



Miner Volleyball



Volume 4, Issue 3

Newsletter

Mid-Season 2019

Character of a Champion

Each Issue the Coaching Staff will share part of our Coaching Philosophy This issue discusses one of the 11 Core Personal Values of the volleyball program.

4. Compassion

1. Compassion is seeing the perspective of another person and trying to empathize with them.
2. Athletes will be compassionate towards themselves, their teammates, and their coaches.
3. Compassion leads teammates to play with an open heart. This aspect ignites the spirit that can have a transformative effect on a team and bond them together.
4. Six ways to be more compassionate: 1. Treat others as you want to be treated, 2. Flip your perspective, 3. Have compassion towards yourself, 4. Reach out with genuine concern, 5. Listen fully, 6. Speak from your heart.

High School Coaches:

Brian Filibeck, Jenna Voegele, Chantel McKay

Middle School Coaches:

Kathryn Johnson, Kyle Christensen
Kim Rueb, JoDee Dacar

Follow on [TWITTER](#) for news & pictures on the volleyball team.

1. @CoachFill23
2. @jenna_voegele



Volleyball Website

Check out the volleyball website from the Beulah Public Schools website under Activities. Below is the link.

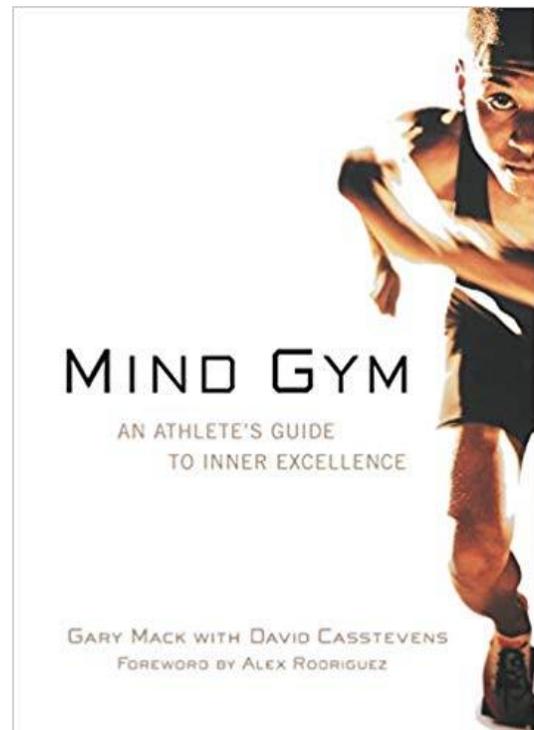
<http://www.beulah.k12.nd.us/Domain/227>

Mind Gym

Each year all incoming Freshman or new players to the volleyball program are required to read the book Mind Gym. This is the 3rd year we have done this tradition within the volleyball program. This book is one of the main parts of our Miner Mental Toughness program designed by Coach Filibeck. The book is full of stories and methods on how to be more mentally tough on the court and off the court. The players after reading the book do a presentation to the whole team on what was their favorite chapter and what tip they got from the book.

Below is a quick overview of some of the main ideas from the book.

- A. visualization & imagery strategy
- B. done at different times than meditation
- C. visualize your best or perfect performance of the skills
- D. visualize your body moving, sounds, sights & feelings
- E. see yourself in playing in your best state



UPCOMING EVENTS:



ONLY 6 MATCHES LEFT VS:

KILLDEER, HEART RIVER, MINOT RYAN,
GLEN ULLIN-HEBRON, BOWMAN COUNTY
AND HAZEN.

REGION 7 TOURNEY IS NOV. 8, 11-12 & 14



Dig Pink Night

Friday October 25, 2019 Miner Volleyball will be doing a Dig Pink Cancer Awareness night as we play the Heart River Cougars. Fans are encouraged to wear pink to the match. There will also be sign up where you can sign the name of a cancer survivor or sign the name of a loved one who lost the battle with cancer.

Senior Night

Senior night is scheduled for Tuesday November, 2019 as we play the Hazen Bison. We ask that all senior parents line up in the bottom hallway in front of the locker-rooms near the conclusion of the JV match.

Parents & players will be announced and introduced on the main court right after the JV match before the varsity warm up begins.



Middle School Volleyball

A big thank you to all the fans, parents, players, and coaches for a great Middle School season. There were 22 8th graders and 16 7th graders playing this season. All 4 teams won a lot of matches and definitely set the tone for Miner Volleyball's future. The 7th grade took 2nd at the Center-Stanton Tourney, while the 8A team won 1st place at both the Center-Stanton tourney and Heart River tourney.

