



## 2019 Beach Canada Cup

The purpose of the Beach Canada Cup is to provide athletes the opportunity to learn from the national team program staff the systems, skills, attitudes and attributes required to reach the highest level of international beach volleyball. In addition, the Canada Cup provides an annual mid-season competition opportunity for Provincial/Territorial Beach Programs.

PROGRAM		BEACH CANADA CUP
<b>Age of athletes</b>		1999 or later (20U)
<b># of teams</b>		1-2 teams per gender per Province/Territory (24 total teams)
<b>Selection process</b>	Camp format	Via Provincial Team Selection
	Date/Location	Check with your Provincial/Territorial Volleyball Association
<b>Program Dates</b>		July 17-21
<b>Training</b>	Location	Lendrum Beach Courts, Edmonton 11335-57 Avenue NW
	Date	July 17-19
	Host	National Team Coaching Staff
	Benefits	See below
<b>Competition</b>	Location	Lendrum Beach Courts, Edmonton
	Date	July 20-21
<b>Program Cost</b>		\$300/team
<b>Registration</b>		Registration and Payment <a href="#">HERE</a>
<b>Registration Deadline</b>		July 2, 2019

## Athlete Benefits

- The 20U Canada Cup offers a 2.5-day learning opportunity from National Team Development Coach Dana Cooke. Coaches will share national team 'language', systems and skills for long-term success in the sport. This exposure will support athlete relationships with the National Team Coaching Staff and serve as an informal identification process.
- Athletes will be exposed to the national team strength and conditioning protocols and receive education sessions on how to prepare the body and mind for excellence.
- Athletes will be given the opportunity to compete in Edmonton against the top 20U beach athletes from each Province, in addition to taking in a 3-Star FIVB World Tour event.

2019 Beach Canada Cup Schedule DRAFT					
	Wednesday, July 17	Thursday, July 18	Friday, July 19	Saturday, July 20	Sunday, July 21
	Lendrum Beach Courts	Lendrum Beach Courts	Lendrum Beach Courts	Lendrum Beach Courts	Lendrum Beach Courts
8:30	Welcome and Intro				
9:00	Physical Testing (Andrew)	Game Flow and Game Plan Sheet, Mental Tools	S&C Education, heat strategy	Beach Canada Cup	Beach Canada Cup
9:30					
10:00		Warm-up	Warm-up		
10:30		Men and Women Sand Training (Sv Rec & Serving utilizing game plan sheet)	Men and Women Sand Training (Transition and Game Play Drills)		
11:00					
11:30					
12:00	Lunch	Cool Down	Cool Down		
12:30					
13:00		Lunch	Lunch		
13:30					
14:00	National Team Pathways and future options	Performance Analysis	FIVB Matches		
14:30					
15:00	Warm-up	Warm-up			
15:30	Men and Women Sand Training (serve receive systems)	Men and Women Sand Training (transition systems)			
16:00					
16:30					
17:00	Cool-Down	Cool-Down			
17:30					
18:00	FIVB Matches	FIVB Matches		Teams Depart	
18:30					
19:00					
19:30					
20:00					

All information subject to change  
Updated April 8, 2019

20:30					
21:00					

Location Key	Sand Courts
	Classroom/Hall

Other details:

- 12 teams per gender
- 2 training sessions/day (1.5 hours each), and one session on Friday.
- S&C education sessions
- National Team overview and athlete Q&A
- Train as a large group in the morning and in teams in the afternoon



## 2019 BEACH CANADA CUP

July 20-21, 2019

Lendrum Beach Courts, Edmonton

### TOURNAMENT INFORMATION

In 2019, the Beach Canada Cup will be a unique elite/provincial team event held at the Lendrum Beach Courts in Edmonton, Alberta on July 17-21. The Canada Cup will bring together the top 20U athletes representing their province/territory for 2.5 days of training and education provided by the National Team Coaching Staff and culminate with a 2-day National Championship on July 20-21. In addition, teams will be offered the chance to take in a 3-Star FIVB Beach World Tour event hosted at Louise McKinney Park, Edmonton.

#### 1. Beach Canada Cup Tournament Schedule:

1.1. The draw will be released Thursday July 11<sup>th</sup>, 2019.

1.1.1. There will be approximately 12 teams per gender ranging from the 20U to 18U age categories.

- 1.1.2. Seeding will be based on 2018 Beach Nationals results, 2018 Canada Cup results and PTA input.
- 1.1.3. Teams will play Saturday AM through to Sunday PM. Matches will start at 9:00am and the Finals will be scheduled for 3:00pm on Sunday, July 21<sup>nd</sup> at the latest.
- 1.1.4. The draw is subject to change based on unforeseen circumstances and will not be considered final until the technical meeting on Saturday July 20, at 8:00am.
- 1.1.5. All matches are 2/3, including playoffs.
- 1.1.6. Saturday is pool play; all teams make playoffs. One elimination round is on Saturday; Quarters/Finals and Consolation Round on Sunday. All teams will receive a minimum of 5 games.

## 2. Competition Information:

### 2.1. All tournament rules will follow the 2017-18 FIVB Official Rule book

- 2.1.1. Tournament ball – Mikasa VLS300.
- 2.1.2. Tournament rules (tie-breaking) – FIVB
- 2.1.3. Net Height: 2.43m (M) 2.24 (W)
- 2.1.4. Warm-up: 15 minutes guaranteed – both teams together on the court.
- 2.1.5. Each court will have two balls for warm-up and match play. Teams are encouraged to bring additional balls for warm-up if desired.
- 2.1.6. Rosters can have 2 registered athletes and 1-2 coaches listed on the scoresheet
  - 2.1.6.1. Rosters for each team must be submitted [HERE](#) by July 2nd.
- 2.1.7. Officials: Players will officiate on Saturday. Officials will be provided for playoffs/classification matches.
- 2.1.8. Matching uniforms are not required.

## 3. Event Details:

- 3.1. Ice & 1<sup>st</sup> Response AT services will be available on site when staff is available. Teams need to supply their own supplies.
- 3.2. Medals will be presented at the conclusion of the gold and bronze medal matches on court.
- 3.3. Results will be posted via press release and Volleyball Canada website and social media.
- 3.4. Accommodation options: No “Stay and Play” Policy. One option is Grant MacEwan Residence (\$43.15/bed + tax). Contact Diana at [stay@macewan.ca](mailto:stay@macewan.ca) and see attached details. Confirmation deadline: Guaranteed until June 17, 2019.
- 3.5. Meal options: Grant MacEwan Catering Services. See Summer Value Menu.

4. Key Contacts:

Name	Organization	Role	Contact Info	Responsible For:
James Sneddon	Volleyball Canada	Program Director	<a href="mailto:jsneddon@volleyball.ca">jsneddon@volleyball.ca</a> 403-909-5531	Program Management
Erika Pugsley	Volleyball Canada	Tournament Director	<a href="mailto:epugsley@volleyball.ca">epugsley@volleyball.ca</a> 647-677-9271	Tournament management

5. Participating Teams (tentative):

FEMALE								Training	Tournament
Rank	PTA	First	Last	DOB	First	Last	DOB		
	BC								
	AB1								
	AB2								
	SK								
	MB								
	ON1								
	ON2								
	QC1								
	QC2								
	NS								
	NB								
	YK								

MALE								Training	Tournament
Rank	PTA	First	Last	DOB	First	Last	DOB		
	BC								
	AB1								
	AB2								
	SK1								
	SK2								
	MB								

	ON1								
	ON2								
	QC1								
	QC2								
	NS								
	YK								



## Beach National Team Program Information

- The Canadian Beach Volleyball National Team is the fastest improving beach program in the world. See table below.
- At the recent World Championships Canada had three top 5 finishes.
- Volleyball Canada's Beach National Team program is led by 2-time Olympic Games medalist Steve Anderson (Bronze and Gold).
- Volleyball Canada's Beach National Team program is world-leading in IST support for athletes.
- Four Canadian beach teams qualified for the Rio 2016 Olympic Games (the maximum allowable). This was only accomplished by three other countries – Brazil, USA and the Netherlands.
- The National program provides a World Class Daily Training Environment (DTE) for Podium Pathway and Next Generation Athletes through:
  - VC Beach High Performance Centre – Indoor Training (Sept to May), S&C, Therapy
  - CSIO at Toronto Pan Am Sport Centre – S&C, Nutrition, Sport Psychology
  - Ashbridges Bay - Outdoor Training (May to Sept)
- Decentralized Camps Based Training for Podium Pathway Athletes through:
  - Empowerment – Teams are empowered to create their Individual Performance Plan taking advantage of worldwide resources

- Accountability – Head Coach and S&C Coordinator (SCC) validate and monitoring the Camps Based athletes Individual Performance Plans, Team Performance Plans & Yearly Training Plans.
  - Bi-weekly Skype meetings with athletes, team coaches and local IST.

International Results*	2009-2012		2013-2016	
	Total # of CAN Results in the quad	Avg # of CAN Teams achieving result per year	Total # of CAN Results in the quad	Avg # of CAN Teams achieving result per year
FIVB Top 17	47	3.75	189	9
FIVB Top 9	15	2	116	7
FIVB Top 5	1	0.25	45	4.75
FIVB Medals	0	0	17	2.25
NORCECA Medals	25	4.75	55	7.25
FIVB Age Group Medals	3	0.75	7	1.75

\* There were 18% more FIVB World Tour events from 2013-2016 than from 2009-2013 (111 from 2009-2012 vs 131 from 2013-2016), the same number of NORCECA Events (78 from 2009-2012 vs 78 from 2013-2016) and the same number of FIVB Age Group Events (16 from 2009-2012 vs 16 from 2013-2016)