



Eastside Volleyball Club

www.eastsidevb.com

info@eastsidevb.com

Parents & Players,

We are anxiously awaiting a return to complete normal play. While Covid-19 is still around and a factor, we are inching ever so closer to a full return to normal. While we are optimistic our programming will proceed as planned and scheduled, we would like to caution you to the fact schedules, timelines, tournaments, etc. are always subject to change. We have a program focused on player development at all levels while also focusing on player showcasing for those athletes wanting to play at the next level.

Prior to the pandemic, we conducted an in person presentation with full question and answer. We want to communicate the same information to all parents in a way allowing all parents and players an opportunity to read through and connect with our coaches and directors with any questions in a safe and comfortable way.

We look forward to working with your athletes, making them better athletes while also preparing them for high school and college seasons.

Sincerely,

Troy VandeSchraaf
Eastside Volleyball Club Director

Travel Team Philosophy

Eastside Volleyball Club's first goal is individual improvement. We believe players need to train at a high level and compete at a high level. Some volleyball clubs will host their own events, play local community based teams and focus on wins while minimally challenging their athletes. We believe our athletes should be challenged in practice and at events. Our travel teams will travel to Chicago, St. Louis, Indianapolis, Milwaukee, Louisville and several other potential locations throughout the Midwest for high level competition. Not only will our travel teams get challenged, they also will have the opportunity to play in bigger venues during peak recruiting periods providing optimal recruiting.

Coaching Philosophy

Some volleyball clubs believe in a "master coach" type of coaching philosophy. While Eastside Volleyball Club sees benefits in one coach providing all the direction, we also believe in having a dedicated coach for each team. This allows the coach to focus 100% of their planning and preparation on one team, not several teams. This also allows our teams to inner practice train, work through drills focused on challenging teams of different ages. Eastside Volleyball Club provides weekly guidance to all coaches from Director of Coaching Ching Zedric. Ching provides guidance, practice plan suggestions, etc. to assist in growing coaches while also providing a sense of commonality in training and methodology.

Practice Philosophy

You may hear some athletes or parents say "we can't do travel volleyball because we have...." The thought of conflicts disqualifying an athlete from travel volleyball couldn't be further from the truth. While we want all players to attend all practices, we also realize there are other commitments our athletes have. We 100% believe in supporting our local school programs and want our players to be multi-sport athletes, be socially involved at school and church and take part in various school programs such as chorus, musicals, plays, etc. We only ask the player to openly communicate with the coach regarding any conflicts and take into consideration the importance of attending volleyball while also considering other obligations outside of school events (club basketball, summer softball, soccer, etc.) Playing time will not be withheld from the player for missing school events, however it may be reduced if new plays are implemented and the player doesn't know them.

Playing Time

Will playing time be equal? To answer this, one has to understand volleyball and the potential offenses ran and where each player plays. The short answer is no, playing time won't be equal. Roles are different from team to team while also different from player to player. If there is a question regarding playing time, we advise the player to speak to the coach and discuss the role(s) and subsequent playing time. All players will get in each match and should be able to get in each game of the match.

24 Hour Rule

If there is a question regarding playing time or anything else related to a tournament, we require parents/players to wait 24 hours to let the tournament settle prior to discussing with the coach. This includes verbal conversations and written (text, email, etc.) The 24 hour rule allows both coach and player/parent time to reflect on the tournament prior to discussion.

Practice Schedule

Practice nights for all travel teams will be Tuesday, Wednesday, and Thursday during the heart of the season. December, January and February practices for junior high travel teams will be on Sunday to allow teams to play for the IESA teams uninterrupted and free of conflict. Practice dates may vary in time and location pending number of teams and gym availability. Practices will be available via the SportsEngine app.

Competition Schedule

The competition schedule is set for now, however is open for changes based on player/team conflicts, event reschedules, etc. Additional tournament opportunities may pop up at discounted costs or free based on other tournament needs. All changes will be communicated well in advance to ensure additional conflicts don't arise. Schedules are as follows:

- January 8-9, 2022 Local Tournament Champaign (15U, 16U)
- January 15-16, 2022 Local Tournament (17U, 18U)
- February 19-20, 2022 PrepDig Champions Cup - Appleton, WI (All Travel)
- March 12-13, 2022 Queen of Quad City - Bettendorf, IA (16U, 17U, 18U)
- March 19-20, 2022 Dunes March Madness - LaPorte, IN (15U)
- April 2-3, 2022 Prep Dig Battle at the Bay - Green Bay, WI (15U)
- April 8-10, 2022 JVA World Challenge - Louisville (16U, 17U, 18U)
- April 23-24, 2022 Adidas Naptown Jamboree - Indianapolis, IN (15U, 17U, 18U)
- April 30-May 1, 2022 PrepDig Battle In The Valley - Appleton, WI (16u)
- May 14-15, 2022 Midwest Invite - Indianapolis, IN (All Travel)
- May 21-22, 2022 AAU Super Regional - East Peoria (All Travel)
- June 4-5, 2022 Sky High Nationals Warmup - Crystal Lake, IL (15U, 16U, 18U)
- June 4-5, 2022 1st Alliance Spring Classic - Bedford Park, IL (17U)
- June 12-29, 2022 AAU National Championship - Orlando (All Travel)

Tryout Process

Tryouts will be on November 14th at Eastside Centre. High school athletes will tryout from 1-3:30. Junior high travel tryouts will be from 4:00-6:30. Makeup tryouts will be Monday November 15th at Eastside Centre from 6:00-7:15 if necessary. Team invites will be sent by November 19th with acceptance required within 48 hours or by November 21st. If enough players tryout, multiple teams may be available at each age level. Some teams may consist of mixed ages (i.e. 15/16U team, 16/17U team, etc.) Name of the team and coach will be provided via invite via email. First installment is required to fully commit to a team.

If a player is not selected for a travel team, a message will be sent via email and the player automatically will be placed in the local program. If the player is not interested in the local program, the invite to local program can be rejected. High school local programming will start November 29th and end at the end of February. Local junior high programming won't be until March. An email reminder will be sent in February to those junior high players unassigned to a travel team.

High School Local Club Season

Those players unassigned to a travel team will be assigned to the high school local season pool along with those players who registered for the local season. The first two weeks of the local season players are placed in pools and evaluated. Teams will be tiered much like travel teams and assigned to teams with like age and talent to ensure the team and players grow together. Once the two weeks of pools are finalized, players will be assigned to teams on SportsEngine. All local high school coaches will be available and assessing at the pool evaluations. Pool evaluations will begin November 29th.

Local teams will play 4 of the following weekends:

- January 8-9, 2022
- January 15-16, 2022
- January 29-30, 2022
- February 5-6, 2022
- February 19-20, 2022
- February 26-27, 2022

Junior High Travel Team Philosophy

Beginning November 2018, Eastside Volleyball Club started conducting travel team tryouts for junior high in November with the high school teams. The thought process is this allows the teams to be picked, train together and get into a few local high school tournaments. The first year was very successful resulting in the 14U Sharks winning the Asics Junior Nationals in Chicago in June 2019. We have expanded this process to not only include 14U but also 12U and 13U.

Teams will practice 1-2 Sundays a month in December, January and February. The 13U and 14U teams will enter at least one local Eastside Volleyball Club high school tournament during this time frame. There are two many focal points during these competitions. The first point is to get the girls exposed to bigger, faster girls and a faster game. It allows them to see where they can get with some training. It also makes playing their own age much easier. The second point is regarding player roles and responsibilities. Playing time will be about as even as it can be. Coaches will move players around, work on different combinations and sacrifice a win to get a player necessary experience. While the knee jerk reaction is to focus on wins, the long-term goal is player development and this approach has proven to be successful. Once the teams reach the March timeframe, they will only play teams their own age and at mostly travel tournaments while also attending the AAU Super Regional hosted locally.

Junior high travel schedule is as follows:

- January 29-30, 2022 Local High School Tournament (14U)
- February 5-6, 2022 Local High School Tournament (13U)
- February 19-20, 2022 Local High School Tournament (14U)
- March 19-20, 2022 Dunes March Madness - LaPorte, IN (12U & 13U)
- April 9-10, 2022 Illini Elite Tournament - Bloomington, IL (13U & 14U)
- April 9-10, 2022 Local Tournament (12U)
- April 23, 2022 ChiCity Cup - Niles, IL (12U)
- April 23-24, 2022 ESVBC Local Event (14U)
- April 30-May 1, 2022 Prep Dig Battle in the Valley - Appleton, WI (14U)
- May 7, 2022 ChiCity Cup - Niles, IL (13U)
- May 21-22, 2022 AAU Super Regional - East Peoria (All Travel)
- May 28-29, 2022 Sky High Nationals Warmup - Crystal Lake, IL (All Travel)

Recruiting Assistance

All Eastside Volleyball Club players are eligible for free recruiting assistance from Director of Coaching Ching Zedric. Eastside Volleyball Club utilizes Field Level (a free recruiting website/app). Players are provided guidance and advise from Coach Ching Zedric while also assisting in any communication with college coaches. Coach Zedric will lead an informative question and answer with Eastside Volleyball Club alumni and current players and parents

Covid 19 Plan

Eastside Volleyball club will align training to limit close contact and grouping of players. We also discourage players to group when taking water breaks to avoid any potential quarantine situations. While playing locally at Eastside Centre and Peoria RiverPlex, the travel teams also will travel out of the area and to neighboring states. In all situations, the mask guidelines and requirements likely will be different. We also understand those guidelines may be loosened or tightened as needed by local or state governments. Eastside Volleyball Club will follow those guidelines outlines by each facility or volleyball club. As things progress and/or change, communication will be forthcoming as information is made available.