

2025-2026

STMA Volleyball

Parent/Player/Coaches Meeting

Presented By:

Joy Knoblach & Candice Gaston

www.stmajo.org



STMA JO Board Members



**Club Director/Youth Coordinator
Candi Gaston**



**JO Coordinator/Co-Coaching
Coordinator/12s coach-Joy Knoblach**



**Co-Coaching Coordinator
Tammy Cornillez**



**Treasurer
Michele Jensrud**



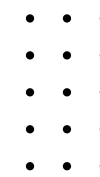
**Website Coordinator
Lisa Giedd**



**Uniform Coordinator
Crystal Sondreal**



**Social Media Coordinator
Robyn Pouliot**

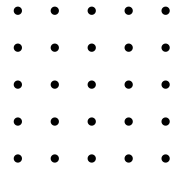


**Concessions Coordinator
Amanda Glunz**



**Secretary
Anna Dougherty**

STMA JUNIORS

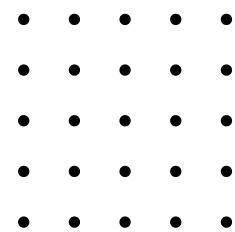


STMA JUNIORS-2002

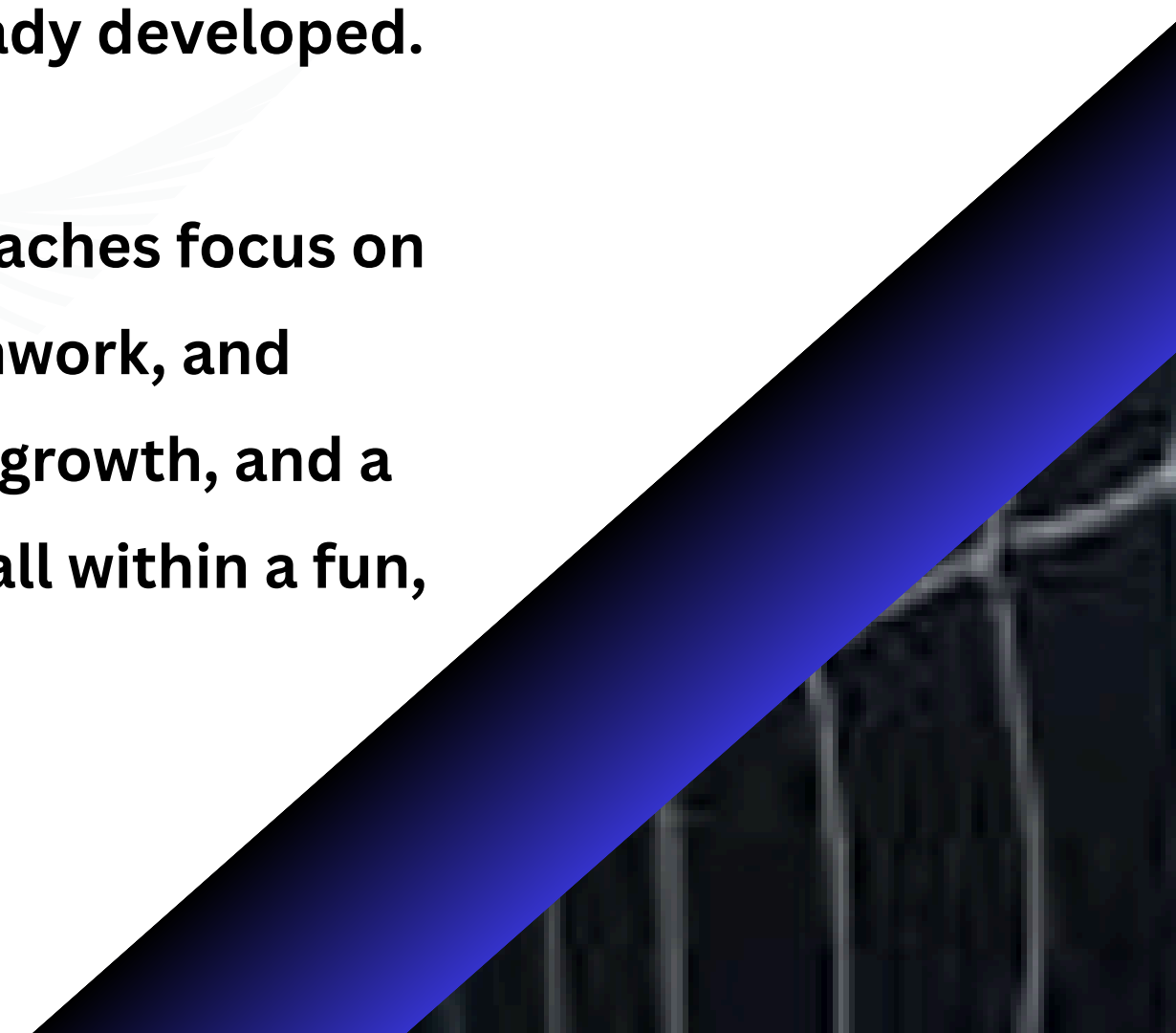
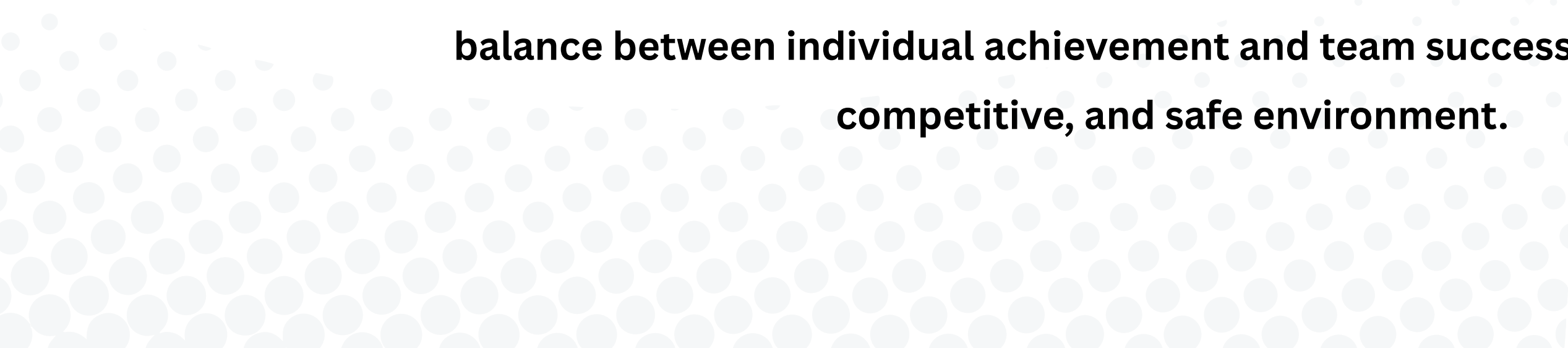
STMA YDT-2011

STMA K-2 2020

The STMA JO Volleyball Program is dedicated to the development and promotion of volleyball within the St. Michael-Albertville community. Our program offers players an opportunity to play volleyball year-round, helping them both learn new skills and strengthen those they've already developed.



Beyond teaching the fundamentals of volleyball, STMA JO coaches focus on fostering important life skills such as responsibility, teamwork, and perseverance. We emphasize good sportsmanship, personal growth, and a balance between individual achievement and team success—all within a fun, competitive, and safe environment.



TRAINING PHILOSOPHY

Our coaches understand and embrace the unique opportunity they have to help players develop skills that extend beyond the volleyball court. Through consistent guidance, players will not only refine their athletic abilities but also learn — and be continually reminded of — the importance of hard work, commitment, perseverance, and teamwork.

SYSTEMATIC, HIGH REPETITION

**HIGH EXPECTATIONS-ACCOUNTABILITY
FOR COACHES AND PLAYERS**

**BALANCE OF TEAM DEVELOPMENT (TACTICAL)
& PLAYER SKILL DEVELOPMENT (TECHNICAL)**

**TEAMS NEED TO BE AS SUCCESSFUL AS
POSSIBLE, BUT PLAYERS MUST SHOW SKILL
PROGRESS THROUGHOUT THE SEASON**

KEY CONCEPTS

THE POWER OF ATTITUDE

Attitude shapes concentration, improvement, teamwork, and performance. Always stay positive with your teammates.

Negative attitudes that hurt team chemistry will not be tolerated. Players who display poor attitudes may be asked to leave practice, and those unwilling to improve may be asked to leave the team.

A good attitude in practice creates a winning attitude in competition.

NEVER GIVE UP

Never give up on a play—even if you've made a mistake—until the whistle blows. Mistakes can always be made up for through hustle, effort, and determination.

TEAM UNITY

Always support one another and show respect both on and off the court. Every member of the club is valuable, regardless of which team she plays on or how much playing time she receives.

MORE THAN JUST SHOWING UP

An athlete must always give that extra effort—both physically and mentally—in every practice and competition. Striving to improve yourself makes you a better player, builds a stronger team, and strengthens the entire club.

Do the extra work. Push yourself to be the best you can be. Great teams are built on players who go above and beyond.



PLAYER EXPECTATIONS

BE READY

TO BE
CHALLENGED AND
PUSHED

THIS IS NOT A
SOCIAL HANGOUT

COMMITMENT

MANAGE ALL COMMITMENTS

MAXIMIZE OPPORTUNITIES

MENTALLY PREPARE FOR
PRACTICE & COMPETITIONS

TAKE ADVANTAGE OF THE
PHYSICAL TRAINING
(OPPORTUNITY FOR GROWTH)

TAKE OWNERSHIP

OF YOUR
DEVELOPMENT AND
CHOICES

GETTING BETTER-
COACHES PART AND
PLAYERS PART

Player Expectations



BE ON TIME (EARLY)



HAIR PULLED BACK AWAY FROM FACE



NO JEWELRY (LEAVE IT AT HOME)



**NO CELL PHONES OUT AT PRACTICE
(LEAVE IT IN YOUR BAG)**



WATER BOTTLE



KNEEPADS ON AND UP



COURT SHOES CARRIED INTO THE BUILDING



**ALWAYS RUNNING OR JOGGING TO SHAG,
OUT OF A HUDDLE, IN BETWEEN DRILLS**



NO SITTING UNLESS GIVEN PERMISSION



**PRACTICE SHIRTS MUST BE WORN TO
PRACTICE & SPANDEX/LEGGINGS (BLUE OR
BLACK)**

ATTENDANCE POLICY

Examples of an excused absence are sickness, school functions, and family vacations. If you are unclear of this please contact the JO Coordinator.

✓ 1st unexcused absense- discussion with coach

✓ 2nd unexcused absense- probationary status

✓ 3rd unexcused absence will result in repercussions, possibly including dismissal without reimbursement.

✓ 24 hour notice must be given for an absence to be excused (excluding illness).



PLAYING TIME POLICY

PLAYING TIME IS AT THE SOLE DISCRETION OF THE COACHING STAFF

STMA Juniors is dedicated to fostering the growth and development of every athlete on our team. Our practices are thoughtfully structured to provide all players with meaningful opportunities to build and refine their skills. Weekly skills sessions focus on individual fundamental development, ensuring each athlete receives personalized attention. Tournament play further allows players to showcase their abilities and apply their training in competitive environments.

PLAYING TIME WILL NOT BE EQUALLY DISTRIBUTED AMONG ALL PLAYERS

FACTORS THAT WILL EFFECT PLAYING TIME

- Position on the court
- Ability to execute skills effectively
- Attitude and effort during practices and matches
- Attendance and punctuality
- Responsiveness to coaching
- Positive body language
- Overall work ethic

LINES OF COMMUNICATION

STEP ONE

Player arranges meeting with coach outside of practice/tournaments.

STEP TWO

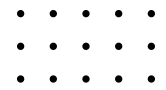
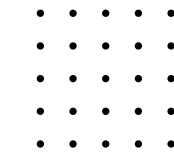
Parents may contact the coaching coordinator or your daughter's coach by email or by phone. It will be determined at that time if a meeting to discuss the matter is appropriate. (If so, this meeting will include: the player, parent/guardian, team coach and coaching coordinator from the program)

STEP THREE

Meeting with the coaches, coaching coordinator, and club director

24 HOUR RULE

IMPORTANT: Parents or players may not approach the coaches before or after practices and matches about an issue unless a meeting has been scheduled. If the matter is related to a specific incident, match, or event, then honor the 24 hour rule



YOU ARE ALWAYS WELCOME TO CONTACT THE CLUB DIRECTOR (CANDI GASTON) OR THE JO COORDIANTOR (JOY KNOBLACH) AT ANY TIME THROUGHOUT THE SEASON ABOUT AN ISSUE.

YOU DO NOT HAVE TO WAIT THE 24 HOURS



24 Hour Rule

SOCIAL MEDIA

Coaches

Coaches will communicate to parents and players via the app SportsYou. This app will allow group chats for the team, players and coaches. This should be the only app used.

Players

Players are expected to respect teammates, coaches, officials, and other teams (competition) in face to face communication, body language, and on social media.

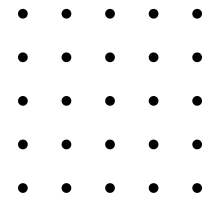


At any time, if a player communicates something that is offensive, degrading, or puts another teammate or club member down; it will result in a consequence including a meeting with the Coaching Coordinator and parent. Please note that it may also result in a larger consequence, including suspension.

WE DO HAVE A FACEBOOK PAGE! STMA JO AND YDT VOLLEYBALL

**FOLLOW US ON FACEBOOK AND SEND US SEASON HIGHLIGHT PICS/VIDEOS/TOURNAMENT UPDATES
USING THE SPORTSYOU GROUP STMA JO 25-26 TEAM UPDATES.**

BULLYING POLICY



STMA Juniors recognizes that a safe, respectful, and supportive environment is essential for athletes to learn, grow, and reach their highest potential. The organization is committed to promoting positive relationships and ensuring that all athletes, coaches, and participants are treated with dignity.

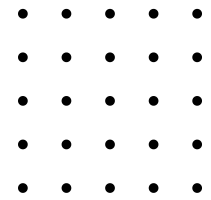
Bullying—like any other form of violent, aggressive, or disruptive behavior—undermines this environment. Such conduct interferes with an athlete’s ability to learn and perform, as well as a coach’s ability to foster development in a safe and supportive setting.

STMA Juniors does not tolerate bullying in any form and will take appropriate action to address and prevent it.

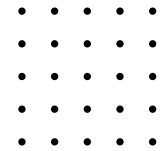


SCHOOL SUSPENSION POLICY

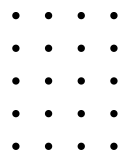
Any school suspension, in which disciplinary action is taken by STMA schools to temporarily remove a student from attending classes or participating in school activities due to behavior that violates school rules or policies, will be enforced in accordance within the STMA JOs program.



REFUND POLICY



Refund Policy- STMA Juniors **WILL NOT offer any refunds for club volleyball athletes once the season has started since the loss of an athlete cannot be easily replaced once all club athletes have committed to their teams. Therefore, STMA Juniors defines the start of the season as the team's first practice and not the team's first tournament.**



However, should an athlete become injured and unable to finish the season the club may decide to prorate the remaining fee based on expenses incurred by STMA Juniors on behalf of your daughter, but this is at the discretion of the board.

Parent Volunteer Requirements

Required Hours

6 hours for single JO player

8 hours for multi JO players

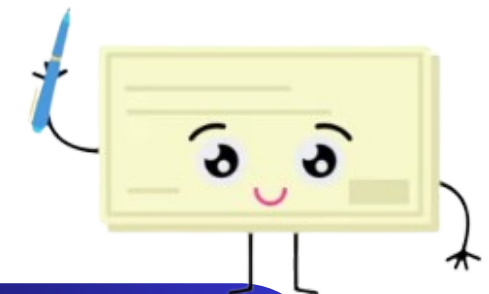
Dibs Sign Up

2-hour time slots offered

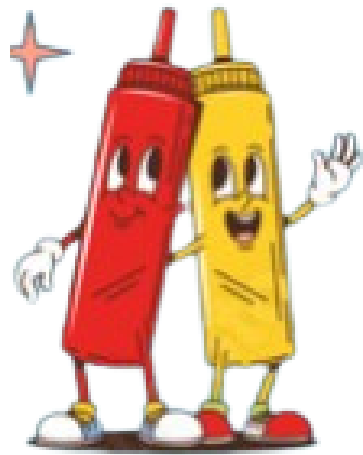
~~YDT~~

ONLY ADULTS CAN WORK

CHECKS SHREDDED



Volunteer Opportunities

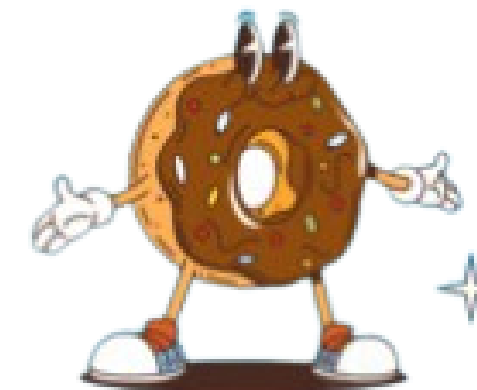
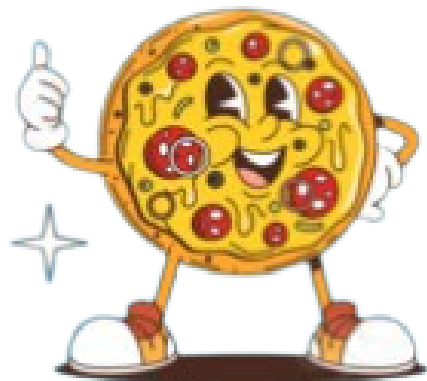


**STMA Dig It Tournament
Concessions
March 1st, 2026**

**STMA Tournament
Concessions
March 22nd, 2026**



**Dibs hours will be open
February 1st**



TEAM PARENT MANAGER

This role would include POC for team dinners, tourney meals, hotel coordination (which the club helps with), etc.

If you are interested, please let your coach know when you meet with them tonight.

This role will fulfill your DIBS requirement for the year. Please let your coach know ASAP if you would like to volunteer.



Coaching Staff

14-1

**Head Coach/Skills Coach
Marci Taumalolo**



**Assistant Coach
April Peniata**



14-2

**Head Coach
Cali Keller**



**Assistant Coach
Khulyn Johnson**

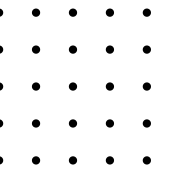


14-3

**Head Coach
Danika Rademacher**



**Assistant Coach
TBD**



Coaching Staff

13-1

**Head Coach
Jill Anderson**



**Assistant Coach
Tanner Carel**



13-2

**Head Coach
Shelby Ramirez**



**Assistant Coach
Grace Jensrud**

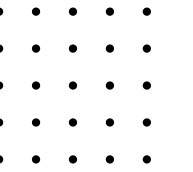


13-3

**Head Coach
Dani Jordan**



**Assistant Coach
TBD**



Coaching Staff

12-1

**Head Coach/JO Coaching Coordinator
Joy Knoblach**



**Assistant Coach
Annie Robinson**



Skills

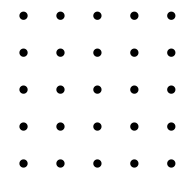
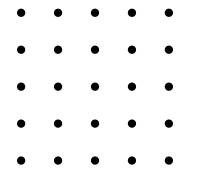
Morgan Penner







Marci Taumalolo



**JO Co-Coaching Coordinator
Tammy Cornillez**



Tournament Schedules

-  **Tournament dates can be found on the team pages on the website: www.stmajo.org**
(waiting on a few more confirmations)
-  **We know the date of the tournament but we may not receive the actual schedule until Thursday of that week. They will be posted on team pages and team manager will send out.**
-  **Plan to be at the facility by 7:15am unless instructed differently by your coach**
-  **Plan to pay to get into each facility, including our STMA tournaments. The tournaments are normally used as fundraisers for the host.**

Practice Schedule

1st gym practice is Tuesday Nov 11th

NOVEMBER

Tuesdays & Thursdays

12's, 13-2 & 13-3
(6:00pm-7:30pm)

13-1 & 14's
(7:30pm-9:00pm)

DEC-FEB

12's, 13-2 & 13-3

Tues-(6:00pm-8:00pm)
Thur-(6:00pm-7:30pm)

13-1 & 14's
Tues-(8:00pm-9:30pm)
Thur-(7:30pm-9:30pm)

MAR-APR

Tuesdays & Thursdays

12's, 13-2 & 13-3
(6:00pm-7:30pm)

13-1 & 14's
(7:30pm-9:00pm)



Apparel

UNIFORM

2 JERSEYS

1 BLUE SPANDEX

PRACTICE SHIRTS

2 PRACTICE
SHIRTS

They will arrive early December. Practice shirts and blue or black spandex/leggings should be worn every practice.

Until they arrive, please wear STMA apparel.

TEAM STORE

HOPEFULLY THE END
OF THIS WEEK

INFORMATION WILL BE
SENT THROUGH
SPORTSYOU AND
POSTED ON THE JO
WEBSITE

WHO TO CONTACT WITH QUESTIONS

GENERAL



General Questions
about the programs

Candi Gaston
(Club Director)

STMAJOVOLLEYBALL@GMAIL.COM

JO TRAINING



JO Training Questions
Joy Knoblach

(JO Coordinator/
Co-Coaching Coordinator)

STMAJOVOLLEYBALL@GMAIL.COM

(Please use the lines of
communication policy)

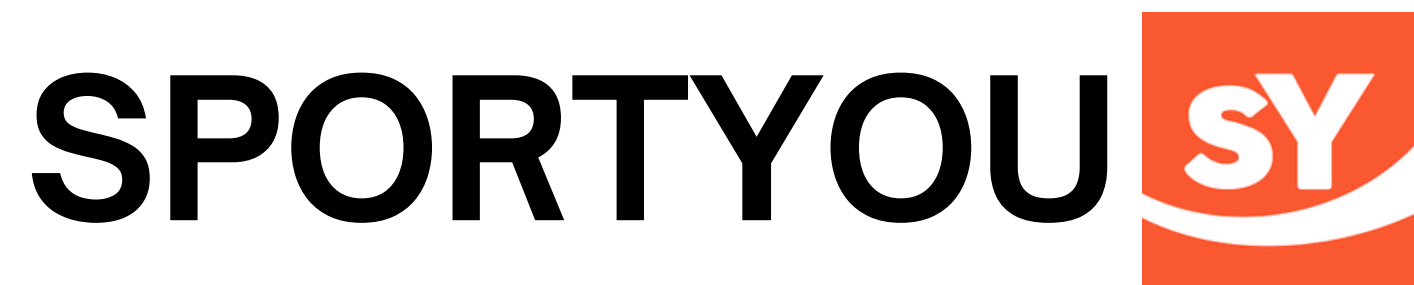
TREASURER



Payment Questions

Michele Jensrud
(Treasurer)

STMAJOTREASURER@GMAIL.COM



Communication Platform

Download the App on your phone and set up your profile.

Click on "Teams" and then the blue "+" and select "Join Team/Group"

Access Code to receive JO Program information: **AF4J-NKCJ**

You will also receive an access code from your coach for team specific communication



THANK YOU



