



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)



Lockport VC Coach

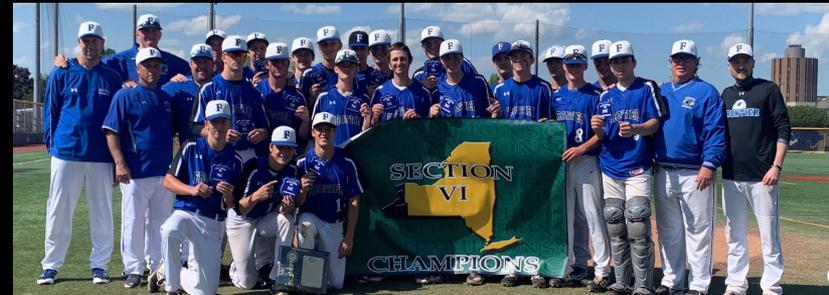
Played for Eden Club



Frontier Baseball Coach (Modified) 2020 - present



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





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



MEMORIES

FRIENDS



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

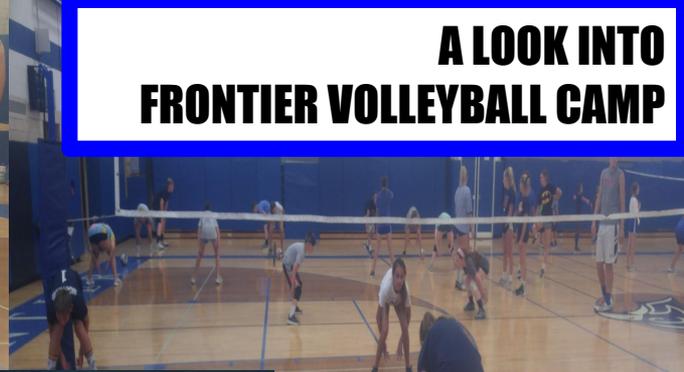
JV & Varsity Only

*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

Vertical Jump
Improvement Program

Watch film of past season

Tips from other volleyball
coaches & players

Twitter

@mrpenberthy

Instagram

@torqvb

@volleyballlessons

@kjvolleyballcoaching

@briansingh_coachb