



# Volleyball Canada Centre of Excellence Okanagan



## ATHLETE'S INFORMATION

First Name:

Last Name:

Date of Birth:   
(dd/mm/year)

Gender:

Grade:

I am registering for the following program (please check one):

a) Daytime (2x per week):

b) Daytime (1x per week):

T-shirt size:   
s/m/l/xl

Home Phone:

Cell:

Email:   
This email will be used for main communications

Address:

Postal Code:

## VOLLEYBALL EXPERIENCE

School:

Position:

Coach:

Club:

Position:

Coach:

Other teams that you have played on, Team BC, BC Summer Games, etc:

## PARENT/GUARDIAN RELEASE

I hereby authorize my child's participation in the Volleyball Canada Centre of Excellence (VCCE). I know of no physical or mental problems which may affect my child's ability to safely participate in this Program. I hereby authorize the staff of the VCCE to act on my behalf in the case of illness or injury involving my child. I agree that VCCE and/or its instructor(s), agents, employees, servants or any of them, shall not be held liable for any injuries or damages which may arise out of the aforementioned activities, regardless of cause, unless such injuries or damages result expressly from the sole negligence of the VCCE staff, its instructor(s), agents, employees and servants while acting within the scope of their duties.

By agreeing to this release, it is my intention to exempt and relieve the VCCE, its instructors and employees, agents and servants from any and all liability for personal injury, property damage and wrongful death. I am aware that the VCCE staff does not provide medical/accident insurance for the enrolled participant and I understand that the responsibility to arrange such insurance, or to otherwise cover any medical costs, is mine. I, as the Parent/Guardian, agree to the terms and conditions above:

Name:

Signature:

Date:

*Please submit all registrations by Friday June 30, 2017 via email to:  
becki.kosinski@ubc.ca or by fax: 250 807-8031*



# Volleyball Canada Centre of Excellence Okanagan



*For more information contact Steve Manuel: [steve.manuel@ubc.ca](mailto:steve.manuel@ubc.ca) or Becki Kosinski: [becki.kosinski@ubc.ca](mailto:becki.kosinski@ubc.ca)*

The Centre of Excellence is a high performance volleyball training program run by a professional coaching staff, including UBC Okanagan Varsity coaches and athletes. The Volleyball Centre of Excellence Head Coaches will lead the training sessions including core essential development curriculum, position specific training, small group training, assessment/evaluation and preparing / identifying athletes for the next level of performance.

## What does the Okanagan Daytime Program look like?

### **PROGRAM FEATURES INCLUDE:**

- Low athlete to coach ratio, individualized attention with an emphasis on skill development
- Team Canada/Team BC Pathway athletes (Baden Cup, BC Summer Games, Committed Club)
- Position specific development (unique & customized for athletes)
- Video analysis to help evaluate / critic technique and positioning
- Flexible training model that gives consideration to academic schedule regardless of the semester or linear scholastic models
- Strength & Conditioning sessions, introducing the importance of off court training
- Complementary to high school and club team participation, morning sessions do not interfere with team training times
- Options available for credit towards graduation through various sport or leadership related courses

### **Annual Daytime Program Fees:**

**Full Program** \$1400 (includes all above features and 2 training sessions per week for 22 weeks)

September 11, 2017 – November 23, 2017 Monday to Thursday 7:00am–9:00am

January 8, 2018 – March 30, 2018 Monday to Thursday 7:00am–9:00am

**(Please NOTE: No VCCE training on Statutory Holidays or during March 19th - March 22nd of Spring Break)**

**Half Program** \$900 (includes all above features and 1 training session per week for 22 weeks)

September 11, 2017 – November 23, 2017 Monday to Thursday 7:00am–9:00am

January 8, 2018 – March 30, 2018 Monday to Thursday 7:00am–9:00am

**(Please NOTE: No VCCE training on Statutory Holidays or during March 19th - March 22nd of Spring Break)**

*VCCE Okanagan will likely offer training April 3rd - April 5th, 2018 for all athletes who missed a training session or two during the year*

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