



Lakeville North High School

19600 Ipava Ave, Lakeville MN 55044

Topic: *Preparations for Tryouts*

Date: Friday, August 10, 2018

Greetings Lakeville North student-athletes and families:

The summer has flown by and now we are approaching the start of our 2018 Lakeville North Panthers volleyball season! I hope you have enjoyed your summer break and are reaching the peak of your excitement for the fall season. Below is information to prepare you for the weeks ahead.

First, allow me the opportunity to introduce you to our 2018 coaching staff:

Jackie Richter	Head Varsity	JackieRichterLNVB@gmail.com	612-597-5328
Taylor Hall	Varsity Assistant	taylor.a.hall6@gmail.com	612-599-1996
Nate Erdal	Varsity/JV Assistant	erdal011@gmail.com	952-913-2199
Megan Williams	Head JV	megankathleenw@gmail.com	651-235-8330
David Laufenburger	Head 10 th	David.Laufenburger@isd194.org	612-325-9496
Lisa Slinde	Head 9A	Slindelisa3@gmail.com	612-839-7451
Brett Johnson	Head 9B	brettjohnson@edinarealty.com	952-212-3205

Collectively, our experienced and motivated coaching staff is driven to create an exceptional experience for every athlete in the Lakeville North volleyball program. The foundation of this intention is grounded in commitment, passion, hard work and a selfless or serving mindset. We look forward to inspiring you, challenging you and creating the most positive and developmental season yet.

Second, administrative responsibilities required for the tryout process include online registration at www.lnhspanthers.com. Click the "Registration" tab at the top of the page. You will see that registration for fall activities opened on July 1st, 2018. Below, click the "Registration Portal – Lakeville High School & Middle School activities." Follow the tabs to complete your online registration which includes an informational form, current physical and participation fee. Important to note: the athletes must have an **updated physical every three years** and your participation fee will be refunded upon the circumstance that the athlete does not make the 2018 roster. If you have not yet completed this process, it is imperative that you do so immediately.

Third, tryouts for the Panthers volleyball program begin on Monday, August 13th, 2018 in the North and South gymnasiums and will run through Thursday, August 16th, 2018. All sophomores through seniors (AND all players who were on the 2017 roster) will attend their tryouts from 9am-12pm and 1pm-3pm during the week. All 7th – 9th graders (not on the 2017 roster) will attend their tryouts from 1pm-4pm each day. On Lakeville North's Panther Prep Day for freshmen (Wednesday, August 15th), the tryout time will be from 2pm-4pm. (Note: as a 7th-9th grader, you may (not a guarantee) be asked to attend a 9am-12pm tryout later in the week for a



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potential evaluation in the morning session. We ask that you please allow for flexibility in your schedule for this potential request.)

Fourth, during the week of tryouts, please expect to arrive at least 20 minutes ahead of your scheduled time. On the first day, a check-in process will be required. Thereafter, we expect you to allow for adequate time to locate a spot for your personal belongings (outside of the gym), put your practice attire/gear on and to **be on the court at least 10 minutes ahead** of your scheduled tryout time to warm up. Ensure that you bring court shoes, a water bottle and any medical necessities you may need. All athletes should wear a black shirt (NO tank tops) throughout the week.

Fifth, if you are an athlete participating in both the 9am-12pm and 1pm-3pm tryout schedule, you are encouraged to bring a packed lunch to eat at the high school in between the two tryout sessions. If you chose to leave the campus, a reminder to allow for a return that honors the 10-minute warm-up period before the start of the 1pm session.

Sixth, on Monday, August 13th (the first day of tryouts), Mike Zweber (LNHS Athletic Director) and the athletic department is conducting the 2018 fall all-sports parent meetings in the auditorium. This is a mandatory meeting for all parents and is organized by last name (A-F at 5:30pm; G-N at 6:30pm; O-Z at 7:30pm). This meeting includes critical eligibility information distributed by our Athletic Director Mike Zweber to all fall sports families. Please mark your calendars and expect to attend this important informational meeting.

Seventh, on Wednesday, August 15th, 2018 all incoming freshmen students are expected to attend Lakeville North's freshmen orientation from 8:30am-1:30pm. For this day only, we will hold our afternoon tryout for 7th-9th graders from 2pm-4pm. All other tryout days will have an afternoon schedule of 1pm-4pm in the North gymnasium. On Thursday, August 16th, all 10th-12th graders can plan to pick up their class schedules at 8am before our 9am tryout start time.

Eighth, each team will have their first team practice on Friday, August 17th corresponding with the tryout week schedule (thereafter each coach will provide the season practice schedule for their team). On Friday, August 17th, Varsity will practice 9am-12pm and 1pm-3pm; JV will practice 9am-12pm and 1pm-3pm; 10A will practice 9am-12pm and our 9A and 9B teams will practice from 1pm-4pm.

Ninth, detailed below is information regarding team placement. There is no perfect number of players per team. It is, however, important that players have the necessary skill level to allow them to compete successfully on the level of team they are a member of. Depending on the number of players trying out, it is possible that cuts will occur at some levels to ensure a successful season and quality experience for all players in the program. Fielding five competitive teams is a high priority. The goal is to ensure that each player raise their teams level of play, be challenged by the level of competition and fit the vision for their future. Here are a few general guidelines for each team:

- V: eligible for all players grades 7th-12th
- JV: eligible for all players grades 7th-11th



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- 10A: eligible for players in 10th grade (unless numbers or critical positions are not covered)
- 9A: eligible for all players grades 7th-9th (unless numbers or critical positions are not covered)
- 9B: eligible for players in 9th grade (unless numbers or critical positions are not covered)

If numbers or critical positions are not covered within each team, this would allow for some flexibility by the coaching staff to field the appropriate number and level for each team outside the general guidelines presented above.

Tenth, once the week of tryouts is complete and teams are determined, a program-wide fall kick-off parent/player meeting is in place **for all expected to attend** on Saturday, August 18st from 12pm-3pm in the commons at North High School (following the home Varsity/JV scrimmage from 8am-12pm that morning). This is a very important meeting for players and parents to attend as all program/season related information will be presented, provided and detailed. Season schedules, program requirements, coach introductions and Q&A with your head coach will be included.

Last, but not least, thoughts regarding the tryout process and the 2018 season. Lakeville North has a tradition of excellence in volleyball for over the past three decades. I know you are motivated to build on this tradition while paving a path for the future. It is important to understand that being a player in the Lakeville North program requires a *significant amount of pride* in the level of *commitment* and *effort* it takes to move our program forward. Those truly invested must have a high level of *passion for the game* and expectation for themselves. Prepare for your best season yet. Prepare confidently for the week of tryouts ahead.

On behalf of the 2018 Lakeville North Panther volleyball coaching staff, we look forward to seeing you at tryouts. Thank you for all past and present involvement with our Lakeville North volleyball program. We hope you have a great finish to your summer and we look forward to an extraordinary fall.

'Rise'
2018

Sincerely,

Jackie Richter

Jackie Richter
Varsity Volleyball Coach
Lakeville North High School

