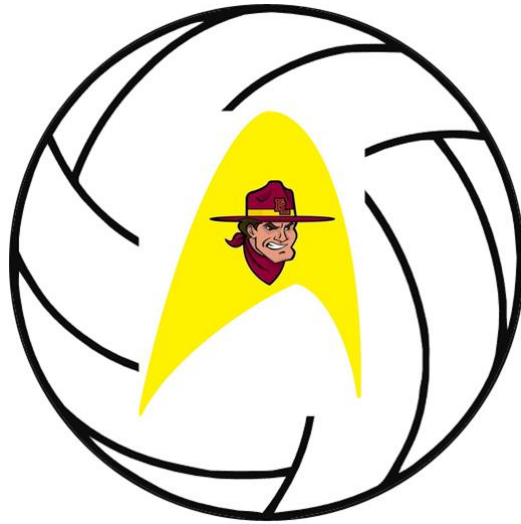


Forest Lake Boys Volleyball

2019 – Rangers



“Go where no RANGER has gone before!”

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TEAM INFORMATION

2019

THE PROGRAM:

Boys high school volleyball in MN officially started in 2018 with 22 schools / 38 teams. This year, the boy's program has exploded with 51 high schools and a total of 95 teams (JV and Varsity)! The preseason started on March 11th, competition starts April 8th and runs through May 19th (State Tournament May 18th-19th for the top 8 Varsity teams). This year the boy's program will be run as a high school "club" sport. The MN High School Boys association is working hard to make this an official high school sport by as early as next year!

OUR PHILOSOPHY: Build better men. We want to create an environment that gives your son the tools and guidance needed to find success not only in volleyball, but for all life decisions. Lessons learned with us will hopefully carry them through the future. Secondly, we understand each player needs different coaching techniques. Lastly, winning isn't the end goal, its just a plus when we do!

ATTENDANCE:

Do your best to attend ALL practices/games/extracurricular activities. We understand your son is involved in other activities. Our request if your son cannot make a practice or game to notify the coach 24 hours in advanced. We are doing our best to schedule around other sports /activities. MOST OF ALL – IF you are sick – STAY HOME!

PRACTICE SCHEDULE:

The practice schedule will probably vary week to week. As everyone knows, gym time is very precious. Unfortunately, we are not a priority for gym space. High School spring sports have the 1st priority. We are also working around other sports and activities AND UNDERSTAND your son MAY NOT be able to attend every practice. For the 1st 2 weeks, practices will be Monday, Tuesday, Thursday, Friday in the Main gym from 7-9pm. Once matches start, we will limit practices to 1-2 times a week. Practice nights / locations will probably be changed from time to time (due to weather / other sports). PLEASE be patient with us – we will be doing our best to make it as consistent as possible.

GAME SCHEDULE:

Game nights will be scheduled Monday, Wednesday, Thursday nights. We haven't received the schedule yet – tentative 03/20/19. Once we have the schedule, it will be posted online, and I will make sure your son receives a hard copy. Game nights will normally start at 6PM with JV, then Varsity playing after, starting around 7:00 – 7:30PM (20 minutes after JV game). Matches for JV will be 3 games to 25, and Varsity will be best of 5 (Games to 25, except if a game 5, deciding game to 15). All players will be required to be at both matches (if you're not playing, you're working / learning the game from your teammates).

TRANSPORTATION:

Bus transportation will be provided to and from matches. For our away matches, it is required your son rides the bus to and from the visiting school. We understand there may be special circumstances – you will be required to sign a permission slip (provided by one of the coaches).

TOURNAMENT:

Forest Lake will be hosting a tournament this year on Sunday, May 12. The tournament will be held in the South Fieldhouse. We will be hosting both JV and Varsity teams (maximum 12 each). More details to come as we get closer to the tournament. We will need volunteers throughout the day / will work with Lakes Club for assistance.

FUNDRAISING:

For the 1st season we will be limiting our fundraising to 1 fundraiser – Email Requests (No selling / door to door). The players will be required to send a minimum of 20 emails to friends and family requesting a donation. That's it! The girls program a similar fundraiser and raised over \$10,000 the 1st year!

TEAM:

We will have 2 teams - 1 JV, 1 Varsity. Depending on skill / availability / competition, your son may play JV, Varsity, or both JV and Varsity. Remember - you are all on the same team!

EXPECTATIONS:

Follow the MSHSL rules: No Chemical Violations ~tobacco, e-cigs, alcohol or drugs. Penalties for first violation- 2 weeks or two contests. 2nd violation ½ the season. 3rd violation terminated from the team. Be on track to graduate. We also expect our kids to be fine examples around the school and in their classrooms and community. Academics are a high priority. Student athletes get the job done in the classroom or arrange time to get help, finish assignments, etc. as well as get to all practices and events on time, ready to go. Discussing things unrelated to volleyball during practices or games is not acceptable. Do not bring cell phones, or other electronic devices, into the gym. **Social Media**- keep as “private” as possible. This is public knowledge and will get you in trouble!

Refs / Refing: Calls by the referees will be “loose”. Grumbling behind the scenes / yelling at the referee hurts the team and is not helpful to our program.

Playtime: Volleyball has positions that require certain skills (i.e. passing vs setting vs hitting vs blocking). We will do our best to get you son in every match! Most importantly, all need positive team attitudes. Be patient with each other. This is a new sport for EVERYONE!

Parents: help your child realize their role and team contributions. Ask the right questions (did you give 100% effort?) Let the coaches “coach / deal with the game”. All are VALUABLE and represent Forest Lake Boys Volleyball.

CAPTAINS:

This year we will have designated captains for the Boys program. The coaches will determine captains BEFORE competition begins. If your interested in being a captain, please fill out the application (see the coach).

CONFLICTS:

Please talk to your son first, if he has an issue he should be talking to us, please encourage him to do so. Playing time is not up for discussion. If you have any other questions, please make an appointment to see us. The coaching staff, your son, and the athletic director will meet with you if necessary. Keep in mind that if your son was applying for a job promotion and he did not get it, you would not go in and talk to the boss about it. This is somewhat like that, it is competitive, and the athletes are applying every day. We all have different strengths and abilities. We need everyone to strive to play their role to the best of their abilities. To reach our goals we need to be a TEAM!!

LETTERING:

Any athlete that is on the Varsity team roster for a minimum three weeks and plays in a minimum of 3 Varsity matches will receive a varsity letter in volleyball.

High School Boys Volleyball Coaches

Varsity- Butch Bethke	bbethke@yahoo.com	651-233-6119
Junior Varsity- Kris Bethke	bethke12@yahoo.com	612-644-2843
Athletic Director- Mike Hennen	mhennen@flaschools.org	651-982-8411
Activities Assistant- Jody Berg	jberg@flaschools.org	651-982-8525
Athletic Trainer- Logan Carlson		651-982-8593

Refer to **LAKESVOLLEYBALL.ORG – BOYS VB** for updates