are ill and absent from school. If I miss a match, I will inform my coach ASAP so that he/she can adjust the lineup. (Excuses are granted in VERY limited circumstances—usually in the event of illness, emergency, or previously approved conflict.)
3. I will complete my commitment to the volleyball team/season before beginning conditioning or practice for any other sport.
4. I will be courteous to my teammates and always treat all players and coaches with respect. If I don't, I will not play.
5. I will be allowed to be coached. I will accept feedback because I know it will help me become the best player I can be.
6. I understand that playing time will not be equal and that it is earned by hard work, performance, attitude, circumstance, ability, and compatibility. During BENCH TIME I will maintain the same focus and enthusiasm as when in the game. I will keep my head in the game at every moment and be ready to come in at any opportunity.
7. I will only post positive comments that support my teammates, Austin Volleyball as well as my competitors on social media sites (such as Facebook, Twitter, etc.).
8. As an Austin Volleyball player, I will be always on my best behavior. I understand that inappropriate language will not be tolerated. I will report any team concerns and player issues to my coach.
9. I will respect the referees. I will never question a call or respond in a disrespectful fashion. Any questions will come from the coaching staff only.
10. I understand that as a student athlete I am required to conduct myself as a leader, and I will represent my team and my teammates by adhering to all school and team rules. I will always refrain from alcohol or drug use. I will always adhere to the school dress code and tardy policies. Any discipline referrals will result in punishment or dismissal from the team.
11. As a team player, I will always focus on effort, team and attitude, not wins and losses. I will win with humility and lose with dignity. I will celebrate every great play and brush off lost points.
12. I will make sure that I have fun and enjoy the game!

STUDENT ATHLETE _____ DATE _____

Some parts of this contract were adapted from the Chamblee Volleyball program in Chamblee, GA.



~Austin Volleyball~ Player/Parent Contract

As a parent, I understand that my athlete may not play in every match. I understand that my role as a parent is to encourage and support my student athlete to be the best team player, she can be regardless of her role on the team.

1. I will always model good sportsmanship by the way I treat all athletes, coaches, officials, administrators, and other fans.
2. I will be a supportive parent and be positive about my daughter's playing experience. I will also support her teammates, coaches, and parents inside and outside the gym. I understand that only positive comments about a player, coach, or a competitor should be posted on public websites including Facebook and Twitter.
3. I will insist that my student athlete always demonstrate good sportsmanship and treat other athletes, coaches, officials, administrators, and fans with respect.
4. I will always refrain from coaching my student athlete immediately before, during, and immediately after matches.
5. I acknowledge that not every player will receive equal playing time and that those decisions will be made by the coaches without input from parents. I agree to allow my player to discuss playing time with her coach if she seeks to do so on her own.
6. I will encourage my daughter to resolve any issues on her own before I get involved. I understand this is part of her growth process. When I need to communicate concerns to the coaches, I understand that I should not do this during practices, and immediately before or after games.
7. I understand there is a "no contact for 24 hours" rule following competitive play. This rule states there will be no contact with coaches following a game or tournament after the triggering event. Cooler heads are inevitably more productive. Any concerns the parents may have will be addressed AFTER the 24-hour period following the game or tournament. At NO time will I attempt to discuss any issue with the coach around the players, spectators, or other parents.
8. I will have a basic understanding of the rules of high school volleyball.
9. I will support my daughter in the team's fundraising efforts. I understand that this is her responsibility, and I will follow up with her to be sure she is doing her part.
10. I understand that during home games, the home team is responsible for providing a score keeper, score flipper, libero tracker and the line judges. I will become familiar with these responsibilities and volunteer to help in the needed capacity.
11. I will support Austin Volleyball by serving various volunteer opportunities as much as possible and by making efforts to secure sponsorships that will support the needs of Austin Volleyball.

PARENT _____ DATE _____

Some parts of this contract were adapted from the Chamblee Volleyball program in Chamblee, GA.

Austin Volleyball – August 2023

August 2023						
◀ Jul 2023						Sep 2023 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14 Volleyball Season Begins 8-11:30am V / JV 8-10:30am B / C / 8 th	15 Practice 8-11:30am V / JV 8-10:30am B / C / 8 th	16 Practice 8-11:30am V / JV 8-10:30am B / C / 8 th	17 Scrimmage -St. Ansgar (H) @ 4:00 V/JV/B 3:30-5:30pm C only	18 Practice 8-10:30am V/JV/B/C	19
20	21 9-12 Pictures 12:30 – 3:15pm Varsity & JV Practice only 3:15-6:00pm	22 Varsity – JV Scrimmage (H) 3:30-7:30pm B / C No Practice	23 Practice 3:30-6:00pm V / JV 3:30-5:30pm B / C	24 Practice 3:30-6:00pm V / JV 3:30-5:30pm B / C	25 Practice 8-10:30am V/JV/B/C	26
27	28 Practice 3:50-6:00pm V/JV/B/C	29 Practice 3:50-6:00pm V/JV/B/C	30 Practice 3:50-6:00pm V/JV/B/C	31 Hastings V/JV/B 5:30/7:00 @ A Dismissal-2:55pm Leave- 3:15pm		

Austin Volleyball – September 2023

September 2023							Oct 2023
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
					1 Practice 3:50-5:30pm V/JV/B/C	2 Rochester Invite (A) V/ JV / B Load – 6:20am Leave – 6:30am	
3	4 Practice 3:50-6:00pm V/JV/B/C	5 Lewiston-Altura (H) V / JV / C-Red	6 Practice 3:50-6:00pm V/JV/B/C	7 John Marshall (A)	8 Practice 3:50-5:30pm V/JV/B/C	9 Maple River Invite (A) – Varsity Only Load – 6:20am Leave – 6:30am	
10	11 Practice 3:50-6:00pm V/JV/B/C	12 Practice 3:50-6:00pm V/JV/B/C	13 Practice 3:50-6:00pm V/JV/B/C	14 Albert Lea (H)	15 Practice 3:50-5:30pm V/JV/B/C	16	
17	18 Practice 3:50-6:00pm V/JV/B/C	19 Owatonna (A) Load – 4:20pm Leave – 4:30pm	20 Practice 3:50-6:00pm V/JV/B/C	21 Fairbault (H)	22 Practice 3:50-5:30pm V/JV/B/C	23	
24	25 Practice 3:50-6:00pm V/JV/B/C	26 Rochester Mayo (A) Dismissal – 3:10pm Leave – 3:30pm	27 Practice 3:50-6:00pm V/JV/B/C	28 Mankato West (H)	29 Practice 3:50-5:30pm V/JV/B/C	30 Rochester Invite (A) JV / B / C-Red Load – 6:20am Leave – 6:30am	

Austin Volleyball – October 2023

October 2023						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Rochester Lourdes (H) – 6:00pm V / JV Only Practice 3:50-5:45pm B / C	3 Red Wing (A) Load – 4:20pm Leave – 4:30pm	4 Practice 3:50-6:00pm V/JV/B/C	5 Northfield (H)	6 Practice 3:50-5:30pm V/JV/B/C	7
8	9 Practice 3:50-6:00pm V/JV/B/C	10 Winona (H)	11 Practice 3:50-6:00pm V/JV/B/C	12 Mankato East (A) Load – 3:50pm Leave – 4:00pm	13 Practice 3:50-5:30pm V/JV/B/C	14
15	16 Practice 3:50-6:00pm V/JV/B/C	17 Rochester Century (H)	18 Practice 3:50-5:30pm Varsity Only	19	20	21
22	23 Practice 3:50-6:00pm Varsity Only	24 Practice 3:50-6:00pm Varsity Only	25 1AAA Section Quarterfinal (High Seed)	26	27	28
29	30	31 1AAA Section Semi-Final (High Seed)				