

Albany Huskies Volleyball 2023



Parent/Athlete Handbook

ALBANY VOLLEYBALL STATEMENT OF PHILOSOPHY

I believe a great volleyball program comes from 5 core values: strong fundamentals, hard work, discipline, pride and team. Fundamentals start with strong passing and serving all throughout the 7-12 program. Emphasis will also be placed on setting, hitting, blocking, offensive and defensive strategies where appropriate levels allow.

I believe hard work is fed by passionate coaches insisting on excellence from every player. I'm very passionate about volleyball and how my teams play. Working hard in every aspect of the game during practice will allow us to succeed during matches. Having discipline in academics, athletics and personal situations will also help with success. I will emphasize to athletes in the program that their academic performance is a top priority. As well as following the Minnesota State High School League and Albany Area School rules of academic and behavior policies.

I have felt what "Purple Pride" means. It means to give all you have, be thankful to teammates, opponents, officials and fans for their effort and support, and win or lose we will be role models for our school.

Each individual player must understand that the success of the team is based on all of the aforementioned ideals. Everyone that chooses to be a member of Albany Volleyball is an important part of this team. Team members must support and push each other to be successful on and off the court.

The Albany Volleyball Program is known in the area as having highly competitive teams and having respectful athletes, coaches and fans. This standard has been set before us, so it is our duty to carry on the tradition of success.

Brian Hines
Head Volleyball Coach
Albany High School

Coach's Biographies

Brian Hines, Head Volleyball Coach

Spouse: Bobbi

Children: Kaitlyn (20) and Ava (16)

Work: Albany Area Schools, Math Teacher, Grades 9-12

School Activities: Volleyball, Track & Field, Math Department Chair

Minnesota Volleyball Coaches Association Section 6AA Representative (2021-present)

Coaching Experience: 25 (16 JV and 9 Varsity)

JV Coaching Record: 281-130 (1998-2013)

Varsity Coaching Record: 158-82 (2014-2022)

Overall Coaching Record: 439-212 (1998-2022)

Granite Ridge Conference Record 68-13 (2014-2022): GRC Runner-Up 2014; GRC

Champions: 2015, 2016, 2017, 2019, 2020, 2021

Playing Experience: Pillager HS (Football, Basketball and Track)

Central Lakes College Men's Basketball Team

Bemidji State Men's Volleyball Team

Education: Pillager High School, Diploma, 1992

Central Lakes College, Associate in Arts Degree, 1995

Bemidji State University, Bachelor of Science in Math Education
and Coaching Minor, 1998

Southwest State University, Master of Science in Educational
Leadership, 2003

Honors/Awards: Track & Field All State Selection, 1992

Section 6AA Assistant Volleyball Coach of the Year, 2012

AHS 15 Years of Service Award, 2013

Section 5A Assistant Track & Field Coach of the Year, 2015

AHS 20 Years of Service Award, 2018

Section 6AA Head Volleyball Coach of the Year, 2020

Star Post Head Volleyball Coach of the Year, 2020

AHS 25 Years of Service Award, 2023

Coach of Team "Sota" in the MNVBCA All Star Match, 2023

Other Activities: Sand/Indoor Volleyball, Running, Fishing, Pheasant/Deer Hunting

Quote: "The pessimist sees difficulty in every opportunity. The optimist sees the
opportunity in every difficulty." Winston Churchill

Work: (320) 845-5022; Cell: (320) 293-0954

Email: bhines@district745.org

Faith Fourre, JV1 Coach

I grew up right here in Albany. I have two brothers and a sister, all of which have graduated from Albany and participated in sports. I graduated from Saint Cloud State this past May, with a degree in Elementary Education. This summer I accepted a job at Holy Family School, I will be teaching kindergarten. This year will be my second year coaching for Albany, last year I coached JV2 and this year I will be the JV1 coach.

Volleyball has always been my favorite sport all throughout high school and after high school I have played in sand volleyball leagues to continue that passion. I was a DS, sometimes in the front row if I would get lucky;-) I did coach Avon Slammers JO volleyball my senior year of high school, in which I loved getting to know the girls and watched them grow as players throughout the season. I also played softball in high school and I coached summer ball after I graduated.

Ever since I coached JO volleyball, I knew that coaching was something I wanted to do in the future. While playing sports, I received a few awards for both softball and volleyball. In softball, I earned the Varsity Athletic Award and the Huskies Award. In volleyball, I earned the Defensive Player of the Year Award and Player of the Match vs Cathedral in 2018. I also lettered in both softball and volleyball. While in high school, I was injured multiple times playing the sports I loved. During those difficult times, there was a quote I lived by and I still believe it to this day. "Your hardest times often lead to the greatest moments of your life. Keep going. Tough situations build strong people in the end." - Roy T. Bennett, Author

Email: fourrefaith@gmail.com

Phone: (320) 241-2373

Amber Swarthout, JV2 Coach

I was born and raised in the Avon/Albany area by my dad, Tim, and my mom, Nancy. I have an older brother Kyle and an older sister Brooke. Both of my siblings and I are graduates of Albany High School and participated in many sports. I graduated from SCSU in December 2020 with my Elementary Education Degree. Currently, I am working on my masters through Concordia, St. Paul. My boyfriend, Nathan, and I live in Albany where we plan to stay. I most recently got a job at Avon Elementary. I am excited to be a Huskie again!! Previously, I was a 3rd grade teacher at Pioneer Elementary in Pierz, MN. In Pierz I coached JH volleyball and basketball. I have always had a passion for teaching and coaching, so I am excited to continue both of my passions in the Albany District.

"Failure is not the opposite of success, it's part of it." - Arianna Huffington

Email: aswarthout@district745.org

Phone: (320) 845-5300 Avon Elem.

Kaesha Madden, C Team Coach

I was born and raised in St. Cloud, MN by my mom, Jodi, and my dad, Jeff. I grew up alongside my younger sister, Carlie, and my two younger cousins, Ellie and Anna. I was also close to my aunt and uncle—Lori and Jermey (Ellie and Anna’s parents)—and my grandparents, Jim and Linda. That sums up my very small family, both immediate and extended! I attended the College of Saint Benedict from 2015-2019 where I graduated with bachelor’s degrees in Psychology and Sociology. I work for Greater Minnesota Family Services as a Counselor. Currently, I am contracted to provide mental health services to Avon and Albany elementary schools. This will be my first-year coaching volleyball, but I have plenty of playing experience! I started playing volleyball in 7th grade, first playing for school then joining a travel volleyball team. I continued this mix of school ball and travel ball throughout junior high and high school. In college, I joined the club volleyball team at St. Ben’s and played intramural co-ed volleyball. Currently, I play co-ed sand volleyball in St. Cloud. Apart from volleyball, I enjoy camping with my family and teaching my dog, Cooper, fun tricks. Special Quote: “You miss 100% of the shots you don’t take.” -Wayne Gretzky

Cell: (320) 290-2024 (call or text)

Email: kmadden@district745.org

Follow us on our Twitter Page: @AlbanyVBall

PLAYER RESPONSIBILITIES

1. Keep your academics at the highest priority!
2. Be on time to practices and games.
3. Help with equipment set up and take down before and after practice.
4. Be a positive influence on the team, no matter what your role is on and off the court.
5. Follow Minnesota State High School League and Albany High School policies.
6. Make sure you get enough rest every night and eat nutritious meals to keep your body properly fueled.
7. Help managers keep stats on the bench.
8. C Team will be asked to help video for varsity matches.
9. Varsity players will be asked to help the C team and JV teams during warm-ups. I ask that you shag balls during their 6 min. hitting session. Also, C Team and JV need to return the favor during Varsity warm-ups.
10. Players will be asked to commit ONE Saturday to help out with our 4th, 5th and 6th grade “Huskie Pups” Program. 5 sessions from 8:00-10:00 am in the BECC.
11. All C team & JV2 players will be asked to be line judges, scorekeepers, libero trackers, run the concession stand, etc. for the JV1/Varsity Albany Early Bird Tournament at Albany High School.
12. Follow rules on the bus for away trips and clean up after yourself.
13. Follow outstanding sportsmanship before, during, and after all matches. Remember we represent Albany Area Schools and its Communities.

COACHES RESPONSIBILITIES

1. Plan practices to maximize learning and participation.
2. Teach skills and team game concepts to all players.
3. Determine teams and line-ups, so we can be as competitive as possible and utilize players according to their abilities.
4. Communicate to players their role; give feedback when asked by players how they can change their role, get more playing time, etc.
5. Know the rules of the game to communicate with officials, players, etc.
6. Follow all ethical guidelines during matches, practices, etc.
7. Coach with passion, focus, and control; Remember, our players will follow our lead.

MISSING PRACTICE- INDIVIDUAL CONSEQUENCES

1. All Albany Area School activities - no consequence for missing practice, game, or tournament.
2. Excused Absence (Family Emergency, Funeral, Wedding, Sick, College Visit, etc.)- Will be able to play in the next match, but may not start. If warranted, please bring a doctor's note for clearance to play or practice.
3. Unexcused Absence (Does not show up for practice, game, tournament, or an event not cleared by the coach) - Will not play in the next match, but must attend as part of the team.
4. 2 or more Unexcused Absence- Will not play in the next match and conference with coach, parents and player regarding their ability to be part of the Albany Volleyball Program.

LETTERING POLICY

1. Played an average of one set per regular season match on varsity.
2. A senior who is on the varsity team throughout the regular season.
3. A player who is on the postseason roster and that team reaches the Section Semi-Finals, Section Finals and/or State Tournament
4. Varsity manager for a minimum of 2 years.
5. Coaches discretion.

TEAM TRYOUTS

1. While we do not "cut" athletes from our teams, we do need to have tryouts to determine where each athlete fits in our program.
2. Coaches will split teams accordingly- Two C Teams (split into "A" and "B" by ability), Two Junior Varsity Teams (JV 1 & JV 2), and One Varsity Team.
3. The Varsity Team Roster is limited by the Minnesota State High School League to 18 or less athletes when playoffs begin.
4. There are no roster limits to JV or 9th grade.
5. Tryouts involve volleyball skills and game play. All of these areas are evaluated by the coaching staff to determine teams.

ROAD TRIPS

1. All players/managers must ride the bus to and from away sites.
2. If a player needs to ride with a parent, for an underlying circumstance (wedding, family event, etc.), you must get the OK from Mr. Bubna or Mr. Buntje a day in advance.
3. NO athlete may ride with another athlete's parent.
4. We do not stop to eat after away matches. (Exception: Summer Scrimmage, Weekend Tournament)
5. Follow all school bus policies while on the bus.
6. The bus will only pick up and drop off at Albany High School or St. Benedict's in Avon, so BE ON TIME!

VOLLEYBALL FUNDRAISER

1. We run our fundraiser through Leading Edge Fundraising. We ask that each player participate.
2. The fundraiser has allowed us to purchase team items, team building activities, T-shirts, costs for tournaments and equipment.

RESOLVING CONFLICTS

1. Athletes please talk to your coach about any issue (playing time, role on the team, how to improve your skills, etc.). As coaches, we want to have an open dialogue between coaches and players, so you know where you stand.
2. Parents please set up an appointment with a coach to resolve any issue.
3. If needed, the Athletic Director may be involved to help resolve any issue.
4. Communication is the key here, our goal is to always have a positive outcome.

POSITIONS AND EXPECTATIONS

OUTSIDE HITTER

1. Consistent Hitter and Efficient (.200-.250 Kill Efficiency)
2. Can hit for control and power- Hit multiple shots (line, cross, cut, roll, tip, etc.)
3. Good Blocker
4. Must be quick to transition from defense to offense
5. Great all around player
6. Tough, Consistent Server
7. Positive, confident demeanor on the court

MIDDLE HITTER

1. Great Blockers
2. Able to hit quick attacks
3. Able to approach off of 2 feet, as well as 1 foot (slide approach)
4. Can hit in front or behind setter
5. Quick lateral movement and transition
6. Consistent server and defender (one middle needs to serve and play defense for Libero)
7. Aggressive hitters that can hold an opponent's middle blocker
8. Good physical condition- this is a demanding position

RIGHT SIDE HITTER

1. Great Blockers (block opponent's outside attackers)
2. Strong hitter - can hit line & cross well and needs to hit out side and right side well.
3. Good position for a left handed hitter

SETTER

1. Team Leader
2. Communicator on the court
3. "Quarterback" of the team
4. Must know complete playbook and where all positions need to be
5. Quick feet for setting footwork
6. "Think on their feet" - Must run multiple plays during one rally
7. Tactically Smart
8. Great physical conditioning
9. Great Blocker (5-1 system)
10. Quick to transition and similar setting ability (6-2 system)

DEFENSIVE SPECIALIST/LIBERO (pronounced LEE-BER-O)

1. Great Underhand/Overhead Passer
2. Great Digger
3. Can read the other teams offense (Be two steps ahead)
4. Quick on their feet
5. Good reaction time
6. Consistent
7. Excellent Server
8. Spark plug of the team
9. Depth perception- Hand-eye coordination

BENCH PLAYERS - ALL POSITIONS

1. Positive Attitude
2. Always motivating their teammates
3. Be ready to play at a moments notice
4. Stay focused on the match and your position
5. Give feedback to players and coaches during play and timeouts

MANAGERS

1. Be at all games and tournaments
2. Help with stats, equipment, video, etc. before and after matches
3. Responsible for medical kit, ice, towels, water, etc.
4. Give feedback to players and coaches during play and timeouts
5. Be willing to work hard for your team