



Accomplishments of Iowa Rockets teams: Each of the last 8 years, Iowa Rockets teams have placed high at the Iowa Regional tournament, National Qualifiers and National Championships.

USAV National Tournament -

3rd, 5th, 11th, 13th, 17th, 21st, 29th three times, 33rd two times, 37th, 45th

USAV National Qualifiers -

1st 2 times, 2nd, 3rd, 4th three times, 5th four times, 9th five times

Iowa State Regionals -

1st twelve times, 2nd nine times, 3rd eleven times

Iowa Games Festival -

1st two times, 2nd two times

President's Day Festival -

1st six times, 2nd, 3rd, 5th four times, 9th four times

ASICS Junior National Championships -

2nd, 3rd, 7th, 8th two times

In 2007, the Iowa Rocket sent an unprecedented 8 Teams to the USAV National Championship Tournament in Atlanta, Georgia!

Post-season Play: Although no one can guarantee a trip to Nationals, our goal is to qualify teams for the USAV National Championship, USAV National Invitational and other high caliber post-season tournaments. It is expected that each girl will be able to attend the tournament (late June/early July), should her team qualify. The fees do not include post-season/National tournaments. However, based upon our experience of taking teams to Nationals the last 6 years, we hope to offset the costs of the trip through sponsorships and fund-raising.

For More Information: Please feel free to contact David or Kyla Rodgers for additional information. They may be reached at: (h) 319-337-3613, (cell) 319-330-9499 or via email David@IowaRockets.com.
www.IowaRockets.com

IOWA ROCKETS VOLLEYBALL CLUB

Club Director and Coach: Head Coach David Rodgers has been playing volleyball for 22 years. He loves the sport and participates in all aspects of the game, from player, to coach, to referee and scorekeeper. David is a NCAA Division I Referee, USAV Junior National Referee, Regional scorekeeper and is a USA CAP Level II volleyball coach. As a player/coach/referee, David has worked with and learned from many coaches with very successful programs. Though David is an all-around coach, he specializes in setting, passing, and defensive systems. In 2001, David was awarded the Regional Service Award and in 2000 was awarded the Regional Meritorious Service Award for his caring dedication and contributions to Iowa Volleyball.



Club Director and Coach: Head Coach Kyla Rodgers has been playing volleyball for 22 years. She's a player at the USAV Women's AA level and a USAV Regional Referee, collegiate referee and Men's Big 10 referee. Though Kyla is an all-around coach, she specializes in attacking, blocking, and offense. This past years, Kyla's teams have placed 1st and 3rd at the State Championship and placed 3rd, 9th, and 11th at the National Tournament. In 2004, Kyla was awarded the Regional Meritorious Service Award for her contributions to volleyball in Iowa.

We need dedicated, high-spirited individuals with the desire to commit to a team and strive for a goal. In the process, we hope you will become a better player, a better person and richer for the experience.



VOLLEYBALL CLUB

Mission

The mission of the Iowa Rockets Volleyball Club is to become the best (not necessarily the biggest) volleyball club in Iowa. This will be achieved by bringing together exceptional coaching and talented athletes. The intent is to bring out the best in each player therefore producing high caliber volleyball teams. These teams will compete in Iowa tournaments as well as large Midwest tournaments, including National Qualifiers, when appropriate. This will provide an opportunity for girls to compete against nationally ranked teams and to be seen by many college coaches

Awards Received from the Iowa Volleyball Region

- 2000 - Regional Service Award
 - 2001 - Meritorious Service Award
 - 2002- Club of the Year
 - 2002 - Parent of the Year
 - 2002 - Male Coach of the Year
 - 2003 - Male coach of the Year
 - 2004 - Meritorious Service Award
 - 2004 - Club of the Year
 - 2005 - Parent of the Year
 - 2005 - Male Coach of the Year
- www.IowaRockets.com**

**If This is Your
FIRST YEAR OF CLUB VOLLEYBALL,
start reading here...**

The Younger Teams: We feel a gentler introduction to volleyball is beneficial to the younger player. Thus we offer the younger teams a chance to get involved in volleyball at a lower cost and with a lesser time and travel commitment. They still enjoy Iowa Rockets quality coaching and the friendships and learning experiences of club volleyball. The intent of the 12s, 13s, 14s and all "State" teams is to have fun, be competitive, and learn the skills and teamwork needed to achieve the next level of volleyball. These teams will play in Iowa tournaments that will be age-appropriate and competitive. Depending on the caliber and desire of the players, we could have a young team that wants to travel and compete in large out-of-state tournaments. In the past, both types of teams have thrived under the Rockets banner. (Rockets 12s, 13s, and 14s have all qualified for National tournaments and other Rockets teams have had outstanding success competing at in-state tournaments.)

About Tournaments: Tournaments are generally all day affairs on Sat or Sun, starting at 8:30 a.m. and ending between 4 and 7 p.m. The fee for joining Iowa Rockets Volleyball Club is meant to be all encompassing, however, each girl/family is expected to cover their own costs of meals and travel to/from tournaments. It is not necessary for parents to go to all the tournaments. There are always plenty of parents that attend, so we often carpool. Also, instead of eating out (at the tournaments) some families pack their own meals or the parents organize a team potluck, where each family brings a food item to share with the group.

Sister Teams: Each year Iowa Rockets has grown in size and quality. We have had girls that represent nearly every junior high and high school from the Quad Cities to Williamsburg and Mt Vernon to Mid-Prairie. It's a special experience to form friendships and build relationships with girls (and parents) from other areas. In addition, the younger girls are exposed to higher caliber volleyball because in our specialty practices, the younger girls practice the skills right along side the older girls. We strive to be sisters to all, in order to create a positive atmosphere for individual as well as team growth.

Veteran Club Players start reading here...

Practices: Teams practice twice a week at the following facilities: Scanlon Gym (Mercer Aquatic Center, Iowa City), Wickham Elementary school (Coralville), and Robert E. Lee Recreation Center (downtown Iowa City). Generally, all teams will have a 2 hour practice on Sunday afternoon/early evening; and a mid week practice - usually Wed or Thurs nights. In addition, on Mon or Tues nights, we offer specialty practices for middle hitters, outsides, right sides, and defensive specialist/liberos. (Most specialty practices are run by Kyla & David Rodgers) All setters should expect to practice 3 times a week. Practices will begin in January and run through April. Since most players are anxious to get started, we offer optional practices in December. The Iowa Rockets is known for their caring and knowledgeable coaching staff; they spend extra time to help players accelerate their development and fine tune their skills. In that vein, girls will have the opportunity to view and critique their individual skills during video sessions (at specialty practices only).

Team Structure and Tournaments: It is our goal to have the make-up and cost of each team fit that team. To that end, our plan is that 12s, 13s, 14s, and State teams will be handled differently from Regional teams. For a broader explanation of the goals and particulars of the 12s, 13s, and 14s teams, please see "The Younger Teams" at the beginning of this brochure. For 12s, 13s, 14s, and State teams: We plan on having 9 girls per team and will attend 7 tournaments. One or two of these tournaments will be in Iowa City, others will be in cities such as Cedar Rapids, Cedar Falls, Davenport, Dubuque, or Ames and the only overnigher will be the Iowa Region State Tournament in Des Moines (which is loads of fun). For 14s through 18s and Regional teams: we plan on having 9 girls per team, attend 8 or 9 tournaments that include 2 Iowa City tournaments, 2 or 3 Iowa tournaments, several large out-of-state tournaments such as 'Presidents Day' in Omaha, the Iowa Region State Tournament in Des Moines, and 1 or 2 out-of-state National Qualifiers. This is a very ambitious schedule and may be toned down if a team does not care for that type or amount of experience. We truly would like to tailor things to the experience level and desires of each team. Tentative tournament schedules will not be available until Dec/Jan because we cannot even request to get into a tournament until Dec 6; it usually takes several weeks to get most of the responses. For an idea of the type of tournament schedule your team is likely to have, visit the Iowa Rockets website www.iowarockets.com and check the tournament calendar for last year.

Cost: The Iowa Rockets will offer one or more teams at each age group. Cost for teams is directly related to the number of tournaments and amount of travel. The Regional teams will cost \$705 which include 2 National qualifying events. State teams will cost \$555. Teams for 11 and 12 year olds will be \$405. Fees cover the following: USAV registration & insurance, tournament entry fees, practice facilities and equipment, coach stipends, uniform shirt(s) and shorts, video taping, and some coach travel expenses. Scholarships for part of this fee may be available. (Please contact Kyla or David Rodgers for a confidential conversation about a scholarship.) The fee may be paid up front or in 3 installments. The first payment is due at the Parent/Player/Coach meeting. We also ask that each girl/family participate in 1 or more fundraising activities. Apple pie making is easy, fun, and delicious! (Our pies are in great demand and we only make them in Nov/Dec!). Other fundraisers include hosting tournaments with concession stands, and teaching volleyball to younger children.

USA Volleyball

Organization: The Iowa Rockets Volleyball Club is a member of USA Volleyball (USAV). This organization is the governing body for volleyball programs that start with 10 year old athletes, and culminates at the Olympics. The Iowa Region of USAV consists of approximately 3,800 athletes representing over 375 teams in age groups ranging from 10 through 18 year olds. Nationally, there are about 35 USAV Regions.



***Be Yourself,
Be Your Best,
Be a ROCKET!***