



Miner Volleyball



Volume 4, Issue 2

Newsletter

Pre-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.

#2 Physical Toughness

1. Able to withstand great strain without breaking.
2. Physical training of strength and conditioning, agility, speed, and stamina.

#3 Mental Toughness

1. Meditation
 - A. breathing & relaxation strategy
 - B. done at the beginning of practice & matches
2. Mind gym
 - A. all players will read the book "MIND GYM"
 - B. visualization & imagery strategy
3. Self-talk
 - A. positive re-enforcement strategy
4. Goal setting
 - A. plan of action strategy
5. Pre-performance routines
 - A. series of habits to get ready to play strategies
6. Yoga
 - A. periodic use of breathing/stretching/strengthening
 - B. calming patterns of harnessing your mental power
7. Pressure Points
 - A. simulates pressure situations during a match

High School Coaches:

Brian Filibeck, Jenna Voegelé, Chantel McKay

Middle School Coaches:

Kathryn Johnson, Kyle Christensen, Kim Rueb, JoDee Dacar

High School Practice Starts August 19th – 5:00 pm

All players' grades 9-12 will report to the High School gym at 5:00 pm to check in & begin the first practice. The first 2 days will be skill evaluations to determine the squads. Players must attend these session in order to make a squad.

Middle School Practice Starts August 19th – 3:30 pm

Grade 8 = will practice at the Middle School

Grade 7 = will practice at the Fit Club

Sport Physicals & Impact Concussion Testing

Physical forms. All players' grades 7-12 must have their physical forms completed and uploaded to the FamilyID website or into the office or your Coach before they are allowed to practice. No player will be allowed on the court until the form is turned in.

Impact concussion testing. All 7th Grade, FRESHMAN and JUNIOR players must take the online concussion test. The test will be administered through the clinic. Watch for dates and times the testing will take place.

Welcome New Coaches

Miner Volleyball is excited to announce new additions to our coaching staff. Chantel McKay moves to the High School staff as the C-Squad coach.

At the Middle School, Kathryn Johnson & Kyle Christensen will lead the 8th grade team. Kim Rueb & JoDee Dacar will be coaching the 7th grade teams. Our volleyball program is fortunate to have a wealth of experience at our coaching positions.



UPCOMING EVENTS:

AUGUST 13

- 1ST HS PRACTICE 5:00 PM
- 1ST MS PRACTICE 3:30 PM

AUGUST 26

- PRESEASON SCRIMMAGE AT CENTER – V-JV

AUGUST 29

- MINER PREVIEW NIGHT – V-JV-C & 7-8

AUGUST 31

- COAL COUNTRY INVITE – V

SEPTEMBER 2

- LABOR DAY – NO PRACTICE

SEPTEMBER 5

HOME VS CENTER/STANTON - V-JV-C

SEPTEMBER 10

HOME VS DAA JV-C

SEPTEMBER 12

@HETTINGER-SCRANTON - V-JV-C

SEPTEMBER 14

- @ BOWMAN TOURNEY – C
- @ CENTER-STANTON TOURNEY – V

SEPTEMBER 17

@ HAZEN - V-JV-C

SEPTEMBER 19

@MOTT-REGENT - V-JV-C

SEPTEMBER 21

@ RICHARDTON-TAYLOR TOURNEY - JV

Scrimmage at Center-Stanton

The Varsity & JV teams will be competing in a pre-season scrimmage in Center on Monday August 26th. The times and schedule will be distributed when we receive them.

Miner Midnight Madness

The 4th Annual “Midnight Madness” summer volleyball tournament held in Beulah on June 14th was a huge success with 13 teams participating. The Miners Varsity, JV, and C teams played in the tournament. Competition began at 6 pm and continued until 2 am. Teams participating were Beulah, Hazen, Garrison, Killdeer, Rugby, and Center-Stanton

BHSU Summer Slam

July 13-14 saw the Miners in action on the campus of Black Hills State University in Spearfish, SD. The players participated in team bonding activities such as staying in a cabin, senior players cooking a meal together and the annual Coach Fill’s “Black Hills Survivor” competition. Both teams improved as the tournament went along. This was again a large tournament at BHSU with teams attending from ND, SD, WY, NE, & MT. A big thank you to Coach Voegele & McKay for a great job.

Volleyball Webpage:

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

* Check it out for news updates, schedule, and rosters.

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

1. @CoachFill23
2. @jenna_voegele



Coal Country Invite

The Beulah Miners and Hazen Bison will host their annual Coal Country Invite tournament on Saturday August 31. Action will take place at both gyms in Beulah and Hazen. There will be 16 teams participating in the tournament with some of the top team in the state attending. Actions starts at 8:00 am with Beulah taking on New Salem in the BHS high school gym.

First Matches

The first regular season match will be on Thursday September 5th as we host Center-Stanton. The match is scheduled to start at 4:30 with the C-squad followed by the JV & Varsity matches.



Summer Activity Pictures:



Varsity Team at the DSU team camp



High School Camp with Anna Hohen – Univ. of Jamestown



Fellowship of Christian Athletes camp held at the Univ. of Jamestown campus.



Middle School Camp with Anna Hohen – Univ. of Jamestown

