



VISION

Grow a **FULL SERVICE** volleyball club for Central Pennsylvania that is financially accessible to all players, offers both highly competitive and developmental teams and serves the needs of girls volleyball players throughout their juniors volleyball career.

Grassroots: IPV Relentless is the club/travel branch of I Play Volleyball (IPV). Nearly 200 individuals participate annually in IPV/Relentless at some level. The grass root level starts with our 1st-4th and 5th-8th Development program. We build upon that with our 4th-9th Grade Summer Camp.

Relentless

12U AAU Level Club: This is the ground floor of Relentless and travel volleyball. This level provides a solid introduction to Club volleyball at an affordable price. This is the entry level for many players new to club volleyball.

13U-18U State Level: State level teams provide a combination of substance and cost effectiveness. We practice 5 hrs per week (as much, or more, than other high dollar clubs) and compete in 6 single day events. Single day events give the greatest bang for the buck in regards to the number of matches played for the money. The level of competition for each team can range from AAU to KRVA Regional, American and National levels. We can tailor the level of competition to the needs of each team for the same price! These teams are ideal for players focused on enjoying the game while preparing for middle school and high school competition. **Teams can always supplement their schedule to add multi-day or additional single day events.**

14U-18U State PLUS and Mid-Atlantic Level: As players mature and develop their skills, some will want to step out and compete on a larger stage as well as embark on the process of **college recruitment**. There is no way around it, it costs more money to play in large convention center style recruiting events. These are exciting venues that bring teams from across the east coast and the nation. The competition level can be very high and challenging. When we have a team(s) that have both the collective ability AND the willingness to make the additional financial commitment we will field teams at this level. **For 2017-18 we anticipate fielding 2-3 Mid-Atlantic Level teams from 15U-18U.**

The cost of this level of play is not for everyone and quite frankly not needed for most of our players, especially at the younger age ranges. Most teams can find suitable competition within AAU and KRVA Regional, America and National Levels.

FREESTYLE: A core value of our club is CREATING OPPORTUNITIES. Many middle school and high school athletes are multi-sport athletes. It is very hard for many of these players to commit to both a full club season and another sport simultaneously. Freestyle offers a weekly training opportunity without being locked into a full team commitment with additional a la carte options to compete. This level will also serve as an alternative to offering practice player positions.

IPV/RELENTLESS PLAYER DEVELOPMENT FLOW CHART

Ages 6-14	Ages 12-14	Age 15-18	18+	Development Track
IPV /Camp	12- AAU			Beginner/Intermediate
	13U-14U State Level/Freestyle	15U-18U State Level/Freestyle		MS/High School Prep
	14U State PLUS	15U-18U State PLUS/Mid-Atlantic		College Prep
		Camp/League/Club helper	Camp/Club Coach	Coaching

History/Growth of IPV/Relentless

Spring 2010	- IPV Launched with Spring Local League
Spring 2010-Present	- Spring and Fall Developmental Program plus Summer Camp
Winter 2011-13	- Fielded 2 Intermediate level travel teams to compete in Local Middle School events (13U/14U equiv.)
Winter 2014	- RELENTLESS name adopted to travel program. Fielded 1- 14U KRVA and 1 Local Middle School team.
Winter 2015	- Expansion to 12U-18U and 6 teams. 2-AAU Level team 12, 14U and 4 Regional 2-14U, 16U and 18U
Winter 2016	- Fielded 7 teams – 4 AAU Level – 3-13U, 1-14U; 3 Regional Level – 14U, 17U and 18U.
Winter 2017	- 92 Players, 7 Teams: 2 Super-Regional 14U, 15U; 4 Regional– 13U,14U,15U, 17U; 1- AAU -12U Added Freestyle Program with 33 Players 13U-18U
Winter 2018	Anticipated for 2018: 8-10 Teams 12U-18U To include Mid-Atlantic, State and AAU Level team plus Freestyle

RELENTLESS... (def.) *determined, and never stopping in your attempts to achieve something.*

I Play Volleyball, 1228 Charles St., State College, Pa 16801, 814 234-0469, yes.iplayvolleyball@gmail.com, iplayvolleyball.net



CLUB LEADERSHIP and COACHES

Coach Bios will be continually updated on our web-site in the coming weeks. Final coaching assignments will be settled throughout the tryout process as we identify the total number of teams that we will field and pair our coaches with the teams that we feel they will best serve. We are in conversation with many coaches and would like to be prepared to accommodate as many as 8-10 teams this season plus Freestyle. **However, we will only be able to field teams for which we are able to secure coaches.** Ultimately, we want coaches who understand the fundamentals of the game and are able to communicate those concepts to young players while encouraging and motivating them to be their best. Every coach has a unique style and personality. Our staff will include head coaches, assistants and volunteers. We are still in the process of continuing to build our staff but it shall include:

Club Director: Todd Horner

Todd is the founder of Relentless Volleyball Club and IPV. He has over 13 years of experience across a broad range of roles in several clubs as a coach, club director and a youth volleyball pioneer in the Centre Region. Prior to founding IPV he launched and developed the C3 Sports Volleyball program. IPV is known for laying a strong foundation for volleyball success and cultivating growth in the game for young players in the Centre Region. Many players who got their volleyball start in C3 Sports and IPV have gone on to great success at both the high school and collegiate levels (including DI, DII, DIII and NAIA). Many of his club teams have found a high level of success including a 15U team which finished ranked #4 in the KRVA Open Division (highest level) along with winning 3 events including the 2-Day Irish Rumble and placed 2nd at KRVA Open Regional Championships.

Todd has also served as the Tournament Director for the State College Girls Little Lion Invitational for the last 8 years as the event has risen to prominence as a premier event in the state. Todd served on the KRVA Region High Performance Committee during its infancy helping to establish and launch the program in the Region. Played collegiate baseball at Penn State. Married to Heather and has four daughters who have all been volleyballers - Elizabeth, Suzanne, Abigail and Jacqueline! Elizabeth played at the University of Pennsylvania. Suzanne played at Iowa State University and currently plays professionally in Finland. Abigail plays for Edinboro University. Jacqueline who is now throwing the Javelin at Shippensburg University played both club and high school volleyball. .

Associate Director: Chad Weight

Chad is in his 12th year as a volleyball coach and his 8th season as the Varsity Head Coach of the State College High School Girls Volleyball Team. During his first five years at State High the team won four district titles and three Mid Penn Commonwealth titles and the 2016 overall Mid-Penn Championship. In that span, he has had the honor of coaching a number of girls who have gone on to play at the collegiate level and many all-state, all-district, and all-conference players. Chad also served for four seasons as the Head Coach of Park Forest Middle School. Prior to coaching in the State College Area School District, Chad spent 3 years as the head coach for Bellefonte Area High School. Chad's club experiences at various capacities have included time with Lion's Pride, NVJ, Revolution, Affinity, and Relentless. His experiences have also included presenting at clinics for the PVCA and coaching PSU camps. Chad has been involved with volleyball, whether playing or coaching, for the last 27 years.

Coaches:

At the time of this meeting we are still finalizing our full coaching staff. Our staff will include current and former Collegiate, High School, Middle School and Club coaches and players. We will have a great mix of seasoned, experienced and successful coaches as well you young, enthusiastic coaches who bring youth and recent playing experience to the mix. We will be updating our Coaches Bio page in the coming weeks. Other coaches that will be working with us this year are: **Lynn Chapman, Dan Kreiger, Mike Zeman, Jenny Campbell, Megan Flick, Cori Donaghy, Maureen Kelliher Tara Neidigh, Korin Koehler, Janae Moran, Katie Correa. Kelly Aston.** We have other new and returning coaches who were are working on finalizing as well. A goal this year is to have both a head and assistant coach assigned to each team as much as possible.

RELENTLESS... *(def.) determined, and never stopping in your attempts to achieve something.*

I Play Volleyball, 1228 Charles St., State College, Pa 16801, 814 234-0469, yes.iplayvolleyball@gmail.com, iplayvolleyball.net



IS RELENTLESS RIGHT FOR YOUR CHILD?

FOR PLAYERS WHO ARE NEW TO CLUB/TRAVEL VOLLEYBALL – Club Volleyball teams are for kids who enjoy competing and the success that comes from working hard to accomplish something. It takes a lot of practice and hard work to be really good at volleyball. That hard work pays off in the fun of finding new and exciting levels of success! Club teams are designed for girls who are competitive and typically already have some degree of experience. That experience can be through our local leagues and camps as well as Middle School, JV and High School volleyball. Younger players 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. Playing time will NOT be equal and can rise or fall based on attitude, skill development, work ethic, attendance and commitment level to the team.

FOUNDATIONAL CONCEPTS OF CLUB VOLLEYBALL: Volleyball is a TEAM sport. As players enter Relentless and progress in their development they will learn and expand upon these fundamental concepts.

- 1) Unique positional responsibilities
- 2) Systems of serve receive patterns and offense such as 4-2, 5-1 and 6-2.
- 3) Defensive positioning and responsibilities.
- 4) Player Communication
- 5) How to play a faster, more aggressive style of play both offensively and defensively
- 6) Contributing to TEAM success
 - a) Establishing performance based roles where players must contribute to the success of the TEAM
 - b) Understanding and executing a role within the system the team is running
 - c) Being held accountable as to how you fill your role.

COMMITMENT

Acceptance of an offer to a Relentless Team is a commitment to yourself AND your teammates. You are also taking that opportunity from another player. With this opportunity comes a required sacrifice and prioritization. We expect that this team be a high priority. Attendance is required for all practices and tournaments. Missed practices and tournaments may result in loss or reduction of playing time. Players will be given opportunities to make up missed practices when possible to minimize the impact of lost practice time. Missed practices limit an individual's opportunity to improve but it also negatively affect the entire team's ability to prepare for success.

We understand that conflicts and emergencies do arise. We expect that all known conflicts be discussed and resolved with coaches well in advance. **Those participating in other school sports teams should discuss those time commitments with the coaches and club directors before accepting a full roster position on a team.** Failure to inform coaches of conflicts in advance and regularly missing practice or missing tournaments WILL affect your playing time. We expect that players take the time to stay on top of their school work so that they do not have to miss practice to do homework. Absences that are weather related when, due to poor travel conditions, practice is either cancelled or "optional, travel at your own risk" will be excused.

PLAYING TIME

Playing time is not guaranteed. Players want to play and we want them to play! Most teams will have rosters numbering between 8-10 players. We will select players during tryouts who we feel have the skills and potential to contribute to their team in competition. Our roster sizes and selection process should create a situation where **all players should have a realistic opportunity to have a contributing role on their team.** HOWEVER, we will not guarantee playing time or equal playing time. It is incumbent upon each player to work hard and develop their skills to a level that they can make positive contributions to their team. Practice attendance, hard work and a good attitude are basic requirements and expectations of being on a team – they do not guarantee playing time. Conversely, failure to attend practice or make up missed practices, a poor attitude or work ethic WILL adversely affect playing time.

RELENTLESS... *(def.) determined, and never stopping in your attempts to achieve something.*

I Play Volleyball, 1228 Charles St., State College, Pa 16801, 814 234-0469, yes.iplayvolleyball@gmail.com, iplayvolleyball.net



TEAM COMPOSITION AND COMPETITIVE PHILOSOPHY

Teams will consist of 8-10 players. We will first form the strongest team of 8-10 players that we can at the each age level. When possible multiple teams may be formed at an age level. We believe that it is important for players to be with other players of like ability in order to improve. When we can form a strong group of similarly aged/skilled players I believe it is important to try to keep them together as much as possible so that they can grow together. All players will learn and grow from situations where their team can consistently pass, set and hit as well as defend and rally against other competent teams. We will seek levels of competition that will force our players to play their best to be successful. This will bring improvement and growth. That may mean that we will not always win. We will always strive to win... but more importantly I want the teams to learn how to play "winning" volleyball against quality opponents. Regardless of the level of competition that we compete against, we will ALWAYS work hard in the gym and guide the team and each individual to be the best that they can be and to advance to the next level of skill and performance. We will take them "As fast as we can but as slow as we have to."

COMPETITION LEVELS

Below is a breakdown of various opportunities and the level of competition that they present and typical travel distances. Competition Scale: 10- Most Competitive and Challenging ... teams that compete Nationally with High Level Athletes 1- Least competitive and Challenging ... pure beginners who struggle to serve over the net or pass a ball

Local Middle School Tournaments: (Entry Level Travel Teams), Travel Distance 35 min- 1hr

A Division: Competitive Range 3.5-7.5... most teams 4-6 ... occasionally some more competitive teams... 14U level

B Division: Competitive Range 1-4.5... more comparable to 12U/13U

AAU Level Play: Distance 1.5-3hrs Range 3-9... most teams 5-7... The competitive level at AAU is on the rise across all age groups as AAU volleyball is growing.

KRVA (USA Volleyball): Distance 1.5-3 hrs (Recruiting events can be 3.5-6 hrs away)

Regional Level: Range 4-8... most teams 5-7 (Most comparable the former "Club" level)

American Level: Range 5-9... most teams 6-8 (Most comparable to the former "Mixed" level)

National Level: Range 6-10... most teams 7-9 (Most comparable to the former "Open" level)

RELENTLESS "FREESTYLE"

What is it? Freestyle will give multi-sport athletes and those who cannot otherwise commit to a full club season an opportunity to get great volleyball training without the cost and time commitment of a full club season. This will also be an alternative to offering "practice player" positions. Players will be able to enroll for either a Winter Session (Jan-Feb); Spring Session (Mar-April) or Full Season. Winter or Spring only will be \$175 each. Full Season cost will be \$325.

Freestyle players will not be assigned to a specific "team". They will practice once per week on Sundays. Players will be grouped/separated roughly into High School/JV/ Middle School groups. We will subdivide as able and necessary so that players can train with others of similar skill level. Training will be heavily focused on overall skill development. Players will have competition opportunities provided by incorporating "Fellowships" /Scrimmages with other clubs and will have the option to form teams from within their age grouping to attend some AAU tournaments to be paid for on an "a la carte" basis. We will have a set per player fee for tournament entry to cover both tournament fees as well as additional coach compensation/reimbursement. There is no guarantee of a specific number of competitions but we will work to provide multiple opportunities to compete and not just practice.

Who can participate? We will have a cap on enrollment so that we can provide a quality opportunity and training for those who do participate. **Priority will be given first to those who attend tryouts. Players wishing to participate should attend tryouts however merely attending tryouts DOES NOT guarantee placement in the Freestyle program.** Second priority will be given to those who are currently on a Varsity/JV or Middle School team for their school. We will fill other positions as available. Player must be in at least 7th grade to be considered. Players younger than 7th grade who do not make a travel team will be welcomed to participate in our Spring IPV program.

RELENTLESS... (*def.*) *determined, and never stopping in your attempts to achieve something.*

I Play Volleyball, 1228 Charles St., State College, Pa 16801, 814 234-0469, yes.iplayvolleyball@gmail.com, iplayvolleyball.net



LETS TALK \$\$\$\$ Why does club volleyball cost so much? We do not get anything for free. The costs are paid by those who receive the direct benefit. Cost include quality volleyballs for practice; rent gym space; tournament entry fees; uniforms; fees to register coaches and teams; background checks; coach training; coaches travel expenses and we do provide coaches with a small stipend, which is much less than they make for coaching high school or middle school.

Cost comparison Club Volleyball vs Summer Camp

2 Popular Local Summer Camps

\$460 - 27-36 hrs of training and playing over 4 days.

\$485 - 27-36 hrs of training and playing over 4 days

One Season of Relentless* (*Team dues do not include travel expenses or uniforms which players keep and can reuse.)

\$500 – AAU Level - 48-60* hrs of training, 4 days of competition over 3 months

\$785 – State Level- 70-80* hrs of training plus 6 days of competition over 4 months

\$1200 – State PLUS Level – 70-80* hrs of training, 8 days of competition (4 one day; 2- 2 day) over 4 months

\$1595 – Mid-Atlantic – 70-80* hrs of training, 13-15 days of competition 3 one day, 4 multi-day events) over 4 months

(*Approximate number of practice hours, actual number may vary slightly)

ADDITIONAL OPPORTUNITIES

Adding Single Day and Multi-day Events Most teams will compete in state in single day events. However, some may desire to do more. The costs to add events below are approximate and depending upon roster sizes, number of teams participating etc.

Happy Volley Tournament - \$160-\$185 per player (Covers additional Practice, Coach Expenses, Tournament Entry Fee)

KRVA/AAU event - \$40-\$50 per player – all players must pay

2-day event - \$125-\$160 (depending upon event) PLUS ESTIMATED \$300-\$400 TRAVEL COSTS PER PLAYER (Hotels - \$100+/Night, Parking \$5-10 per day, \$5-\$10 spectator entry fees, Gas, Restaurants)

3-day event - \$160-\$200(depending upon event) PER PLAYER, PLUS ESTIMATED \$400-\$600 TRAVEL COST PER PLAYER (HOTEL - \$100+/Night, Parking \$20-\$30 per day, \$15-\$30/person spectator entry fees, Gas, Restaurants)

AAU Nationals – Est \$250-\$300 per player, Additional Practice, Coach Expenses, Entry Fees PLUS \$500-800 TRAVEL COSTS

Uniform Costs: Long sleeve jersey - \$30, Spandex - \$18

HOW DOES THE COST OF RELENTLESS COMPARE TO OTHER CLUBS?

All of the clubs that I know have good, caring, knowledgeable people. You can have a good experience at a lot of places. Where clubs often differ is on the cost and what you get for that cost. MANY (if not most) of the clubs that we compete against when we travel charge much more than we do. In our area, those that charge less typically don't practice and/or compete as often or are school-based clubs focused primarily on developing their own school program with access to free resources that we just don't have. When comparing the amount of practice time and number of competitions that we offer vs other clubs, we feel that we provide a very substantial yet cost effective approach to club volleyball.

Can we compete with higher priced clubs? Absolutely! In the past 4 years our top 12s-15s teams have typically advanced to the Gold playoffs in nearly every event that they have played with multiple tournament wins and many semi-final and finals appearances. Our goal is to continue that success as these players progress through the age ranges of 16U-18U. While not all of our teams have the same overall success, we have tournament wins and numerous teams have made deep playoff runs at virtually every age level 12U-18U. Our most competitive teams within age level consistently compete with and beat teams that charge \$100's if not \$1,000's more. **Win or lose, we provide a substantial practice and competition schedule that enables all of our players a great opportunity to improve their skills and confidence.** Pricy uniforms, warm ups, extensive travel and high dues do not guarantee success. Talent and hard work bring success. We are priced to make our teams financially accessible to as many players as possible. Why? Because the ability to play is much more important than the ability to pay!

RELENTLESS... *(def.) determined, and never stopping in your attempts to achieve something.*

I Play Volleyball, 1228 Charles St., State College, Pa 16801, 814 234-0469, yes.iplayvolleyball@gmail.com, iplayvolleyball.net



TRYOUT TIPS AND IMPORTANT INFORMATION

All players wishing to tryout must submit a completed **Relentless Tryout Registration Form** with payment of **\$20 payable to Get Active! Inc.**

All players must register with the appropriate sanctioning body and bring proof of membership to tryouts.

AAU – Required for 12U and Freestyle

USAV/KRVA – Tryout membership required for 13U-18U State, State PLUS and Mid-Atlantic Levels

Offers: Offers for positions on a team will be made **AFTER** the last night of tryouts for each age group. Offers will be sent to parents and acceptance must be received **FROM A PARENT**. Although our tryouts will be held as AAU tryouts, we will honor the KRVA/USAV guideline of keeping offers open for 96 hours without change to give you time to make an informed decision.

KRVA/USAV – Some of our teams **WILL** participate in KRVA. Specifically the 14 Regional team (Gold or Red) and the 15 Super-Regional/Mid-Atlantic team will definitely be in KRVA. Players in the 16U-18U should expect to participate in KRVA as well but that final determination will be made as teams are offered. IF your daughter is selected to a team that will participate in KRVA/USAV event she will be required to register with USAV and will have to follow the USAV offer acceptance protocol which will be explained at the time of receipt of the offer. All of this information is available on the KRVA website at krva.org and go to the Girls Juniors page.

DECISION MAKING: I encourage everyone to make decisions **AFTER RECEIVING ALL OF THE FACTS**. Every season I see players and their families jump to conclusions based on false assumptions from what they think they see in tryouts. Normally these false assumptions lead to poor decisions that ultimately are regretted. **Don't rush to make a decision that will affect your daughter for the next 6 months based on partial information and assumptions.**

If your daughter is going to tryout at multiple clubs please realize that we may make some offers after the 1st day of tryouts for some teams. For other teams we may choose to have a 2nd follow up tryout. Your daughter may receive an offer from another club prior to receiving an offer from Relentless. You do not have to rush to respond to that offer. Again, do not assume that the players who tryout on the first day will be the only players who tryout for our club in a given age group. Some players may only be able to make one day or the other. To make a rushed decision based on partial information may lead to a regrettable choice.

We wish you well and look forward to being your daughter's club volleyball home throughout her Juniors volleyball career!

“PASS IT ON” Leadership Training

Our Pass It On program provides Leadership Training for High School aged girls. We utilize a combination of small group and hands on leadership training opportunities. Various Leadership Training books and materials will be used for small group discussion and training. Hands on opportunities will include leading community service projects for the club as well as assisting with development of players on 12U-14U teams, Freestyle and Local Leagues.

Players will be selected for the program by a combination of invitation, coach recommendations and interview. Interested players may request an interview to be selected for the program. Players must be willing and able to make a full commitment to attend all small group session and complete all assigned tasks for admission to the program.

RELENTLESS... *(def.) determined, and never stopping in your attempts to achieve something.*

I Play Volleyball, 1228 Charles St., State College, Pa 16801, 814 234-0469, yes.iplayvolleyball@gmail.com, iplayvolleyball.net