



## National Excellence Program

Do you want to pursue volleyball as a career? Are you looking to improve your skills, and increase your chances of making Team Canada in the future? The NEP might just be for you

Located at the Centre sportif de Gatineau (Québec), the NEP (formerly the FTC) prepares athletes and improves their chances of becoming part of our National Senior Team Program one day and/or playing professional volleyball overseas. It offers individual technical and tactical skill development as well as team play refinement. It also exposes athletes to an array of Sport Science and Sport medicine services, dispensed by top Canadian practitioners. Training for one year at the NEP more or less represents an investment on an athlete's future value as an international volleyball player.



## The National Excellence Program is accessible to

**1** Recently graduated College and University athletes. Spending one year in Gatineau will increase your value as an international player, both in the eyes of Team Canada and of professional clubs abroad.

**2** Grade 12 students wanting to finish their high school studies while training in the National Team environment. The National Excellence program will enable you to progress faster as a volleyball player and complete your high school studies at the same time.

**3** Graduated high school athletes, BEFORE they start their university career. Athletes who wouldn't be guaranteed a starting spot on a university team may find the NEP option very valuable. The training regime will be higher than in a university environment and international competitions will represent a perfect complement.

NEP-based athletes are provided with year round daily practices, as well as full access to services providers specializing in mental performance, nutrition guidance, strength & conditioning, athletic therapy/physiotherapy, along with many other support options.

The training environment is based on high performance parameters, including 4-6 hours on court per day, strength and conditioning services, adequate rest periods, etc..

In addition, athletes in the NEP receive financial support through Sport Canada's AAP Program (carding) as well as through the Team Canada Center Athlete Assistance Program (CAAP).



## How to apply

Athletes wishing to apply to NEP can do so by sending an email to Team Canada Volleyball. See contact info below. Upon completion of the applicants list, athletes are selected based on desirable qualities along with international potential and available carding. Selected athletes will be informed during Volleyball Canada's summer season.



## Team Canada Staff



**Dan Lewis**  
**NEP Head Coach**

Former Team Canada libero  
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**Stéphane Antiga**  
**TCMV Head Coach**

Newly appointed Head Coach  
of Team Canada  
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**Jean-Sébastien Hartell**  
**Head Therapist**

Head Therapist since 2014  
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**Francis Boyer**  
**Manager, National Team**

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**Kyle Paquette**  
**Mental Performance Coach**

Kyle joined the Team Canada family  
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**Louis-Jean Tremblay**  
**Strength Coach**

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