Lincoln Volleyball 2025

Head Coach – Nikki Nyhaug
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JV/Varsity Assistant – Anezka Szabo
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Sophomore/Varsity Assistant – Jaylin Stauffacher
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Freshman/Varsity Assistant – Emily Vazquez
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Volunteer Freshmen Assistant – Abbie Peichel

Volunteer Varsity Assistant - Jennifer Bertsch

Philosophy

Participating in athletics as a young adult builds character, teaches responsibility and commitment, and provides opportunities to grow and succeed.

Communication

As your children become involved in the programs at Lincoln High School (LHS), they will experience some of the most rewarding moments of their lives. It is important to understand that there may also be times when things do not go the way you or your child wishes. During these times, discussion with the coach may be desirable to clear up the issue and avoid any misunderstandings. As coaches, we are teaching athletes responsibility and life skills as well as the game of volleyball. All communication will be directly through your daughter. If there are pressing issues that need parental involvement, the coaches will contact the parent directly and arrange a time to meet. Clear, direct, and timely communication will lead to a more comfortable and productive environment.

There are situations that may require a conference between the coach and the parent. These are encouraged, as it is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, please follow the guidelines outlined so we can better promote a solution to the item of concern:

- Contact the appropriate level coach to set up a meeting.
- If the coach cannot be reached, contact the head coach or call the LHS Activities Director. Arrangements will then be made for an appointment.
- Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution and may exacerbate the issue. As a rule, we will wait 24 hours to discuss a concern to allow oneself time to process and rationalize the concern. Again, playing time will not be discussed with parents at any time.
- Please be mindful that these meetings are an opportunity for parent and coach to discuss concerns regarding YOUR child and matters concerning other student-athletes should not be brought up unless there is an immediate health or safety concern.

Attendance Policy

- It is expected that athletes be at every practice and match on time. Please coordinate with your fellow players/parents if transportation is an issue. If you are involved in other extracurricular activities, please be mindful of any schedule conflicts and communicate them with your coach and the other leader as soon as possible.
- In the event of an illness, we ask that the athlete communicate this with her coach as soon as possible. We want to promote responsibility by having the athlete herself contact her coach and thus, players will refrain from asking their teammates/parents to relay the message for them.
- Students must be present at school for the last three periods of the day to be eligible to practice or compete.

Team Information

- Tryouts will take place August 14-16.
- We will provide a schedule including tryouts and subsequent practices/games. We expect the athletes to be at every scheduled practice for her respective level/team.
- For any cuts made, coaches will have individual meetings to discuss the decision with the athlete.
- Athletes that make the team will be given team equipment for which they will be responsible for the remainder of the season. Please make it a habit to bring all your gear all the time.
- Athletes may be moved up to a higher team as needed throughout the season; however, moving up and staying up is not a guarantee and these changes will be discussed with the athlete.
- Athletes should be appropriately dressed for practices and matches. Remember, you are always representing your team!

Academics

- We must remember that we are working with students first and athletes second and being a member of the volleyball team is a privilege. It is expected of all student athletes that they attend classes regularly and represent LHS well by showing kindness and respect to other students and staff. The academic performance and behavior of all team members will be monitored throughout the school year.
- School and SDHSAA rules require that you pass 4 classes (2 credits) during the previous semester. These are minimum standards and members of the LHS volleyball team will always strive to perform to the best of their ability on the court and in the classroom.
- Discipline as directed by school policy or other team rules may result in sitting until grades are brought up or suspension.
- For those wishing to continue playing at the next level, there are free resources available for tracking eligibility at www.CoreCourseGPA.com. Click on Free New member Account and enter the school ID 421178 and School Code 729287773 to begin.

Safety

- Injury is always possible while participating in sports, but we will do our best to prevent these injuries.
- It is important that athletes be prepared with proper equipment (i.e. properly fitting shoes, knee pads, etc.). Each athlete is responsible for supplying these items.
- Should an injury occur, Katie Lardie and Austin Mueller will be our trainers. The trainers will communicate with athletes, coaches, and parents regarding injuries. Should this be needed, we will take the necessary measures to properly heal injuries before returning an athlete to play.
- If an injury occurs outside of practice, or the athlete sees a doctor, please bring a note for the trainers and the coach so that we are aware of modifications that need to be made. This is for the safety of the athlete.
- Insurance coverage is the responsibility of the parent/guardian.

Travel

- To promote team camaraderie, students are expected to ride the school sponsored transportation when it is provided (i.e. to and from away games).
- There may be circumstances where a player needs to ride home with her parents. In these situations, a Parent Transportation Release Form needs to be approved and signed prior to the trip.
- Please note: t**here is no busing provided for in-town away matches**. For these matches, all teams will be expected to transport themselves to the location of the match. If necessary, upperclassmen may assist with transportation of those who cannot drive themselves; please try to have this arranged in advance.
- Carpooling is a great way to get everyone there on time; we can try and make arrangements in advance when possible.
- After an in-town away match, athletes are responsible for their own transportation home as well.

Sportsmanship

- The LHS Volleyball Program will strive to promote sportsmanship and the development of good character in our athletes.
- Parents are of vital importance to our program and, as representatives of such, we ask that they uphold good sportsmanship standards as well.

Expectations

Players: Off the court

- No use of alcohol or drugs will be tolerated. Violations will be handled per the SFSD guidelines, possibly resulting in suspension and/or expulsion from the team.
- Please use good judgment and remove yourself from compromising situations.
- It is important and expected that athletes attend all classes – even when we get home late from a trip the night before, students will get to school **on time** the next day.
- During team functions (team meals, watching matches, bonding activities, etc.), phones will be turned off or put away.
- Please be engaged in our other teams' matches – we should not be on our phones, but rather cheering on and supporting our LHS teams.
- Be respectful to everyone you meet. Please's and thank you's everywhere we go! This includes your teammates and coaches – show LHS pride!
- We should never be speaking negatively about our teammates. ***This applies to everyone involved in our program – players, parents, and coaches.***
- We expect athletes to be on time to team events. On time means arriving **at least** 15 minutes early.
- The bus and locker rooms that we use will be completely cleaned out before we leave. Make sure no garbage, jerseys, shoes, kneepads, etc. are left behind. We will leave them looking better than we found them.
- SOCIAL MEDIA: All social media accounts should reflect both YOU and YOUR TEAM positively. Do not post anything that is derogatory towards other teams or compromises the integrity of LHS – we want to be good sports always!

Players: On the court

- We expect athletes to be on time. When practice is right after school, athletes should get to the gym as soon as possible. If treatment of some sort is needed in the training room before practice, please get there ASAP so we can be the first team in and the first team out and get practice started on time.
- Nets up, balls counted, shoulders/ankles/stretches done before starting warm-up.
- We will wear matching practice gear – make sure to have socks, kneepads, full gear each practice.
- No jewelry – we want to practice like we'll play.
- Represent LHS! Please leave your club (Kairos, Pentagon, etc.) t-shirts, sweatshirts, etc. at home throughout our LHS volleyball season.
- No cursing. (Practices, games, anywhere we go publicly as a team)
- We will hustle **everywhere, all the time**. (Getting drinks, shagging balls, in drills, etc.)
- When coaches are talking, please be respectful, listen, and show you are engaged through eye contact.

Players: In the Weight Room

- Athletes will have the opportunity to lift during season 1-2x per week, depending on our match schedule. These sessions are optional, but if choosing to attend they need to be treated as a practice and athletes should be on time and prepared for them.
- We expect athletes to treat Brady and his interns with the same respect as our coaching staff, essentially they are an extension of us and they are trying to help our athletes reach their potential.
- No phones in the weight room.
- No sitting (on equipment or floor) – this is a time to be active, get stronger, and avoid injuries!
- Do every rep – hold yourselves accountable to be the best you can be!

Coaching Staff

- **Be a positive role model.** Carry ourselves in a professional manner at all times, on the court and in the community. Players and community members are always watching. As representatives of the program, our actions will reflect on everyone, not just individually. Make sure our interactions on the court reflect how we would want our own child to be treated.
- **Coach every player.** They won't care how much you know until they know how much you care. We will coach players to help prepare them to achieve their greatest potential. Each player is putting in the time and effort to make the team better and it is the responsibility of the coach to help improve their skills.
- **Communicate.** A volleyball program consists of many parts; all coaches should make sure to work together to stay informed of what is going on with players, scheme, and the program in general. Coaches should also strive to ensure the players understand the material being presented in practice and be approachable if a player wants to talk. As a team of coaches, will be open and honest with each other if we see a concern or area for improvement.

- **Commitment**. We ask our players to invest a lot of time into our program and, therefore, the same commitment is needed from each coach. In turn, the program will try to place a priority on using time wisely during meetings, practices, and team activities.
- **Appearance**. How we dress gives our players a signal regarding our professionalism and the level of respect we show to our team and profession. Coaches will maintain appropriate professional dress during games and practices.

Parents

- We will enjoy our child's opportunity to experience the benefits of playing high school volleyball.
- We will trust in our child's ability to have fun and to perform/achieve excellence on her own.
- We will help our child learn the right lessons from winning, losing, individual achievement, and mistakes.
- We will respect our child's teammates, as well as fellow parents and fans.
- We will respect the officials and their authority during games, acknowledging that sportsmanship is learned from our actions.
- We will give encouragement and applaud positive accomplishments whether from our child or her teammates.
- We will support the efforts of the coaching staff.
- We will not instruct from the sidelines unless asked for assistance by the coach.
- We will ensure that our child will attend all practices and games and will inform the coach in advance if unable to attend.
- We will respect all facilities made available to our child.
- We will respect the equipment and uniform loaned to our child for practice and play.
- We will never demonstrate threatening or abusive behavior toward students, coaches, or officials.

LHS Volleyball Website

2025 Volleyball Booster Representatives/ Contact Information

Senior
Molly Davis: molly.davis@k12.sd.us

Junior
Lisa Fink: lisafink12@me.com

Sophomore
Melissa Goff: melissa.goff@avera.org

Freshman
Kristy Dillon: cdillon@sio.midco.net

Volleyball: More Than Just a Game

Teamwork – The ability to work with others is extremely important in today's world.

Commitment – Players must be at all practices and follow team rules.

Work Ethic – Peak physical condition can only be attained through hard work.

Pride in Performance – A feeling of accomplishment is realized through persistent application of effort.

Friendships – Lifetime relationships are developed through participation in sports.

Achievement – Players represent their communities, schools, and families. A feeling of togetherness is experienced.

Enthusiasm – In order to be successful, both volleyball and life must be approached with enthusiasm.

Persistence – One learns to get up and go again after being knocked down.

Courage – Performance under pressure helps conquer fear.

Confidence – Self-esteem is enhanced through a series of achievements.

Athletic Ability – The skills essential for volleyball are valuable in other sports.

Have Fun! – Volleyball is fun to play and exciting to watch.

Identity – The team provides all participants with a sense of belonging.

Challenges – Participants learn how to overcome obstacles to success.

Better Grades – Numerous studies indicate students active in school activities perform better in the classroom.

Responsibility – The game of volleyball holds individuals accountable for their actions.

Success in Life – According to the American College Testing Service, participating in high school activities is a major indicator of success later in life.