




▢
TRYOUT INFORMATION
▢

<p style="font-size: 1.2em; font-weight: bold;">Saturday, July 15th, 2023</p> <p>Lo Verde Recreation Center 7847 N. Caldwell Ave, Niles</p> <p>\$30 tryout fee ~ Cash, check, Chase QuickPay/Zelle to 847-401-1331 or Venmo to randy-satovitz</p>	<p>12U ~ 9:00-10:30 a.m.</p> <p>16/17/18U ~ 11:00-12:30 p.m.</p> <p>13U ~ 1:00-3:00 p.m.</p> <p>14U ~ 3:30-5:30 p.m.</p> <p>15U ~ 6:00-8:00 p.m.</p>
---	--

2023-2024 Mindset Volleyball Club Programs

Premier	Regional	Practice Squad
<p>*Our top program that runs from late October - mid June</p> <p>*Practices: 3x/week</p> <p>*Tournaments: Windy City Power League, local/out of town National Qualifiers</p>	<p>*Local program that runs from late October - mid March</p> <p>*Practices: 2x/week</p> <p>*Tournaments: Chicago Volleyball League, local &amp; Wisconsin Dells tournament</p>	<p>*Skill building, lower commitment program that runs from September - December &amp; January - June</p> <p>*Practices: 2x/week</p> <p>*No tournaments</p>

<p>Contact Club Director <b>Randy Satovitz</b> with questions or schedule conflicts: <b>847-401-1331</b></p>	<p>Mindset Volleyball Club Website:</p> 
--	---



# Tryout Info & Club FAQ

**What should we expect at tryouts?** Athletes are evaluated by Mindset VBC coaches on effort, attitude, and skill through a variety of drills and activities. A deposit of \$500 is due upon commitment paid via Chase QuickPay/Zelle to 847-401-1331 or Venmo to randy-satovitz.

**What is the cost?** \$3,100 for Premier and \$2,100 for Regional - which includes a uniform package (two uniforms, personalized hoodie, backpack, t-shirt). Other clubs have packages that start at \$200 plus. Costs include instruction, coaching, tournament entry, and court time. Payments will be made in monthly installments starting in September.

**When will we know teammates/which team we're on?** Premier and Regional slots will be decided on tryouts. The plan is to have two Premier teams and one regional team at each age level. Teams are formed after the entire age group practices together for several weeks in late October. We will also have dedicated practice squads that are held twice a week throughout the season.

**When is the club season?** Regional Mindset Volleyball season runs from late-October thru mid March with practices held 2 times a week. An optional extended season is available from April to June depending on players' interest. Premier Mindset Volleyball season runs from late-October thru mid June with practices held 3 times a week. There will be additional training opportunities available September through late-October will have biweekly pay-as-you-go practices for middle school players. High school players are prohibited from practicing until their IHSA season is over. Mindset also offers summer clinics, beach, and indoor volleyball outside of the club season.

**Where are practices & tournaments held?** Teams practice in Glenview, Niles, Morton Grove, and Mt. Prospect. Most tournaments are often located within an hour's drive (or less) of the area. Premier teams will play in the Windy City Power League. Regional teams will play in the Chicago Volleyball League. Regional teams will play between 10-12 tournament days. Premier teams will play between 20-22 tournament days.

**Are there out of town tournaments?** Regional: Most tournaments will be within an hour. The Wisconsin Dells is the furthest tournament away. Premier: Most League tournaments will be held within an hour. Each premier team will participate in 2 National Qualifier tournaments (Locations may include: Indianapolis, Louisville, St. Louis, Minneapolis, Grand Rapids, Chicago) U12 Premier Teams will participate in one out of town tournament.

## Why choose Mindset Volleyball Club?

<p style="text-align: center;"><b>Sports Performance</b></p> <p>Mindset VBC has partnered with Tactic Sports Performance in Glenview to hold sports performance clinics for Premier teams monthly. Teams will incorporate plyometrics, speed, agility, and resistance training in practices.</p>	<p style="text-align: center;"><b>Expert Coaching</b></p> <p>Club Director &amp; Master Coach Randy Satovitz (USA Volleyball CAP III certified) designs practice plans and coaches practices. Mindset VBC is a small club with no intention of getting too large.</p>
<p style="text-align: center;"><b>Competitive, Game-Like Practices</b></p> <p>Drills are engaging and as game-like as possible. We will also incorporate positional training each week at our practices to help players hone their skills.</p>	<p style="text-align: center;"><b>No Hidden Costs</b></p> <p>Everything is included in the regular season price: uniform package, tournament entry fees, instruction, coaches' fees, and court time.</p>