

Welcome to Wildcat  
Volleyball 2025

# Coaching Staff



- Hannah Lindstrom: Head Coach, High School Business Teacher
- Beth Carlson: Varsity Assistant Coach, High School Art Teacher
- Nicole Graeve: JV Coach, High School Math Teacher (New Heights School)
- Avery Bird: B-Squad Coach, CLHS Tech Support
- Katie Spooner: 9th Grade Team Coach (9A & 9B)
- Volunteers: Shannon Jensen, Vince Klosner, Kailee Soderlund

# Coach Hannah



## Why I Coach

I coach to help athletes discover the value of a strong work ethic, integrity, passion, and perseverance. It is my desire for each athlete to exercise their passion, practice enthusiasm, understand their value, & develop commitment to their teammates & themselves. I am living my dream job!

## How I Define Success

I consider our team to be successful when all athletes have demonstrated growth in skill, passion, mental toughness, team cohesion, and when we play to play great!

## My Goals For This Season

My goals for this season are to rise to the challenge of high-level play while creating a positive, passionate experience for all players. We believe if we can do this, a state tournament appearance will be well within our reach.

# Coach Beth



## Why I Coach

*I love volleyball and I am thrilled to be a part of this program! I enjoy getting to know girls in a different way than in the classroom. I love to bring my level of intensity, and energy to the gym and sprinkle in my humor. I love these coaches and these girls! You keep me coming back to the gym each season!*

## How I Define Success

*Learning from mistakes! Coming into the gym with a positive attitude to work hard every day. Above all: To be a loving inclusive team that builds each other up at ALL LEVELS!*

## My Goals Tor This Season

*The Goal is ALWAYS to grow, overcome challenges, work as a team, do our best, be good people, and fight for every point!*

# Coach Nicole



## Why I Coach

*I coach because I love volleyball and strive to bring values of teamwork, sportsmanship, time management and effective communication to my athletes.*

## How I Define Success

*I define success by how much they have improved over the season. The goal is always to win, but at the end of the day if they became better players and better individuals, I would call that extremely successful.*

## My Goals Tor This Season

*My goals for the team include building relationships on and off the court as well as preparing my athletes to succeed on the next level.*

# Coach Avery

## Why I Coach



*I coach because I love to be a part of a team; both the coaching team and the team of players. We all learn and grow together. It is rewarding to teach the skills necessary to progress through the season and watch it all unfold. Although I am very competitive, it's not always about wins and losses. It's about creating an environment where all members of the team can feel accepted, encouraged and gain confidence.*

## How I Define Success

*I feel success comes when you set goals and put steps in place to reach those goals, and if at first you don't succeed trying again until you do is perfectly acceptable!*

## My Goals For This Season

*Skill Development~Sportsmanship~Academic Performance~Team Performance~Personal Growth*



# Coach Katie



## Why I Coach

*This is my third year coaching Volleyball and I am beyond excited about the opportunity. I love Volleyball and grew up playing for many teams. I coach because I love the sport and the team mentality. I can't wait to meet the players and get this season started! LET'S GO!*

## How I Define Success

*Positive attitudes, consistent teamwork and noticeable improvements.*

## My Goals For This Season

*Create a fun, hard working atmosphere where we push each other to be our best selves and team.*

# Supporting Your Athlete



## What Your Athlete Needs You To Do:

- Ask: How was practice/your game? What did you learn? How did you improve? What are your goals? Did you have fun? Why do you play?
- Encourage, support, and love their athletes, team members, coaches, program, school, community
- Listen and help problem solve

## What Your Athletes DON'T Need You To Do:

- Coach or critique their performance, their teammates, their coach, their refs, etc.



# WE NEED HELP!

8th Grade Coach



Varsity/JV line judges & bookkeepers- \$50/game

7th, 8th, & 9th grade officials- \$100/game

Ticket scanners- \$50/game

Athletic Trainer

Bus Drivers

# Captains



Kayla Larsen

Kate Friedner

Mariah Cave

Linnea Carlson

# General Eligibility Requirements



- Be enrolled at CLHS
  - Transfer students that have not connected with the Activities Director must call 651-213-2526, transfer paperwork must be completed prior to participation
- Online registration forms completed, fee paid and have a physical on file...PRIOR to the first day of practice on August 11th
  - All students must have a valid physical
  - Physicals are good for 3 years
- Be in good academic standing

# Academic Eligibility Requirements



- Seniors: MUST be enrolled in at least 2 classes.
- Grades are formally checked at the end of each term...
  - One failing grade spring term=academic probation, the AD will contact the student and parent/guardian if this occurred.
  - Two or more failing grades spring term=ineligible till mid term of the next term. AD will contact the student and parent/guardian if this occurred.

# MSHSL Violations



## Examples of Violations:

- Use of mood altering chemicals (tobacco, alcohol, drugs, etc.)
- Racial, religious and sexual harassment
- Violence and hazing acts
- Inappropriate conduct at school (fight, disrespect towards a teacher, etc.)

**1st Violation:** 2 contests or 2 weeks, whichever is greater

**2nd Violation:** 6 contests or 3 weeks, whichever is greater

**3rd Violation:** 12 contests or 4 weeks, whichever is greater

\*Students who earn a violation during a season are not eligible to letter or earn any post season awards.

\*See Bylaw 220 of the MSHSL handbook for complete details

# Communication Policy



- Step 1: Participant and coach/advisor (initiated by student)
- Step 2: Participant, parent/guardian and coach/advisor (initiated by student)
- Step 3: Participant, parent/guardian, coach and AD (initiated by student or parent/guardian)

\*24hr rule

\*Items not for discussion: team selection, playing time and other players



# Transportation



- District transportation will be provided for all team events.
- Athletes may ride to and from events with a parent/guardian with prior approval from the coach/advisor.

# Athlete Responsibilities



- **Attitude and Effort:** Bring a positive attitude and maximum effort every day in the classroom, during practice and in competition.
- **Sportsmanship:** Demonstrate good sportsmanship towards teammates, coaches/advisors, opponents, officials and fans. Good sportsmanship reflects positively on every participant, team/group, our school/district, families, and community.
- **Be a good teammate:** Demonstrate care for each other by striving to build strong relationships. Relationships are built on trust, respect and caring for each other. All participants are important to the team/group and play a vital role in its success.
- **Be a good citizen:** Citizenship standards of honesty, respect, compassion and responsibility are set high. Participants should strive to be role models for peers, younger students and our community. Behavior can and does affect a team/group's success.

# Athlete Attendance



- **Attendance at School:** To participate in practices/contests/events/games participants must be in attendance all day. Exceptions must be approved in advance by the Activities Director (if a medical or dental appt. is needed, a doctor's note is required).
- **Early Dismissal:** Students needing to leave early for an event, will be excused through the attendance office. You must stay in class until you are dismissed.
- **Late night return of game/event:** If a team/group arrives back to CLHS after midnight, participants will be excused from 1st block the following morning.
- **Suspension from School (ISS or OSS):** Students suspended from school will be ineligible for practices/contests/events/games the day of the suspension and until they return to school. Additionally, the student will miss the next event to follow their suspension (Code of Conduct Violation).

# Spectator Expectations



Failure to abide by the following expectations will result in removal from that event and potential future events:

- Respect the opposing team and their spectators.
- Respect event officials, comments directed at an official will not be tolerated.
- Use appropriate language, profanity will not be tolerated.
- Refrain from walking on a playing surface, unless permission is given.
- Leave any and all noisemakers at home (megaphones, cowbells, whistles, etc.).
- Leave any and all flags at home.

\*If you are removed from a event by an official or site supervisor you will be suspended from the next event. If it occurs again, you will be suspended for the remainder of the season.

# Athletic Trainer



**We do not have a trainer at this time, as a result...**

- Athletes will need to seek outside medical support as needed if an injury occurs and a physician's note must be provided to the coach and AD prior to returning to play.
- Otte will manage concussion protocol with the assistance of a coach as needed.
- Coaches will notify parents via phone or email if they are made aware of an injury during practice.

# Volleyball Handbook Highlights



- It is likely that not all who try out will be offered a roster spot
- All athletes are required to spectate other program matches at home games (Varsity works/watches all younger matches, all athletes watch Varsity)
- Completing community service goals: LARA, youth league, FMSC, home tournament, etc.
- Wearing team gear to school/bus on away game days, dressing up for home game days
- Take care of jerseys/gear
- Weightlifting, warm up & cool down protocol
- Failing classes= no game time
- Parent involvement in the program- working games, theme nights, etc.
- Fundraising
- Captain's events are optional and not required by the program



# Tryout Details



August 11 & 12: 8-11am, 12-2pm

- Be prepared and punctual: registration done, physical completed, knee pads, appropriate attire, outside shoes/shorts, no jewelry.
- Middle school aged athletes are allowed to attend only if they have specifically been invited by the coaching staff.
- Tryouts will be completed by all players. See Coach Hannah immediately if you cannot attend on these dates.
- Team placements will be decided by 2pm on August 12.
- It is likely that not everyone will be offered a roster spot on a team.

# Tryout Expectations



All athletes will be scored on the following skills:

- Ball Control
- Serving
- Serve-Receive Passing
- Agility
- Defense
- Positionality
- Volleyball IQ & Communication
- Intangible Skills
- General Athleticism

Coaches use these scores to create a depth chart and place athletes at the best possible position for their growth.

# Reminders...



- Visit the [Activities Webpage](#) and review the [handbook](#).
- Bookmark the Activity [CALENDAR](#)...it will be the best source for changes.
- Ticket Prices-Students \$5 and Adults \$10, Senior Citizens and CLHS Students are FREE, NO CASH AT GATE, all tickets must be purchased online.
  - Adult 10-Punch Pass-\$80

# Contact Information



- Jodi Otte, Director of Athletics and Activities
  - Office: 651.213.2526, Cell: 651.775.4226, [jotte@isd2144.org](mailto:jotte@isd2144.org)
- Valerie Rogers, Administrative Assistant
  - Office: 651.213.2528, Fax: 651.213.2527, [vrogers@isd2144.org](mailto:vrogers@isd2144.org)
- Hannah Lindstrom
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- Beth Carlson
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- Nicole Graeve
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- Avery Bird
  - [abird@isd2144.org](mailto:abird@isd2144.org)
- Katie Spooner
  - [kspooner@isd2144.org](mailto:kspooner@isd2144.org)

# Let's Connect!



- Coach Hannah: [hlindstrom@isd2144.org](mailto:hlindstrom@isd2144.org)
- Website: [www.chisagolakesvolleyball.com](http://www.chisagolakesvolleyball.com)
- Remind!: Text “@clvb2025” to 81010
- Facebook: Chisago Lakes Volleyball
- Instagram: @chisagolakesvolleyball
- Twitter: @ChisagoVolley

