

# Wildcat Jrs. VBC

## 17's & 18's

### Our mission

Wildcat Juniors exists to unite the best parts of volleyball into a single organization — equal doses of player development, competition, and fun. Every element of our program is designed to help each athlete maximize their individual potential, while learning crucial life skills like teamwork, leadership, discipline, and communication. Our goal is to be one of the most competitive clubs in the country, and we structure all aspects of our program accordingly.

### 5 ways Wildcat Jrs is different

#### 1. HIGH QUALITY COACHING

**The best coaches around.** Without a doubt, this is what most sets us apart from other clubs. We take great care in hiring the best coaches and fitting the right coach to the right team.

**Player-to-coach ratio.** Elite teams have two coaches, providing almost a 5:1 player-to-coach ratio

**Personal attention.** In addition to your team coaches, every member of the Wildcat staff—club directors, position trainers, lead trainers—gets to know each athlete and cares deeply about their success.

**Focused on Girls Volleyball Only.** We do not run tournaments, we do not run a boys program. We put 100% of our energy and resources into the development of our players.

#### 2. INNOVATIVE PRACTICE DESIGN

**Elite mindset.** We focus on core skills, team systems, agility, and speed.

**Lead trainers.** Practice design is uniform across the club. Lead trainers design each practice for consistency, max efficiency, and team progression.

**Strength training.** Elite teams (14's and up) do weekly plyometric training with Stephen Reich, the Northwestern Women's volleyball strength and conditioning coach.

#### 3. POSITION-SPECIFIC TRAINING

**Position development.** We do position-specific work every week to maximize skills development. With four coaches in the gym, we have all of the positions covered at every practice.

**Extra rep sessions.** Players are brought in weekly for extra reps to work on position-specific technique in a small group setting.

#### 4. TEAM-CENTRIC APPROACH

**Culture of team.** We practice hard, compete hard, play hard. But at the end of the day, this organization is all about the team. Our culture prizes trust, communication, and commitment to each other.

**We first.** Our mantra is “we first, me second.” Team sports offer an unparalleled chance to build relationships, learn to collaborate, and to fight for a common goal. These are lessons that outlast even the best win and loss record.

#### 5. INTENTIONAL COMPETITION

**Highly selective.** We pour over the tournament schedule, carefully choosing which competitions to enter. We want to give our athletes the opportunity to play in tournaments that offer the best competition and greatest learning opportunities. We also carefully craft the tournament schedule so that it is appropriate for 9th and 10th graders, their families and their future in the sport. Our goal is to attend world-class events, and put our players in position to compete against the best in the country.

## other information

### Tryouts

Selected players will receive a welcome email within approx. 30 - 60 mins from the end of the tryout and their club account will be updated with the 2019-2020 season dues. The commitment fee (\$400) is due by the deadlines laid out below. Alternates will be notified by phone if there are available roster positions.

### Commitment Fee Deadlines

17 Elite - 1 pm

18 Elite - 1 pm

17/18 Premier - 1 pm

### Team Selections

We will be selecting 10 - 11 athletes from each age group per Elite and Premier program, enough to form 1 team per program.

### Practice Schedule

Practices begin the week of November 11th. 17 & 18 Elite will practice Monday and Thursday evenings from 7:30 - 10 pm + a weekend time slot (varies). The 17/18 Premier practice days are TBD, but they will practice once during the week and once on the weekend. Teams practice at either the Northfield Park District or Athletico Center. All Elite teams will have one full weekend off per month (no practice or tournament). Monthly practice schedules months are posted well in advance. All teams will break for Thanksgiving week and for winter break from Dec 16 - Jan 1. November, December and January practice schedules will be released by Parents Night.

### Communication

We are moving to Google Calendars! Each team will have its own Google Calendar for practice and tournament schedules. We also utilize TeamSnap for intra-team communication, and communications from the club.

### Tournament Schedule

Elite teams will be competing in the Windy City Power League, 3 major national events, and additional local tournaments. See Major Events listed below. Subject to Change. We will finalize by Parent's Night.

event	location	dates
Windy City Power League (WCPL) - Open	local	1/11, 1/12, 2/1, 2/2, 2/22, 2/23, 3/7, 3/8
Chicago Volleyball League (CVL) - 17 Premier	local	1/11, 1/12, 2/1, 2/2, 2/29, 3/1, 3/14, 3/15
NIT Triple Crown (Invite Only) - 17 Black, 18 Black	Kansas City	2/15, 2/16, 2/17
2 double day events - TBD - 17 Premier	TBD	TBD
MidEast Qualifier - 17 Black, 18 Black	Indianapolis	3/20, 3/21, 3/22
Windy City Qualifier - 17 Black	Chicago	4/10, 4/11, 4/12
JVA World Challenge - 18 Black	Louisville	4/3, 4/4, 4/5
USA Jr. Nationals - 18 Black	Reno	5/1, 5/2, 5/3
AAU Jr. National Championships - 17 Black	Orlando, FL	4 day competition, + practice day (team day) in mid to late June