



ILLINOIS PERFORMANCE  
VOLLEYBALL

---

### Club Philosophy

- We believe that given the right tools, training and desire our athletes will reach their potential and enjoy success in the game of volleyball as well as the game of life.
- Everything we do at Illinois Performance Volleyball Club is geared toward improving our athletes as both players and young adults.
- We believe that volleyball should be both fun and a constant learning experience for the players, coaches and parents.
- We set goals, work hard to achieve them and measure success by our players accomplishments at each level. When our players succeed, we succeed.
- Our success is directly proportional to the dedication, commitment, discipline and effort from all participants involved.
- To assure consistent development and maintain quality and balance, we have developed a master plan for each age group. We strive to continually challenge our athletes, prepare them for the next level of play and encourage them to believe in themselves and their team.



-Team names- IPV 12 White (12W), IPV 12 Blue (12Blu)

\*Current plan is for one team-12W. Contact us if you have friends that might be interested in joining the full season group.

-Age- 10-12 (4th/5th/6th grade). Team breakdown is by skill/experience level.

-Practice Schedule: Wednesday 4:30-6pm at Downers Grove Park District.  
Friday 7:45-9:30pm at Good Samaritan Health & Wellness.

-Compete in Power League + local tournaments + IPV Invites.

-Proposed Tournament Dates:

12 White- 12/9, 1/13, 1/26-27, 2/10, 2/16-17, 3/3, 3/9, 4/6-7, 4/13, 4/28

12 Blue- 12/9, 1/19, 1/26-27, 2/9-10, 2/23-24, 3/9-10, 4/14, 4/28

Extended Season Option- 5/5, 5/19, Asics Championship (Navy Pier) 6/17-18

-Season- November 12th to April 28th. \*Extended season option through June 18<sup>th</sup>.

-Player Dues- \$1200 (practice, tournaments); Extended Season Option- \$300 (practice, tournaments)

New Player Uniform \$260 (2 practice shirts, 1 jersey, spandex, warm-ups, backpack, ball).

Returning Player Uniform \$80 (2 practice shirts, backpack).



-Team names- IPV 12 Storm, IPV 12 Blaze

-Practice Schedule: Friday-7:45-9:30pm and Sunday- 5:30-7:30pm at Good Samaritan Health & Wellness.

\*12 Storm would replace Sunday practice with Wednesday from 4:30-6pm at Downers Grove Recreation Center on weeks with Sunday tournaments

-Compete in 4 local one day tournaments + IPV Invite

Proposed Tournament Dates:

12 Storm- 12/9, 12/16, 1/6, 1/13, 1/20

12 Blaze- 12/9, 12/15, 1/12, 1/19, 1/27

-Season- Friday, November 2<sup>nd</sup>- January.

-November practices devoted to skill development, team work, rotations & referee duties.

December/January- continued development + tournaments play.

-Player Dues- \$600 (practice, tournaments) + uniform

New Player Uniform \$260 (2 practice shirts, 1 jersey, spandex, warm-ups, backpack, ball).

Returning Player Uniform \$80 (2 practice shirts, backpack).



-Team names- IPV 12 Storm, IPV 12 Blaze

-Age- 10-12 (5th/6th grade). Team breakdown is by skill/experience level.

-Practice 2 times a week: Friday 7:45-9:30pm & Sunday 5:30-7:30pm at Good Samaritan Health & Wellness

-Compete in 4 local one day tournaments + IPV Invite.

-Proposed Tournament Dates: 12 Storm- 3/3, 3/17, 4/14, 4/27, 4/28; 12 Blaze- 3/10, 3/16, 4/13, 4/27, 4/28

-Geared toward Volleylites grads and multi-sport athletes.

-Season- February 1st to April 29th.

-February practices devoted to skill development, team work, rotations & referee duties. March & April- continued development.

-Spring Break- March 25- April 1.

**-Player Dues-** \$600 (practice, tournaments) + uniform \*Winter players do not need uniform.

New Player Uniform \$260 (2 practice shirts, 1 jersey, spandex, warm-ups, backpack, ball).

Returning Player Uniform \$80 (2 practice shirts, backpack).



## Coaches

### Full Season

12 White- Erin Burns

12 Blue- TBD

### Winter/Spring Season

12 Storm- Dani Van Laten

12 Blaze- Kathe Paulius

Our coaches draw from many years of volleyball and continue to learn and improve as the game of volleyball and the skills of the players change from season to season.

Coaches can be reached by text or email- coaches first name@ipvbc.com



## Attendance

- If an athlete is unable to make a practice (sickness) coaches should be informed prior to 3pm day of practice.
- Anticipating missing practice (Religious Ed., School Commitment, Band Concert). Arrange with coach, via email or phone, once teams are selected.
- We ask that Volleyball is not missed 100% of the time when there are multiple events.
- Weather Alerts: Cancellations will be posted on website/Facebook by 3pm. School cancellations do not necessarily mean practice will be canceled.



### Determining Teams

- Teams will be determined by the 3<sup>rd</sup> or 4<sup>th</sup> practice
- Teams are selected by level of skill, knowledge of the game and positions
- Coaches will schedule a short parent meeting once teams are determined

### Playing Time

- Determined by position
- Everyone plays but we don't guarantee equal playing time
- Things that may effect playing time: attendance, position, amount of players in that position (OHs might play all the way around while a middle may only play the front row.)



## Practice and Tournaments

- Arrive 15 minutes prior to practice time: stretch, warm-up, socialize
- Wear warm-ups while entering & leaving facilities.
- Arrive 45-60 minutes prior to competition or ref duties
- No outside food at tournaments (allergies: let directors and coach know)
- Players are not allowed to leave tournament facilities during competition.
- **ALL PLAYERS MUST STAY TILL THE END OF ALL REF DUTIES.**
- Please be conscious of coaches time and pick up players in timely fashion.





## Holiday Breaks

Thanksgiving November 21<sup>st</sup> -23<sup>rd</sup>

December 23<sup>rd</sup>-January 5<sup>th</sup>

March 24<sup>th</sup>-March 31<sup>st</sup>

*Welcome to the IPV Family!*