

## Parents and Players...

Below is some information about volleyball opportunities available to players in the Centre region outside of the local school system. There are great opportunities for younger players to learn more about the game, develop volleyball skills, experience competition, and interact with other young people. Please feel free to contact Todd Horner of IPV ([yes.iplayvolleyball@gmail.com](mailto:yes.iplayvolleyball@gmail.com)) or Mike and Sarah Schall of Revolution Volleyball Club ([mike@revolutionvb.com](mailto:mike@revolutionvb.com) or [sarah@revolutionvb.com](mailto:sarah@revolutionvb.com)) if you have further questions regarding the programs. Here is a description of the available programs:

### **Revolution Volleyball Club**

Revolution Volleyball Club is entering its fourth season and is run by Mike and Sarah Schall. Mike is the former assistant coach with the Penn State Women's Volleyball Team and Sarah is the former State College High School Coach. They started Revolution in Chambersburg, PA after Mike stepped down from his position at Penn State. They run 4 branches of the club (Chambersburg, State College, York, and Lehigh Valley) with a regional director at each location. Julie Miller, former Penn State assistant coach, serves as the regional director in State College. For more information about the club, you can visit their website at [www.revolutionvb.com](http://www.revolutionvb.com).

Revolution provides players ages 14-18 with opportunities to play beyond the local level. Teams are created based on the number of players interested. In the past, we have had as many as 4 teams in State College ranging in ages from 14-18. This year, we are open to having teams as young as 13 if the interest is there. Often times, players can be combined into an age group (i.e. if there is interest from 13 and 14 year olds but not enough players to form 2 separate teams, we can combine the age groups to make one 14 and under team) The commitment level for a club team is practice 2x/week – one weeknight (typically Thursday evening) and one Sunday afternoon practice (during the middle school season, we will only practice on Sundays if a team is comprised of players who participate on the local middle school teams). Practice takes place at the Christ Community Church facility (3 courts) near the Nittany Mall. Younger age groups will compete in tournaments within 2-3 hours of State College with preference given to quality tournaments that are closer to home. Most tournaments within the region are held in Pittsburgh, Philadelphia, and York. They will compete in 5-6 tournaments throughout the season beginning in January and ending with the "Happy Volley Tournament" in State College over Memorial Day weekend. Cost for participation at the 14's age group (or 13's if there is enough interest) is between \$800-\$900 and includes uniforms, practice, tournaments, coaching, administration, and team region fees.

While we encourage players to participate in Revolution Volleyball Club, we understand that some players and families may not be ready to make the commitment that is necessary to receive the maximum benefit of that experience. So, there is another program in the area that serves to introduce the game to younger players in a shorter season with less travel and less cost. IPV is run by Todd Horner...Revolution fully supports the IPV Program and we feel it is a great way for players to get started in the game.

### **I Play Volleyball (IPV)**

The goal of I Play Volleyball travel teams for upper elementary and middle school aged girls is to bridge the gap between our local developmental program and higher level club opportunities. The season will run from Dec thru late Feb/early March. Travel teams will participate in 3-5 tournaments in the Altoona/Philipsburg/West Branch areas. These events typically involve teams from Altoona, Bishop Guilfoyle, Hollidaysburg, Philipsburg, BEA and West Branch as well as State College area (IPV this year). The season will end prior to the start of the State College Area Girls Middle School Volleyball season in March.

IPV travel teams will practice 2x per week for 1.5-2hrs per session. Girls will begin to learn more advanced concepts and systems of play than what we have time to introduce in our local leagues. We will also continue to emphasize all-around skill development as the girls begin to learn various positional responsibilities. The primary age group for these teams is

6th-8th grades though younger kids who have both the ability and focus to move on to this level are welcome to participate. Tournaments are typically broken into A and B pools with the B pools for younger ages and A pools for more experienced teams.

The cost for these teams will be in the range of \$150-\$200 per player. Final cost will depend on the number of teams that we are able to form as well as the available gym space. Ideally we would like to form two teams. These teams are suited for players who have the interest, focus and ability to take the next step in the sport of volleyball but might not be ready to commit to a more lengthy higher level club opportunity. There will be an evaluation process for selecting teams. All players will get playing time, but not all playing time will be equal and can increase or decrease based on attitude, skill development, work ethic, attendance and commitment level to the team.

IPV strongly supports Revolution Volleyball Club and our desire is to work hand in hand with the club to identify and create a range of volleyball opportunities that serve both the current and aspiring young players in our area.

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What makes me tick: BLOG

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