

Kootenay Regional Volleyball Excellence Center

Kootenay Region (formerly VCCE)



What is the problem?

1. Canadian athletes have poor fundamental volleyball skills.
2. Canadian 15-18 year old athletes fall short in the LTAD recommended amount of practice time.
3. Canadian youth are coached by volunteers, whereas other top countries use paid professionals
4. Athletes are not exposed to Sport Science (i.e functional movement, flexibility, strength training, sport psychology, nutrition)

What is the Solution?

1. Provide additional **training** for 15-18 year olds. (60 hours)
2. Provide additional **training** for 12-14 year olds. (25 hours).
3. Provide Sport Science to 15-18 year olds



History of VCCE in Kootenays?

- Started VCCE in 2012 in the Kootenays
- 5 seasons (2016-2017 break)
- Athlete success stories
- EKVC success stories

What are the benefits of a VCCE?

- Professional coaches – high standards, yearly professional development and sharing best practices across all Centres.



What are the benefits of a VCCE?

National coaching techniques and technologies











What are the benefits of a VCCE?

National Identification Program

Physical and Skill Testing

Sport Science sessions

Tests		edit tests
	1. Beep Test	<input type="text"/> Count
	2. Box Jump Test	<input type="text"/> 30 Sec. Count
		<input type="text"/> 60 Sec. Count
		<input type="text"/> 90 Sec. Count
	3. Five Repetition Max Test	<input type="text"/> Weight (lbs)
	4. Med Ball Chest Pass Test	<input type="text"/> Length (cm)
	5. Sprint Test	<input type="text"/> Time (sec)
	6. Triple Bound Test	<input type="text"/> Length (cm)
	7. Vertical Jump Test	<input type="text"/> Height (cm)
	8. Two Km Run Test	<input type="text"/> Time (min.)

[submit results](#)

What does the program look like?

Grade 9-12 High Performance Stream

- 8-10 athletes (in both genders)
- Location: COTR & Mt. Baker
- Sport Science sessions – Strength training, Nutrition, Mental Skills, Flexibility
- Elite Athletes
- Weekends will depend on high school schedules/coaching availability
- 35 hours on court. 25 hours sport science

Tentative Schedule (*Subject to change)

End of August

1-2 Weekends per month in the fall

High performance stream

The Centres' provide individualized programs, focusing specifically around your skill set and positional training needs so you train exactly what you need to work on. This includes training on the court and the full suite of services off the court that you need to succeed including:

- Video analysis
- Fundamental Movement Screen & Program
- Strength training
- Flexibility Training
- Nutritional Education
- Mental skills Training

What does the program look like?

Grade 7-8 Development Stream

- Up to 12 athletes (in each gender)
- 12 Sessions (2 hours in length)
- 11am – 1pm at COTR
- Focus will be on technical skill development

Tentative dates (*Subject to change)

- Various Sunday mornings in the Fall and early winter and a few Saturdays.

Costs

Development Stream

18 athletes = \$225

20 athletes = \$200

22+ athletes = \$175

*min 9 needed in a gender to offer program. Costs will be higher if we can only offer 1 gender program.

Includes:

- 25 hours of on court/off court training (includes some sport science)
- Clothing package
- Court time (gym rental, security charges, janitorial fees)
- Insurance

Costs

High Performance Stream

12 athletes =\$675

14 athletes =\$650

16 athletes = \$625

18+ athletes =\$600

*min. 6 required in a gender to offer program. Costs will be higher if we can only offer 1 gender program.

Includes:

- 60- hours of on court/off court training (including sport science)
- Clothing package
- Court time (gym rental, security charges, janitorial fees)

Bursaries

High Performance Bursaries

-Dependent on registration #

** Details will come out later. (will be based on financial need)

Selection Criteria

- **Number of registrants/available spots**
 - 1) **Individual Skill Assessment**
 - 2) **Tactical Assessment**
 - 3) **Behavioral Assessment**
 - 4) **Physical Testing**



High Performance Staff

You will be exposed to a variety of highly qualified coaches. Staff may include:

Steve Kamps and Bryan Fraser

Hayley Hills

Bob Karras

Agata Pijanowska

- Sport Psychology Services – Steve Kamps
- Strength & Conditioning – Graeme Lehman
- Nutrition Education – TBA
- Flexibility/Yoga – Karen Kettenacker

Champions Wanted!!!



Motivated People only

By entering here, you agree to give 100% of what you have. There are no excuses or second chances. Everyday, every moment is an opportunity to excel, to be more, to achieve your best. Do not squander your time by going through the motions. Train hard and get results. At the end of the day, look in the mirror and ask yourself if you gave your all. If you don't have that level of commitment, don't waste your time or ours.

What are the next steps?

1. Register by August 15th so we can see what interest level is.
Complete the registration form.

2. Email: krecvolleyball@yahoo.com

Questions?

Kootenay Regional Center

Email: krecvolleyball@yahoo.com



Thanks!

