



ILLINOIS PERFORMANCE  
VOLLEYBALL

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### 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- 15 High Performance (15HP), 16 High Performance (16 HP), 16 White (16W), 16 Blue (16Blu)

-Age- 15-16 (9th and 10th grade). Team breakdown is by skill/experience/developmental level.

-Practice Schedule: Tuesday, Wednesday or Thursday between 6:30-930pm at Edward Health & Fitness, Woodridge with 17/18U teams.

Sunday 10-12am at The ARC Center Woodridge Rec Center 8201 Janes Ave Woodridge, IL 60517 or at Edwards.

-Compete in Power League + local tournaments + Presidents Day + IPV Invites + Asics Championship. 15HP- option of Volleyball Festival. 16HP- NLQ and Volleyball Festival- additional fee.

-Season- November 13<sup>th</sup> – June 16<sup>th</sup> . HP teams may have extended season.

-Player Dues- \$2200 (practice, tournaments)

New Player Uniform \$325 (2 practice shirts, 2 jersey, spandex, warm-ups, backpack, ball).

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



-Team names- 15/16 Black Ice (16BI)

-Age- 15-16 (9th and 10th grade).

-Practice Schedule: Wednesday 7-930 Edwards, Sunday 10-12 The Arc Center (Thursdays 7-930 starting Jan)

-Compete in 4 local one day tournaments + IPV Invite

Proposed Tournament Dates: 12/8, 1/13, 1/20, 2/2, 2/17

Tournament Locations: Invite (ARC), COD or Elgin

-Season- Friday, November 2nd to Feb

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

December/January- continued development + tournaments play.

-Player Dues- \$1050 (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).



## 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 end of November
- 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!*