



# Frontier Boys Volleyball

## Program Overview

**Varsity Coach - Nick Penberthy**

**JV Coach - Joe Steger**

**Modified Coach - Bill Faust**





Best of 2019 Highlights



2019 Juniors

**A LOOK INTO OUR VARSITY TEAM**  
**Click the pictures to take you to highlight videos**

2019 Seniors



2019 Sophomores



# HOW I GOT HERE...



Varsity Baseball &  
Volleyball at  
Williamsville North



Frontier Boys Varsity Volleyball  
Coach (2017 - present)



Girls Varsity Volleyball Coach  
@ Walton HS (2014-2017)



Lockport VC  
Coach

Played for  
Eden Club



Frontier Baseball Coach  
(Modified) 2020 - present







I'm a multi-sport athlete & I encourage you to be also!







Frontier has a strong winning tradition of boys volleyball

# Program Outlook

*(Mens Volleyball is the fastest growing sport in HS & College in the past 10 years)*

## Modified

**5 returning players (8th Graders)**

## JV / Varsity

- 18 - 9th & 10th Graders
- 19 - 11th & 12th Graders

**\*Attending this meeting does not mean that you have made the team next season\***

**Ten-Year Percentage Change in Men's Sports Participation in High School and NCAA College Sports**

	High School	NCAA
Volleyball	29%	79%
Lacrosse	28%	58%
Fencing	25%	7%
Soccer	20%	18%
Track & Field (Indoor)	18%	23%
Cross Country	16%	10%
Water Polo	9%	17%
Track & Field (Outdoor)	8%	18%
Swimming & Diving	5%	10%
Baseball	2%	21%
Tennis	1%	-2%
Basketball	-1%	11%
Ice Hockey	-5%	5%
Wrestling	-7%	12%
Golf	-9%	2%
Football	-10%	14%

DATA TAKEN FROM NFHS & NCAA (2009 → 2019)





**Frontier is seeing that rapid growth in boys volleyball also!**



**We're adding solid new athletes yearly!**



**Cloverbank Clinic  
22 players**

**Blasdell Fly High Volleyball  
57 players over 2 years**

**Google Meets Virtual Clinic  
20 players**

**Middle School Clinic  
27 players**

# WHY SHOULD YOU PLAY VOLLEYBALL?



Liam Duggan - 11th Grader -  
Basketball & Baseball Player

I started playing volleyball because my sister was playing volleyball. My parents started sending me to camps when I was in 3rd grade. I really didn't like volleyball until I was in 8th grade.

I became a setter and this year as a 10th grader made the varsity team.



# WHY SHOULD YOU PLAY VOLLEYBALL?

Brady Gleason - 11th Grader -  
Basketball Player

I started playing volleyball because my friends were playing. I had never done it before & started in 9th grade and didn't really like it. I was going to quit going into 10th grade, but I decided to give it another shot & made the varsity team as a starter.

During that season I realized just how fun volleyball was and it was the best decision I ever made was to stick with it.



# WHY SHOULD YOU PLAY VOLLEYBALL?

Brandon Dunz – 2018 Graduate –  
Basketball & Tennis Player

Attending Division 1 St. Francis  
to play mens volleyball



## FRIENDS OF VOLLEYBALL SCHOLARSHIPS

5 scholarships totaling \$2,500 received by  
Frontier Volleyball players over the past two seasons



# WHY SHOULD YOU PLAY VOLLEYBALL?



This is not a volleyball team pic ... it's actually a JV Basketball picture.

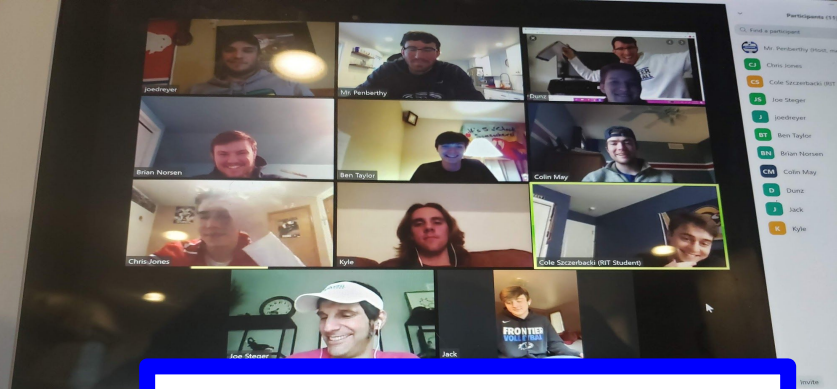
Guys with arrows also play volleyball at Frontier

If you want to play volleyball full time (awesome)

Otherwise be a multi-sport athlete and/or do music



**FRIENDS**



**MEMORIES**



**TEAMMATES**





**VARSITY BLUE  
JERSEY  
NEW - 2019**





**VARSITY WHITE JERSEY**  
**NEW - 2020**





**VARSITY WHITE SHORTS  
NEW - 2020\***





JV  
JERSEYS



2020



## Frontier Boys Modified Volleyball



\*No volleyball experience needed!! We'll teach you everything, just bring a good attitude & open mind.

\*75% of players signed up to play Frontier modified volleyball this fall have never played before, so don't feel like you're the only one!

\*90% of our HS volleyball players play another school sport (winter or spring) and/or do chorus/orchestra/band

\*Our volleyball program sign-ups are up 25% over last year, so we're growing the strong boys volleyball tradition at FHS.

\*First practice: September 21

# The Impact of Giving Back to the Program

From a Parent of a 7th Grader at Frontier...

Thank you for your tireless dedication to the kids and to working with my son. He announced this weekend that he was excited to try out for volleyball in the fall. YEP! I said it---he is excited and can't wait to get started.

He likes volleyball but more importantly he feels comfortable and part of a family. Thank you for believing in my son!

## **"Actions lead to Reactions"**

As varsity coach, I truly care about your son from the time they enter the program as a modified player. Your child is not just a name on a list to me that I'll get to know once they make the varsity team. Our coaching staff works hard to develop your child into not just a volleyball athlete, but a respectful, hard-working teenager.

~Coach Penberthy



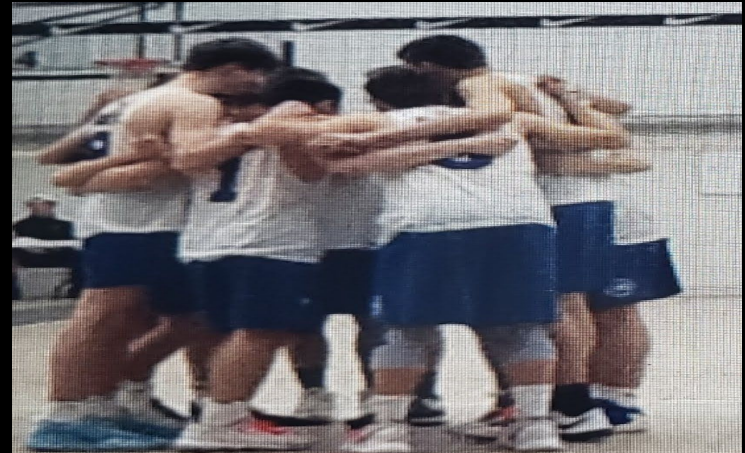


# Frontier Volleyball Club (FVC)

- December – March
- Practice once per week
- 3 or 4 tournaments in Buffalo/Rochester
- Still can play other sports
- LOW cost (~\$250)

18U team, 16U team,

Possibly a 12U or 14U??





FVC UNIFORMS  
NEW - 2019





# HS Sand Volleyball 4's League @ KAV

Tuesday nights

4:00 & 4:45 games

JV & Varsity Only

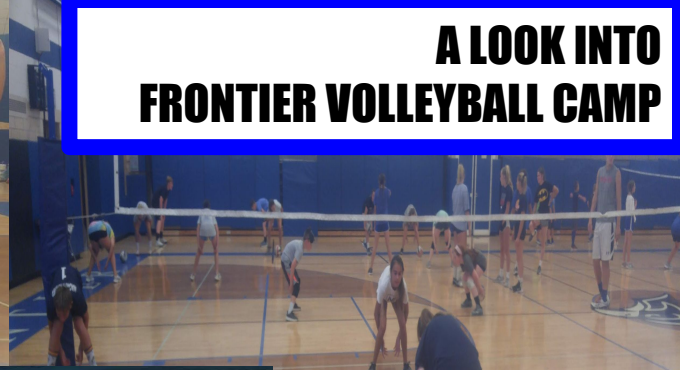
\*Pick own teams

\*Recommend 5  
players minimum





# A LOOK INTO FRONTIER VOLLEYBALL CAMP







# Frontier Volleyball Camp

Typically Last  
Week of July

AM - Grades 3-8  
PM - JV/Vars.



Friday  
Sand Volleyball,  
Pizza, T-Shirts,  
Prize Raffle



Google Classroom  
Frontier Volleyball

**Twitter**

@mrpenberthy

Vertical Jump  
Improvement Program

**Instagram**

@torqvb

Watch film of past season

@volleyballlessons

Tips from other volleyball  
coaches & players

@kjvolleyballcoaching

@briansingh\_coachb