

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.*

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 the youth info tab. Youth tryouts will be March 10 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*

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Club Director  
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## 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. We are proud to announce that this year we have our own website **[illinoisextremevb.gametimegym.com](http://illinoisextremevb.gametimegym.com)** this packet as well as apparel order forms, practice schedule, tournament schedule, coaches contact information and other useful information can be found on the website.

## 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. Youth teams will play in the Central Division Great Lakes Power League, Extreme Challenges in addition our Travel teams will play in other tournament around Central Illinois. 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 teams will practice twice a week for 1 ½ 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 sessions, 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 2 jerseys, 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. A uniform waiver will be offered this year, you must bring last years jersey's on tryout day or the first day of practice, and your uniform fee will be waived. Also, this year, you are responsible for purchasing your own spandex, game spandex will be offered if you choose to order them. Once a player is assigned to a team & registered, the entire payment is due, even if you quit, or get injured, etc. Full payment of your fee is still required. If necessary, we will take legal action.

Fee Breakdown	Training 14/13	Training 12 & Under	Travel 14/13
Gym Time	\$135	Gym Time \$120	Gym Time \$135
Tournaments	\$123.75	Tournaments \$100	Tournaments \$179
Coaches Fees	\$69	Coaches Fees \$60	Coaches Fees \$84
Director Fees	\$60	Director Fees \$60	Director Fees \$60
Uniforms	\$70	Uniform \$70	Uniform \$70
Equipment Fees	\$30	Equipment Fee \$30	Equipment Fee \$30
USAV Fees	\$45	USAV Fees \$30	USAV Fees \$45
Other	\$10	Other \$10	Other \$10
<b>Total</b>	<b>\$543</b>	<b>Total \$480</b>	<b>Total \$613</b>

**At Illinois Extreme our teams consist of 8 players.**



## YOUTH TEAMS

This year our club will be offering a 13/14 Travel team along with our standard 13/14 Training teams and our 12 & under teams. The Travel teams will play not only in the CDPL and Extreme Challenge they will also compete in additional tournaments. The cost to participate in a travel team is slightly higher and the season is longer. We will only be doing a travel team for the 13 & 14 age divisions. ALL teams will practice twice a week for an hour and a half and all teams will play in the CDPL and Extreme Challenge. At tryouts players must indicate if they are trying out for either a training or travel team.

### **11 & Under (Players who were born on or after September 1, 1997)**

### **12 & Under (Players who were born on or after September 1, 1996)**

This age group will focus on building their knowledge of the game of volleyball. The coaches will focus heavily on fundamentals that they can continue to build on throughout their careers. Overhand serving, passing, setting, blocking, attacking, and court awareness will be the building blocks for these athletes. At this age we want to make sure they all feel comfortable on the court and begin to grasp the concepts involved in the game of volleyball.

### **13 & Under (Players who were born on or after September 1, 1995)**

### **14 & Under (Players who were born on or after September 1, 1994)**

These age divisions will focus on building on their existing knowledge of the game of volleyball and taking it to the next level. The coaches will make sure the athletes have a good skill base and begin to implement a more competitive atmosphere in practice. They will again focus on overhand serving, passing, setting, blocking, attacking, and court awareness. Athletes in the 14 & under age division will be preparing for high school level of play and for that reason we will emphasize on competition, team offense, and team defense.



## 2009 ILLINOIS EXTREME YOUTH TOURNAMENT SCHEDULE

### 12 & Under Schedule Training

April 4	CDPL Play Day	IETC
April 11	Extreme Challenge	GTG
April 18	CDPL #1	IETC
April 25	CDPL #2	IETC
May 9	CDPL #3	IETC
May 16	CDPL#4	IETC

### 13/14 Schedule Training

April 5	CDPL Play Date	IETC
April 11	Extreme Challenge	GTG
April 18or19	CDPL #1	IETC
April 25or26	CDPL #2	IETC
May 10 or 11	CDPL #3	IETC
May 16 or 17	CDPL #4	IETC
May 24	CDPL Year End	IETC

### 13/14 Schedule Travel

All dates listed above (except April 5 & May 24) plus

April 4&5	Smack Fest	Peoria
May 2-3	Asics Mikasa Invite	N. Aurora
May 23 & 24	Smack Youth Festival	Peoria



## 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. Parents are held to the same standards as our athletes.

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.
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 must 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. Parents must act in an appropriate manner at all tournaments, practices and club events.
17. Parents are responsible for paying the entire club fee.

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

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Player

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Date

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Parent/Guardian

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Date



## Great Lakes Region Volleyball Association

# USAV Great Lakes Region Parent/Guardian Responsibilities

*Note: Definitions of terminology can be found on the back page of this document*

1. I am aware that recruiting a committed club player is illegal. My committed club player, son/daughter, has not been recruited by any club personnel to play in the Great Lakes Region.
2. I am aware that no individual under the direction of club personnel may contact a player who has committed to another club, either verbally or in writing, for the purpose of persuading them to leave the club they have committed to or have represented during the previous season.
3. To the best of our knowledge we are not in debt to any club in the Great Lakes Region. I understand that if a debt is owed, my son's/daughter's registration may be delayed in the Great Lakes Region until all debts are resolved.
4. My son/daughter has received no promises of money, gifts or improper incentives to play for a junior club.
5. I have carefully read through all pertinent documents supplied by the Club; i.e., contracts, club rules, regulations and financial disclosures). I understand and accept all financial obligations as outlined by the Junior Club my son/daughter has chosen to represent and have received copies of all documents.
6. I understand that once my son/daughter represents a club in a "Sanctioned USAV Tournament," they are committed to that team/club for the entire season. For further clarification please refer to the USAV Guide concerning rules and regulations governing registration at [www.usavolleyball.org](http://www.usavolleyball.org).
7. My son/daughter and I understand the club's philosophy regarding playing time, team placement, starting position, extra practice and outside weight training opportunities. If promises were made prior to committing to a club/team, I have all information in writing.
8. My son/daughter and I understand that the Great Lakes Region has a zero tolerance policy against any unsportsmanlike conduct. We further understand that if anyone approaches a coach, player, official, work team member, or facility personnel in an unsportsmanlike manner, they will be asked to leave immediately and sanctions may be imposed.
9. My son/daughter and I understand that many USAV Great Lakes Region facilities have a "no outside food and no coolers allowed rule." We know that anyone found to be in violation of this rule will be asked to leave the facility immediately and sanctions may be imposed.
10. I am aware that I should read the most current information concerning regional matters posted on the Great Lakes Region website @ [www.greatlakesvolleyball.org](http://www.greatlakesvolleyball.org) throughout the season.

Parents/guardians are required to initial the box in the lower right hand corner of your son's/daughter's USAV Great Lakes Region Membership Form to indicate that you have read and understand this document.

**Parents/Guardians:** If you are aware of a Junior Club Personnel Policies violation, you are to contact the Commissioner or Assistant Commissioner as soon as possible. (These policies can be found at [www.greatlakesvolleyball.org](http://www.greatlakesvolleyball.org))

Lea Wagner – Commissioner, Great Lakes Region, 847-776-6536, [Lwagnerglr@aol.com](mailto:Lwagnerglr@aol.com)  
Donna Smith – Assistant Commissioner, Great Lakes Region, 773-767-8579, [Smithglrvb@aol.com](mailto:Smithglrvb@aol.com)

## *Definitions of Terminology*

### **Club Personnel is defined as the following:**

- A registered adult member of a Junior Club in the Great Lakes Region, including but not limited to club directors, coaches and chaperones.

### **Prospective Club Player is defined as the following:**

- A junior athlete who solicits information about a club either personally or through their parent/guardian;
- A junior athlete who did not play with any USAV Junior Club in the previous season;
- A junior athlete who has never played USAV Junior Club.

### **Committed Club Player is defined as the following:**

- A junior athlete who has played in a USAV Sanctioned event in the current season;
- A junior athlete who has played with a USAV Junior Club in the previous season.

*Note: A prospective OR committed junior athlete may solicit information from any club either personally or through their parent/guardian.*

### **Marketing is defined as the following:**

- A legal tool of promoting a USAV Junior Club through flyers, brochures, newspaper ads, direct mailing to an entire demographic area when addressed to “occupant,” camps, clinics or private lessons. *No unsolicited information may be given concerning a Junior Club when holding a camp, clinic or private lesson.*

### **Recruitment is defined as the following:**

- Personal correspondence with a committed USAV Junior Club player via mail, email, telephone, text message, fax or face-to-face contact.

# USA VOLLEYBALL JUNIOR OLYMPIC AGE DEFINITION

## For use during the 2008-2009 Season

For eligibility purposes, a player who has just completed a grade in the Spring of 2008 will be considered in that grade just completed. Players need not be currently enrolled in high school except as noted below.

Once a player participates in a club or varsity program for any university, college, community college, or junior college, he/she is ineligible to play in any regional or national JOVC qualifying and championship events.

**18 and Under Division:** Players who were born on or after September 1, 1990

or

Players who were born on or after September 1, 1989 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

**14 and Under Division:** Players who were born on or after September 1, 1994

**13 and Under Division:** Players who were born on or after September 1, 1995

**12 and Under Division:** Players who were born on or after September 1, 1996

**Boys 14 and Under Division:** Regionally waived boys teams in the 14 and under age group will be allowed to participate at the USA Junior Olympic Volleyball Championships using the following age/grade definition:

Players who were born on or after September 1, 1994

or

Players who were born on or after September 1, 1993 (15 years or younger) who shall neither have completed nor are in a grade higher than the eighth grade (8<sup>th</sup>) grade during the current academic year. (This exception is based on the net height difference of 7'4 1/8" to 7' 11 5/8" between the 14 and Under Division to the 15 and Under Division.)

**Note:** These age definitions are used by domestic club programs and are NOT the same as the age definitions for the International and Domestic High Performance programs for 2008.

*The Age Definition Policy was most recently revised by the USA Volleyball Board of Directors on January 19, 2002.  
Revised 08/01/2007*