

# **Welcome to our IPV Volleylites Youth Training**

We look forward to working with your daughter and hope you find the information below helpful.

-Participants should plan to arrive 15 minutes early to meet with the coaches for check-in before entering the court. \*Turn left after entering the building, follow the hallway around to the courts.

-Parents are welcome to stay and watch, wait in the lounge area or return for pick-up at 7pm.

-Participants should dress comfortably in shorts (or spandex), t-shirt and gym shoes. Knee pads are optional. A water bottle is a good idea for breaks, water fountain available for re-fills.

-We will provide Volleylite balls for practice so there is no need to bring your own ball.

-Coaches: Catherine Coppin, Shannon Simpson

-New athletes are welcome at anytime during the session.

\*We do not anticipate having to cancel any practices due to weather but should it come up, please check our website- [www.ipvbc.com](http://www.ipvbc.com). We will post any weather related cancellations by 3pm the day of the practice.

## **Details**

**Session #1 Dates:** Sept 8, 15, 22, 29; Oct 13, 20 (no training 10/27) **\$160**

**Session #2 Dates:** Nov 3, 10, 17, 24; Dec 1, 8, 15 **\$185**

**Session #3 Dates:** Jan 1/5, 12, 19, 26; Feb 2, 9, 16 **\$185**

**Session #4 Dates:** Feb 23; March 1, 8, 15, 22, (off 3/29); April 5 **\$160**

**Session #5 Dates:** April 19, 26; May 3, 17, 24 **\$135**

**Location:** Edward Health & Fitness- 6600 S Rt 53, Woodridge (Seven Bridges)- [Maps & Directions](#)

**Time:** 5-7pm

## **Paperwork**

-[Volleylites Participation/Payment Printable Form](#) or [Volleylites Online Registration Form](#)

-[Medical Release Form](#)

USA Volleyball Membership: \*USAV Registration system opens on September 1st

-Go to [Great Lakes Region](#)

-Click on **Registration** at top of page.

-Click on **New Member** or **Webpoint Login** if returning member.

-Follow directions to register for **VolleyKids Membership** for \$12.

\*Make sure that you identify **Illinois Performance Volleyball** as your club and enter the start date of your session.

This limited membership is good for one session so returning participants must re-register for each session.

\*This must be completed by the first practice.

[Contact us](#) with questions.