



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.



- All tournament fees (Power League, Invites, Local, and End of Season) are included in Player Fee for Club teams.
*Additional fee possible for HP team for additional tournaments.
- Club celebrating 13 years in Great Lakes Region.
- Strength/Agility training provided by Jimmy's Fitness Solutions.
- SoloSpike Hitters training for all teams.



-Teams- 13 Storm (13S)

-Practice- Monday- team practice & Friday position practice at Edwards except on tournament weekends; Saturday 10-12pm team practice at The ARC or 8-10am at Edwards on non-tournament weekends.

-Winter Season- November 12th-end of February; Spring Season- March 1st- end of May.

-December practices devoted to skill development, team work, rotations & referee duties.
January/February or April/May- continued development + 4 local tournament dates & IPV Invite.

-Proposed Tournament Schedule-

Winter Season- 12/9, 1/13, 1/20, 2/2, 2/17

Spring Season- 4/13, 4/27, 4/28, 5/5, 5/19



-Teams- 13HP, 13 White (13W), 14HP, 14 White (14W)

-Practice Days: Monday- team practice & Friday position practice at Edwards except on tournament weekends; Saturday 10-12pm team practice at The ARC or 8-10am at Edwards on non-tournament weekends.

*14HP Monday practice will move to Tuesday with the 15 & Up teams beginning in December.

-Season: November 12th to Mid-June. *Optional 14HP final tournament may run to late June.

-Tournament Types: **IPV Invite (In-house)**+ local one day events

Windy City Power League (WCPL) or Chicago Volleyball League (CVL); Wisconsin Jr Presidents Day or Sky High Presidents Day Classic; Asics National Championship (Navy Pier); *Optional for 14HP: Volleyball Festival (Phoenix)

-Proposed Tournament Dates:

13HP- **12/9**, 12/15, 1/12-13, 2/2, 2/16-17, 2/23-24, 3/10, 4/13-14, **4/28**, 5/18-19, **6/2**, 6/17-18

13W- **12/9**, 12/16, 1/13, 1/26-27, 2/9-10, 2/23-24, 3/9-10, 4/14, **4/28**, 5/5, 5/18, **6/2**, 6/17-18

14HP- **12/8**, 12/9, 1/12-13, 2/3, 2/16-17, 2/23-24, 3/10, 4/13-14, 5/5, 5/19, **6/2**, 6/14-16

14W- **12/9**, 12/15, 1/13, //26-27, 2/9-10, 2/23-24, 3/9-10, 4/13, 4/27, 5/18, **6/2**, 6/14-16



Attendance

- We expect players to be in attendance every practice. 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.
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- We only ask that Volleyball is not missed 100% of the time when there is multiple events.
- No available court space for make-up practice this year.
- Weather Alerts: By 3pm on website or Facebook the day of. *School cancellation doesn't necessarily mean practice will be canceled.



Determining Teams

- Complete team selections soon after Thanksgiving
- Teams are selected by level of skill, knowledge of the game and positions
- While we like athletes to be with friends this does not always work out. We try to do our best with carpools

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
- Teams will organize practice t-shirts and what colors to wear. We will email players prior to the first practice with t-shirt color to wear to the first practice: by position)
- Wear warm-ups while entering & leaving facilities.
- Arrive 60 minutes prior to start of competition or ref duties at tournaments
- No outside food at tournaments (allergies: request GLR Food Exemption)
- 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 Break- November 21-24

Winter Break- December 24- January 6

Spring Break- March 25-March 31

Welcome to the IPV Family!