

Welcome Players & Parents,

Welcome to the 4th Season for the **Illinois Extreme Volleyball Club**. IEVBC *offers young players an opportunity to advance their personal and athletic skills by teaching them the proper fundamentals of volleyball in a challenging and fun environment.* Last year was the first year for High School Club Volleyball, we only had one team, but I couldn't of asked for a better group of players and parents to start a program with.

I am excited to begin my second year as Club Director and to continue down the road that we paved last year. For those of you who are not familiar to me, please allow me to introduce myself, my name is Julie Burk. As a High School Athlete I was a two-time All State First Team Selection and All State Tournament Team, Decatur-Herald Player of the Year, and took 2<sup>nd</sup> in the State Tournament in 1997 & 98. I received a scholarship to play for Illinois State and unfortunately had a career ending back injury my freshman year. I have been coaching Volleyball for almost as long as I played. I have coached many ages from 6<sup>th</sup> graders to Division I athletes. I coached Volleyball at Austin Peay State University, where I received a Masters Degree in Athletic Administration, and Morehead State University, where I resigned in 2005 to get married.

Whether that goal is to make the team at school, win a starting position on the team, or eventually earn a college scholarship, **Illinois Extreme** will provide the training and environment to do so. We are anxious to provide your athletes with the winning environment it takes to excel not only in the game of volleyball, but in life as well.

In our attempt to be environmentally friendly we are going paper free! All information covered at the informational meeting can be found all year long on our website <http://illinoisextremevb.gametimegym.com> under club info. High School tryouts will be November 9<sup>th</sup> from 6-8pm for all ages.

Please contact me at [illioisextremevb@gmail.com](mailto:illioisextremevb@gmail.com) if you have any questions or unable to attend tryouts.

Sincerely,

*Julie Burk*

Julie Burk  
Club Director



## MISSION STATEMENT

To offer athletes the opportunity to advance their personal and athletic skills by teaching them the proper fundamentals of volleyball in a challenging and fun environment.

## PROGRAM INFORMATION

Illinois Extreme is in its 4<sup>th</sup> year of operation in Central Illinois sanctioned through USA Volleyball and the Great Lakes Region. We cater to the multi-sport athlete with a desire to advance their volleyball skills to the highest level. Our goal is to build on the athlete's skills as they advance through the club and we have every intent to compete with the top volleyball programs in the country as we grow. No matter what level you play at, Illinois Extreme is the program for you to accomplish your individual and team goals. Teaching young student athletes volleyball skills, time management, teamwork, and responsibility while incorporating fun into the experience are the goals for the younger levels at Illinois Extreme. As players develop with the program we plan to build on these skills with a consistent coaching approach that will be discussed in the Coaching Philosophy section of this packet.

## ILLINOIS EXTREME SPORTS CENTER

**Game Time Gym** is the home for the Illinois Extreme and features three hardwood volleyball courts and concession area. For more information on Game Time Gym please visit [www.gametimegym.com](http://www.gametimegym.com)

## TOURNAMENTS AND COMPETITION

Illinois Extreme will find the right blend of competition, convenience, and cost when putting together tournaments. High School & Youth teams may play in the Great Lakes Power League, Central Division Great Lakes Power League, Extreme Challenges and some teams may try to qualify for Nationals. In addition to tournaments, we will provide intense and competitive practice opportunities for all athletes to advance their individual and team skills.

## STRENGTH AND CONDITIONING

Illinois Extreme believes that strength and conditioning is an integral part of reaching the highest level. We will implement strength and conditioning into practice time focusing on the areas which are most beneficial to volleyball players: plyometrics, core strength, and agility.

## PRACTICES

All practices will be held at Game Time Gym in Bloomington, IL. Here are the specifics for our teams:

- All High School teams will practice twice a week for 2 hours each practice. During each practice players will learn position specific techniques as well as team training. We recognize the importance of building a fundamentally sound athlete but also realize that volleyball is a team sport and each player must be able to excel in a team setting.



COACHING PHILOSOPHY

Illinois Extreme will not only provide the best coaches for the athletes but will also provide them with a consistent coaching concept across all teams. This will ensure a progression of their skills as they continue throughout the program. Each practice will be planned by their respective coach focusing on the elements which are specific to the team’s needs as well as a few Master Coaching session, which allow athletes to work with other Extreme Coaches who have a specialization at their position. However, the verbiage and basic skills being taught will be consistent across every team in the program. Illinois Extreme feels that it is important to be flexible with different coaching styles as they will endure many different concepts throughout their career. The coaches will also focus on developing each athlete’s individual skills and will provide position specific training for each of their athletes.

PLAYING TIME

Every attempt will be made to keep all players who attend tryouts; however the club will not offer a team without a quality coach and adequate practice time for that team. Illinois Extreme is dedicated to providing ample opportunities for athletes to develop during practice times and to compete at a high level in tournament play. For the teams which choose to advance to a Regional or National Qualifier the objective for the team is to win and consequently playing time may not be equal. A team will consist of 8 players, keeping the number of athletes on a team low will also insure adequate playing time for everyone.

PROGRAM FEES

The program fees include uniform, shorts, practice tee, practice time, tournament entry fees, USAV registration fees, equipment fees, coach’s costs, and administrative fees. Payments can be turned in at tryouts or the first practice date. Individual payment schedules are available and can be set up for anyone upon request.

<u>Fee Breakdown</u>	<u>18/17’s</u>	<u>16/15’s</u>
Gym Time	\$370-1team	\$370- 1team
Tournaments	\$250	\$250
Coaches Fees	\$173	\$178
Director Fees	\$125	\$125
Uniforms	\$110	\$110
Equipment Fees	\$30	\$30
USAV Fees	\$50	\$50
Other	\$25	\$25
<b>Total</b>	<b>\$1,133</b>	<b>\$1,138</b>

**Gym Time 1 team-\$370; even teams-\$278, odd teams \$309**

**Even team Cost for 18’s \$1,041; 16’s \$1,046**

**Odd teams cost for 18’s \$1,072; 16’s \$1,077**



## HIGH SCHOOL TEAMS

This age group will focus on refining skills and advance competition. Our High School teams will have the appropriate mix of league and tournament play. With this being said we have every intention to keep athletic competitions as “close” as we can. Your daughter will be given the opportunity to compete and be seen by Collegian Coaches.

Our 15-16’s programs will play in the Central Division Power League along with several other tournaments. They will travel but not as much as the older teams. Our younger teams will be given the opportunity to play in the Mideast Qualifier and Great Lakes Regional Qualifier.

Our 17-18’s programs will play in the Great Lakes Power League in Chicago. This will give them the opportunity to view by Collegian Coaches from the entire country. They will also play in other tournaments and be given the opportunity to play in the Mideast Qualifier and Great Lakes Regional Qualifier.

**18 and Under Division:** Players who were born on or after September 1, 1990 or Players who were born on or after September 1, 1988 and a high school student during some part of the current academic year

**17 and Under Division:** Players who were born on or after September 1, 1991

**16 and Under Division:** Players who were born on or after September 1, 1992

**15 and Under Division:** Players who were born on or after September 1, 1993



## 2008-2009 ILLINOIS EXTREME TOURNAMENT SCHEDULE

<u>Illinois Extreme 18's &amp; 17's</u>	<u>Illinois Extreme 16's &amp; 15's</u>
6Dec Asics Mikasa Invite	Asics Mikasa Invite
7 Asics Mikasa Invite	Asics Mikasa Invite
13 Asics Mikasa Invite	Asics Mikasa Invite
14 Asics Mikasa Invite	Asics Mikasa Invite
3-Jan GLPL Seeding #1	CDPL Warmup
4 GLPL Seeding #1	
10	
11	
17	CDPL Series Kick off
18	CDPL Series Kick off
24 GLPL Seeding #2	
25 GLPL Seeding #2	
31	
1-Feb	CDPL Series #1
7	Central Zone Invitational
8	Central Zone Invitational
14 Smack Presidents Day Festival	CDPL Series #2
15 Smack Presidents Day Festival	CDPL Series #2
21 GLPL #1	
22 GLPL #2	
28	
1-Mar	CDPL #3
6 <b>MEQ</b>	<b>MEQ -16's</b>
7 <b>MEQ</b>	<b>MEQ -16's</b>
8 <b>MEQ</b>	<b>MEQ -16's</b>
14 GLPL #3	CDPL Year End
15 GLPL #4	CDPL Year End
21	
22	
27	<b>MEQ -15's</b>
28	<b>MEQ -15's</b>
29	<b>MEQ -15's</b>
4-Apr	
5 Circus Series	
11	
12	
18	River City Festival
19 Central Zone Shootout	River City Festival
25 <b>GL Regional Qualifier</b>	<b>GL Regional Qualifier</b>
26 <b>GL Regional Qualifier</b>	<b>GL Regional Qualifier</b>



## Illinois Extreme Standards of Conduct

There is a lot more expected of our players other than their volleyball skills. As an athlete with Illinois Extreme Volleyball Club, you are expected to conduct yourselves in a manner that reflects a positive image for yourself, your team, and Illinois Extreme Volleyball Club. On and off the court you are representing a group of athletes with Illinois Extreme VBC and your actions should reflect that.

The following standards must be observed to be a member of Illinois Extreme Volleyball Club:

1. Players must call their team coach when they are going to be late or absent from a practice or a tournament. **A one week notice is required if you are missing a tournament.**
2. Players must be on time for all team commitments. Early is best.
3. Players must report all physical injuries or illness to their head coach immediately.
4. All players are required to pursue all drills and physical conditioning activities unless excused by a doctor.
5. Equipment and uniforms issued to each player must be cared for properly.
6. All other equipment at Game Time Gym II must be taken care of. Players are responsible for accounting for volleyballs at practice and/or tournaments. If a ball is lost at a tournament that team will be charged \$35 for the ball.
7. Abusive or vulgar language will not be tolerated.
8. Each player is expected to treat all other players, teammates, coaches, referees, and fans with courtesy and respect.
9. Players involved in a dispute with another player must be worked out immediately. If they are unable to resolve their problem, they must meet with the coach until their problems are resolved.
10. Players will be responsible to know the time and location of matches. If there is a transportation problem notify your coach ASAP.
11. Players will have the proper practice attire and equipment at all times.
12. Players much encourage all teammates in practice and in tournaments.
13. Parents with a grievance please contact the club director.
14. Alcohol and drugs are prohibited at all times.
15. Smoking is prohibited.
16. It is expected that players for Illinois Extreme Volleyball act with respect to everyone on and off the court, you are an example of our club at practice, school, the mall and at home, always set an example that would make us proud.

By signing below I acknowledge that I have read the Illinois Extreme Standards of Conduct and understand all which is expected of me.

\_\_\_\_\_  
Player

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian

\_\_\_\_\_  
Date