



CENTRAL ILLINOIS ELITE VOLLEYBALL CLUB
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Dear Parents and Athletes:

This is the 2024 Central Illinois Elite (CIE) information packet. Please read through the packet entirely as there is a lot of information.

The choice to play club volleyball can be, at times, a demanding commitment not only for the players, but also for the parents and families. The CIE program has a solid coaching staff, techniques, and philosophy that we will share with you throughout this packet, we hope that CIE is worthy of your commitment. If you understand the core beliefs of what CIE is about, it will be much easier to understand **HOW** and **WHY** we are going to do things the way we will do them. At CIE, our program will strive to develop each athlete in every area of volleyball to the best of their ability. Our Philosophies regarding the methods and teaching the techniques of all the basic skills, as well as our practice planning and implementation are different from other clubs in the Peoria area. We hope to help you understand that CIE is a club volleyball **program** and not just a collection of club volleyball teams and coaches. Our goal is, and will always be, to provide the best club experience for our athletes and develop their skills as volleyball players and their integrity as young adults. While athletics are something we participate in while we are young, the lessons learned from athletics can and should last a lifetime.

We hope that all of you will find CIE to be an excellent program, worthy of your support for the 2024 club volleyball season.

Sincerely,

Jennifer Bartlett -- Club Director
Brian Martin -- Club Director

CIE PROGRAM PHILOSOPHY - Why Choose Central Illinois Elite VBC?

CIE will be different from any other club you may have participated in around the Peoria area. CIE is completely dedicated to providing athletes with the technical and tactical training needed to reach their highest possible potential. We strive to help each, and every athlete achieve their maximum performance regardless of age or ability. For the younger players we want to develop a solid base of fundamental skills, as well as a passion for the sport. As players get older and progress through our program, we want to provide the path to a level of excellence that allows each athlete to test their own abilities. We understand that we are providing a service to you, the players, and parents, not the other way around. This understanding is what will drive us to provide the best possible club experience for everyone involved.

FOCUS ON SKILL DEVELOPMENT - The **BEST** reason to choose CIE in the Peoria area is that we understand and embrace the idea that the purpose of club volleyball is to assist players in training and developing their individual skills and techniques. Therefore, we will focus the vast majority of our training time on **developing the player** rather than developing the team. Yes, we want our teams to be successful, but not at the expense of developing the individual players. We feel that good players will become a good team if trained properly and given the opportunity to succeed. When athletes are young, it is easy for players and parents to make the mistake of getting caught up in trying to find the best team to play on or trying to play with friends. In the search to play on the best team, however, players often overlook the most important element of long-term growth in the sport of volleyball, which is the training and development of individual skill. College coaches do not recruit elite teams; they recruit elite players with elite skills. By providing the **best available training and developing the skills of each athlete,** we can provide the best possible club volleyball experience for our athletes. As written above CIE is completely dedicated to providing its athletes with the technical and tactical training needed to reach their highest possible potential.

MASTER COACH CONCEPT- This type of training allows each athlete to receive **the same comprehensive training** as everyone else in her age group regardless of individual or team skill level. In most clubs, each athlete is at the mercy of his or her individual coaches' technical, tactical and physical understanding of the sport of volleyball. If this is the case, practices can be poorly organized, inefficiently executed and often fail to give each player the chance to reach his or her full potential. At CIE, we adopted the master coach concept to ensure that this does not happen. The master coach oversees developing and implementing the practice plan for all of the athletes and making sure that all of the involved coaches understand the practice plan, **thereby assuring each athlete the same high quality training during practices.** Yes, there is a position specific training as well (i.e., setters, middle hitters, defensive specialists, etc.) but with this concept, it can be accomplished simultaneously if all the coaches are working together under the same plan.

SYSTEMATIC APPROACH TO TRAINING- We are developing a **volleyball program,** not just a club with a collection of teams and coaches. One of the problems that exist in

youth volleyball, especially in this area, is the lack of consistency regarding teaching the basic skills. It is not uncommon for young players to have several different coaches teaching them the skills many ways over the course of their youth and junior playing days. In our program, all the coaches, in every age level and every team, must learn to teach all the basic skills with the same techniques and methods that we have been teaching for years with a great deal of success. In doing so, players can continue to develop and improve each year and build on what they learn each season instead of starting over again each year with a new coach. We understand that player development is an ongoing process over a period of time, and we try to teach each skill systematically and efficiently with the player's long-term growth, development and health as a primary objective.

LIFE LESSONS TO LEARN- Over the years of being involved in club volleyball we have learned that when a group of people make a commitment to do something great, success usually follows. Words and concepts such as Hard Work, Commitment, Sacrifice, Responsibility, Accountability, Dedication, and Perseverance have great value not only in athletics, but in all areas of our lives. These are the concepts that allow players to succeed. It seems more and more parents and athletes approach athletics with a sense of "entitlement". They believe that the concepts above do not apply to them and that they are "entitled" to success. Athletics, just like the real world, do not operate that way. Success either individual or team, is only accomplished by understanding, believing, and applying those ever-important concepts listed above. Through their participation in sports, young athletes learn lessons about themselves and others, which will carry over throughout every aspect of their lives. As young student-athletes, they must learn the most efficient ways to use time and energy to manage schoolwork, family, practice, social life, etc. They must learn about setting priorities, setting goals, and striving to achieve those goals while at the same time understanding that success comes from the pursuit of excellence. At times we all have seem to have forgotten that future success almost always comes from past failures. Part of becoming a successful adult is learning to deal with failure as a child. That is how we grow. That is how we learn. There is nothing noble about falling but getting back up each and every is one of the most important qualities we can teach. Winning is fun but losing is often much more valuable and the lessons we learn from that eventually shapes us into winners. As coaches, we know that the lessons learned from making a commitment, being part of a team and the words **TEAM** and **TEAMMATE** really stand for - a group of people who share a common goal together and understand and agree to make the sacrifices necessary to make that goal become reality. These athletes learn that individual needs are sometimes put aside for the good of the team or the team is destined for failure. We realize this goes against today's "SPORT CENTER" mentality where individuals have become bigger than their teams, but we also know that individual glory takes a backseat to team success every time. Being part of a team within a larger program and making sacrifices and commitments to help that team achieve success is possibly the greatest lesson to be learned from athletics.

FULL TIME DIRECTOR- Jennifer Bartlett has been the full-time director since the club was founded in 2013 and is involved in all aspects of club volleyball. Brian Martin is

also a full-time director and will be involved in all aspects of club volleyball with an emphasis on the LOCAL and K-8 programs. Usually, club coaches and club directors have other full-time jobs requiring attention every day. This can often prevent them from putting in the time the athletes deserve. As a full time, director, it is Jennifer and Brian's jobs to ensure practices, regardless of age or skill level, is prepared and ready to be implemented and that all other matters regarding the club are taken care of regularly. We also ask that all parent/player issues and communications go through Jennifer and Brian before going to the individual coach.

FREQUENTLY ASKED QUESTIONS:

WILL YOU HAVE A TRYOUT/ASSESSMENTS? NO, we will not hold a formal tryout for the LOCAL program as everyone that signs up makes a team. We will do all the evaluations at practice and separate the players into teams accordingly. We will have a tryout for the ELITE Travel Teams.

CAN ATHLETES PARTICIPATE IN OTHER SPORTS? The common misconception is that athletes cannot participate in other sports and still play, this is not true. All of our athletes are encouraged to play other sports. Our practices and competition schedules are already in place for our entire season, so if they are playing another sport, they can see the potential conflicts and make proper arrangements. We do ask that players inform us if they are participating in another sport that might include some conflicts so we can make any necessary adjustments for them and their teams. **If you are having scheduling conflicts, please inform us 48 hours before the conflict occurs.** The Expansion program is a great place for those multi-sport athletes that still want the club volleyball experience but may be involved with multiple sports and activities at this time.

HOW MANY PLAYERS ARE ON EACH TEAM? We will strive to have 9-10 players on each team at all levels and all age groups. More than 10 makes it difficult for coaches to give all players playing time and less than 10 can result in teams being short players in case of injury and/or conflicts. There may be times we have 11 on a team due to numbers of players enrolled.

DO PLAYERS GET "EQUAL" PLAYING TIME? There is no such thing as "equal" playing time in volleyball. Volleyball is different from other sports in that it is not a timed game, there are no innings, no quarters, or halves to base playing time. Due to the nature and speed of the game, you cannot judge "time" by rotations or points either. We understand that all players practice so they can play in games. We strive to give all players "fair" playing time based on practice, ability, attendance, skills, positions, situations, etc.

HOW/WHEN ARE TEAMS SELECTED? We will wait to make the actual teams until we can see the players in a practice environment. All players who sign up for the Expansion program will make a team. **The teams will be announced around April 4th.** This allows us the opportunity to properly evaluate all the players fairly.

WHAT HAPPENS AFTER ASSESMENTS? We will not have a formal assessment, we will asses the athletes in a practice environment and place on teams.

WHAT ROLE DO THE PARENTS PLAY AT CENTRAL ILLINOIS ELITE? The landscape of youth sports has changed quite dramatically in the last decade regarding parent behavior and actions. We want all our parents to enjoy the experience of club volleyball with their daughters. All we ask is that parents remember who the adults are and to ALWAYS show good sportsmanship with what you say and how you act to support your daughter and her team in a positive manner. Parents should NEVER speak negatively towards or about teammates, a coach or an opposing player. You too are representing Central Illinois Elite as much as the players are.

2024 LOCAL PROGRAM INFORMATION

The Local program will be geared towards those athletes who wish to participate in club volleyball and improve their skills for their school seasons without extensive time commitment and/or cost. Local teams will practice two days a week during the season. **VolleyPROS 13U/14U** (7th/8th Grades) will compete in 4 local tournaments all at the Louisville Slugger Dome. **VolleyKIDZ 10U-12U** (4th-6th grade) will compete in 3 local tournaments all at the Louisville Slugger Dome. We realize there may be some potential school sports conflicts with some practices and the occasional Saturday events, so we are willing to work with the players regarding those conflicts. The competition schedule is listed for each age group in this packet. The Local season will conclude after their final competition date scheduled for that age group. All the competition dates listed on the schedule are included in the expansion dues.

LOCAL PRACTICE SCHEDULE:

Practices for the **VolleyPROS 13U/14U** (7th/8th grades) will begin on Tuesday March 12th for all players, practices will be held on Tuesday and Thursday. 13U(7th Grade) will practice from 5-7PM and 14U(8th grade) will practice from 7-9PM. The season will conclude on Sunday May 28th at the conclusion of the tournament. We understand some players may still be competing in the IESA state playoffs, they are not required to attend practice until their seasons are finished.

VolleyKIDZ 10U-12U (4th-6th grades) will begin on Monday March 4th from 4:30-6:30PM for all players, practices will be held on Monday and Wednesday at the same time. The season will conclude on Sunday May 12th at the conclusion of the tournament. We understand players will be late due to parents work schedules, all we ask for is communication.

**ALL PRACTICES WILL BE HELD AT THE LOUISVILLE SLUGGER DOME.
WE UNDERSTAND PRACTICE CONFLICTS AND SCHEDULES, PLEASE CONTACT
US IF YOU HAVE ANY CONCERNS.**

LOCAL COMPETITION SCHEDULE:

The tournament schedule is listed below. Typically, teams will play 3-4 matches on each date. Start times may vary but matches usually start at 8AM for the morning wave and 2:30PM for the afternoon wave. There is no way to know what time your daughter might play on any given date until about a week before the event as the start times are based on the number of teams and the format of the event. **The schedules are typically posted the Wednesday or Thursday before each event.** Do not be surprised if there are last-minute schedule changes. If this happens and it changes our times etc., we will do our best to let everyone know. We use the AES scheduler for all events.

13U/14U VolleyPROS LOCAL PROGRAM TOURNAMENT SCHEDULE

Date	Day	Event	Location
April 6 th /7 th	Sat. & Sun.	CIE ICEBREAKER	Louisville Slugger Dome
April 20 th /21 st	Sat. & Sun.	CIE Spring Classic	Louisville Slugger Dome
May 4 th /5 th	Sat. & Sun	CIE Viva La Volley	Louisville Slugger Dome
May 18 th /19 th	Sat. & Sun.	Diggin' at the Dome Championship	Louisville Slugger Dome

10U-12U VolleyKIDZ LOCAL PROGRAM TOURNAMENT SCHEDULE

Date	Day	Event	Location
April 13 th /14 th	Sat. & Sun.	CIE ICEBREAKER	Louisville Slugger Dome
April 27 th /28 th	Sat. & Sun.	CIE Spring Classic	Louisville Slugger Dome
May 11 th /12 th	Sat. & Sun.	Diggin' at The Dome Championship	Louisville Slugger Dome

2024 LOCAL PROGRAM FEES

The dues for the Local program for the 2024 season are listed below. The dues include the uniform (2 practice shirts, 2 uniform shirts), practice times, gym rental, tournament entries, all insurance/registration, coaches' salary, etc. The payment schedule for the Local program is:

<u>LOCAL MEMBERSHIP DUES 13U/14U(7th/8th grades):</u>	\$750
Due when you register:	\$100
Due on March 12 th	\$325
<u>Due on April 6th:</u>	<u>\$325</u>
TOTAL:	\$750

<u>LOCAL MEMBERSHIP 10U-12U (4th-6th grades):</u>	\$650
<u>DUE WHEN YOU REGISTER:</u>	\$100
Due on March 4th	\$275
<u>DUE ON April 6th:</u>	<u>\$275</u>
TOTAL:	\$650

If you have more than one daughter in the Local we will offer a 10% discount on the dues for the 2nd player, 3rd player, etc.

If players' dues are not paid, we will unfortunately not allow your daughter to continue practices or competitions until your account is in good standing. If you set up a payment plan different from the one listed above, please be sure to make us aware of when payments are expected.

IMPORTANT DATES TO REMEMBER:

- FEBRUARY 15th -- Informational Meeting at the Louisville Slugger Dome. Starts at 5:30PM
- March 4th First Practice for VolleyKIDZ (10U-12U) 4th/5th and 6th graders, 4:30PM-6:30PM.
- March 12th First Practice for VolleyPROS (13U/14U) 7th and 8th graders. 7th grade 5PM-7PM and 8th grade 7PM-9PM.

All Practices/meetings and tournaments will be held at the Louisville Slugger Dome.