



Name: Cindy Gritzman | Owner

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BIO

All those shirts that read "volleyball is life"... Well I believe it. I've been playing volleyball since I was in 5th grade and am a firm believer of how important sports are in life.

My husband and I started top flight with the fundamental principles of providing the best for our athletes and their families. We understand that by having children in club sports it takes dedication from the whole family. We teach athletes life lessons through sports and create a true bonding experience with members of our club.

I coach to make a difference. I expect my athletes to work hard on and off the court. I encourage them to try new things and push themselves to be their best. I love the people that I meet, the lives that I help make a difference, and the career that I have.

CERTIFICATIONS & MEMBERSHIPS

Member of AVCA, USAV, JVA & AAU

PCA Certified (Positive Coaching Alliance)

Impact Certified

ASEP IHSA Certified (Coaching Principles, Sports First Aid & IHSA By-Laws)

CPR Certified

AED Certified

AWARDS & ACCOMPLISHMENTS

Community Improvement Award

Community Development Service Award

Athletics in the Community Service Award

Leading By Example Entrepreneurial Achievement

100+ tournament victories as a player & coach

Multiple AAU, AJN & USA National Championship Appearances – Coaching Girls & Boys

Won AJN National Championships – Coaching Girls & Boys



Name: Sean Gritzman | Owner

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BIO

I feel coaching is a way of giving back to the sport which I am so passionate. I have been playing volleyball since I was 15 years old. As I got older I decided to become a coach to help pass along the skills, knowledge and life lessons I have learned through my playing career. Over the past 20+ years I have done just that.

I am a true believer you need to teach the "game" of volleyball along with the technical skills required to play. I spend time with my athletes teaching the game in an effort to increase their overall volleyball IQ. Understanding the game makes the game easier to play as it slows it down to a manageable pace. This becomes crucial as players become older and start playing at the higher levels.

Along with volleyball IQ and technical skill development I push the athletes to learn how to self-motivate, control their emotions, manage their time and put the team before themselves. These are lifelong skills which can be used beyond athletics and something I believe needs to be taught. They are the intangibles which sometimes helps you not only achieve your goals but look beyond them and continue setting new ones.

CERTIFICATIONS & MEMBERSHIPS

Member of AVCA, USAV, JVA & AAU

PCA Certified (Positive Coaching Alliance)

Impact certified (USA Volleyball)

ASEP IHSA Certified (Coaching Principles, Sports First Aid & IHSA By-Laws)

Certified USAV, NCAA I/II/III, NCJAA & NAIA Referee

Tournament Seeding Chair

CPR Certified

AED Certified

AWARDS & ACCOMPLISHMENTS

Meritorious Service Award for Outstanding Achievements

Community Improvement Award

Community Development Service Award

Athletics in the Community Service Award

Leading By Example Entrepreneurial Achievement

Gold medal at USAV Adult Nationals as a player

100+ tournament victories as a player & coach

Multiple AAU, AJN & USA National Championship Appearances – Coaching Girls & Boys

Won AJN National Championships – Coaching Girls & Boys



Name: Jason Yeates | Program Manager

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BIO

My volleyball career began over 30 years ago when I was introduced to the sport during high school. While also involved in soccer and tennis, I developed a stronger passion for volleyball and pursued it as my main sport. Volleyball quickly became an essential part of my life, teaching me countless lessons about life and team work. I have continued to play since, both at the college and adult level. After high school, I attended the University of Kansas and played men's club volleyball, as one of the only freshman to be placed on the team. During my time at the University of Kansas, I also worked with the women's volleyball team for three years. Working under two tremendous coaches, I was allowed to be involved in drills and coordinate some of the practices for the team. Learning from coaches at the college level was a great experience, because I saw firsthand what it took for someone to play at the collegiate level. This was incorporated into my style of coaching, knowing what it takes to make it to the next level, but also realizing that the sport of volleyball is just a game, we play not only to compete but to have FUN. It has equipped me with the capability to prepare athletes with the necessary techniques to excel not only in high school, but also to exceed and play post high school. I have used this experience and incorporated it into my style of coaching, to train the younger athletes I have coached in both high school and club.

In 2003 I was fortunate enough to be given an opportunity that allowed me to get back into the coaching realm at St. Charles North High School coaching both boys and girls. I am currently the head varsity coach for Larkin High School. I've been coaching at the club level since 2007, working with both boys and girls from ages 13-18. I have enjoyed every year thus far and look forward to every future team I'll have the opportunity to coach as I am able share my knowledge and passion for volleyball allowing me to give back to the sport that has given me so much.

CERTIFICATIONS & MEMBERSHIPS

Member of AVCA, USAV, JVA & AAU

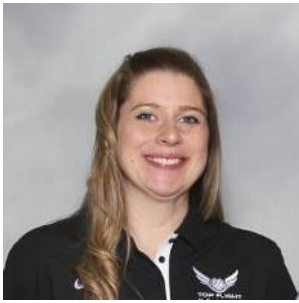
PCA Certified (Positive Coaching Alliance)

Impact Certified

ASEP IHSA Certified (Coaching Principles, Sports First Aid & IHSA By-Laws)

CPR Certified

AED Certified



Name: Meghan Blahnik | Program Manager

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BIO

I started playing volleyball when I was 12 years old and have been playing ever since. My playing experience consists of middle school, high school, club, college and playing at the adult level. I knew right away volleyball would have a special place in my life and my love for the game only grew once I started coaching over 15 years ago. I love being able to share my passion for the sport with young athletes and see it bring so much to their lives as it has my own. I believe that as a coach it is my job to not only teach my athletes about the technical skills of volleyball but being disciplined, time management skills, being good teammates and putting the team's needs first. I've coached ages preschool through 18 year olds throughout my coaching career. I look forward to each team and group I coach as they each bring different challenges. In addition to coaching teams at the club level, I am also the Head Girls Volleyball Coach at Burlington Central High School. I consider it an honor and a privilege to do what I love each and every day!.

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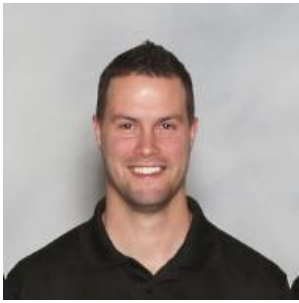
AWARDS & ACCOMPLISHMENTS

Academic All-American at College of DuPage

Conference championship - Aurora University

Won AJN Championships - Coaching Girls

Multiple tournament championships



Name: Andy Kownacki | Program Manager

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BIO

I got started in Volleyball my sophomore year of high school. When I first heard about Men's Volleyball, my sophomore basketball coach was coaching the sophomore boys volleyball team, and thought it would be great to play volleyball and basketball. My initial thought was you had to wear spandex just like the girls. I did not go to the first couple days of tryouts, then when my brother came home and kept expressing the excitement and fun of volleyball, I thought I would give it a shot. The rest is history!

Getting the opportunity to work full-time in a volleyball atmosphere is truly a dream come true. Every day I get to wake up and work for Top Flight, an environment I love and believe in. I recently decided to take a position in high school again as the assistant varsity coach for St. Charles East High School. I coached for Sycamore High School in the past. Outside of my family, volleyball has become a huge passion of mine, from moving to California to pursue my beach volleyball dream, to playing in many Adult USAV Nationals around the country. When it comes to coaching, I love the ability to watch someone grow throughout the year, go back to their high schools and compete at a high level. It gives me even greater joy to know someone is continuing to play collegiately, and I have been able to help in a small way.

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Impact Certified

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CPR Certified

AED Certified



Name: Cindy Cavanagh | Program Manager

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BIO

From a young age I have always loved sports. I started playing club volleyball when I was 15. My love for the game grew throughout my high school years and I was fortunate to continue my volleyball career at Carthage College. While attending Carthage I decided I wanted to make a career out of volleyball through coaching. I started coaching club volleyball when I was still in college.

I graduated from Carthage with my undergrad degree in Exercise Sport Science. I decided to stay at Carthage to get my master's degree. While getting my master's degree I was the Women's Volleyball Grad Assistant and club volleyball coach at Wisconsin Juniors. After completing my master's degree in Educational Leadership studies at Carthage I decided I wanted to pursue coaching club volleyball as my full time job.

I have coached 5-22 year old's and I love every stage of development. The sport of volleyball has taught me so much and I love having the opportunity to share my knowledge with others.

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PCA Certified (Positive Coaching Alliance)

Impact Certified

ASEP IHSA Certified (Coaching Principles, Sports First Aid & IHSA By-Laws)

CPR Certified

AED Certified



Name: Mike Euliano | Program Manager

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BIO

I love encouraging, teaching, and mentoring those around me. Coupled with my passion for strength training, biomechanics, and nutrition, it only made sense to become a Personal Trainer.

While attending school to study nutrition, I became a nationally accredited personal trainer through NASM (National Academy of Sports Medicine). I am also a certified Fitness Nutritional Specialist (NASM FNS).

I highly value education and I am constantly taking my understanding of the field to the next level. I try to instill this hunger for knowledge in all of my athletes. I want to challenge them on more levels than only strength.

Although, I began my career specializing in weight loss, I always desired to break into the field of Strength and Conditioning. Over the years I have trained athletes in preparation for an array of sports; soccer, hockey, basketball, wrestling, football, and marathon runners.

I never order my athletes or clients around; I always guide them through the programming. My number one goal is for each of my athletes to understand why we are doing the exercises we are doing. I want them to do it, not because I barked an order, but because they understand the importance it holds for them as an athlete.

What makes this career worth every minute?

The athletes.

To watch all of their hard work pay off on the court. Those are the moments I know I am in the right career.

Also, volleyball has the greatest athletes. Fact!

CERTIFICATIONS & MEMBERSHIPS

ISSA Certified Personal Trainer (International Sports Sciences Association)

NASM Certified Personal Trainer (National Academy of Sports Medicine)

NASM Fitness Nutritional Specialist

NSCA Certified Personal Trainer (National Strength and Conditioning Association)

CPR/AED Red Cross Certified