

KREC 2019

Hello athletes

We are excited that the new Women's Avalanche coach, Bryan Fraser has been hired and he will be coaching a great deal of the High Performance Program with the both the boys and the girls. We have delayed this release of this program due putting all coaching staff in place. There will be 4 programs available this year:

High Performance will be athletes entering grades 9-12, Development for students entering grades 7-8  
There will be 4 cohorts: HP Girls, HP Boys, Development Boys, and Development Girls

Program Length:

HP: 60 hours (35 hours technical and 25 hours sport science strength, speed, mental training and flexibility)

Development: 25 hours technical

High Performance Coaches: Bryan Fraser, Steve Kamps, and guest coaches

Development Coaches: Hayley Hills, Agata Bendkowska, Bob Karras and guest coaches

Sport Science Kinesiology Coach: Graeme Lehman

Sports Pysch Coach: Steve Kamps

Bio of Bryan Fraser:

- Head Coach of COTR Women's Team
- Former National Team Player
- Professional Team Athlete: Germany, Holland, and France
- Coach of the Team Saskatchewan 18 and 17U men's team

The KREC HP Program will begin with a position camp on the following dates:

Regular HP KREC training will front end load the last week in August 26-29 from 9-12 and 2-5pm

During this time there will be physical testing conducted and general technical skills training.

Development training will begin August 26-29 2 hours per day times TBA.

The rest of the HP Draft times are as follows:

Dates and Times are subject to change due to coach availability or volleyball tournament schedule.

Sept 7-8 (4 hours both days – 2 technical and 2 sport science)

Sept 14-15 (4 hours both days – 2 technical and 2 sport science)

October and November and December will be 1-2 Sundays per month with Graeme Lehman doing the sport science training.

Payment for the program will begin in September. There are two options whole program or monthly. The payment is handled by Volleyball Canada. There will be more formal registration forms sent out the end of August.

If interested, please complete the registration form. Pricing will depend on the # of athletes signed up. If there are too many athletes registered, tryouts will take place the first couple of days of the program.

**Deadline to Sign up is August 15, 2019**

**Scan and email registration to: [krecvolleyball@yahoo.com](mailto:krecvolleyball@yahoo.com)**