



Volleyball Canada Regional Excellence Program VC REP - Okanagan (2023-2024)



ATHLETE'S INFORMATION

First Name: Last Name:

Date of Birth: (dd/mm/year) Gender: Grade:

Phone: Cell: Email: Main communication email

Address: Postal Code:

Parent's Name: Cell: Email:

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

a) 2 Days per week:

b) 1 Day per week:

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

Preferred Training Day 1st choice for Training Day

2nd choice for Training Day

3rd choice for Training Day (if applicable)

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 Regional Excellence Program (VC REP). 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 VC REP to act on my behalf in the case of illness or injury involving my child. I agree that VC REP 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 VC REP 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 VC REP, 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 VC REP 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. VC REP may occasionally take pictures of its participants for use in promotional, advertisement materials or publications (brochures, websites, social media, newspapers, etc.). By signing below, you agree to allow VC REP to reproduce the likeness of your child.

Name: Signature: Date:

Please submit your registration via email to: vcrep.ok@gmail.com



Volleyball Canada Regional Excellence Program Okanagan



For more information contact: vcrep.ok@gmail.com or Steve Manuel: steve.manuel@ubc.ca

The Volleyball Canada Regional Excellence Program is a high performance volleyball training program run by a professional coaching staff, including UBC Okanagan Varsity coaches and athletes. The Volleyball Canada Regional Excellence Program 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 VC REP Program look like?

PROGRAM FEATURES INCLUDE:

- Low Coach to Athlete Ratio - Individualized attention for each athlete with an emphasis on skill development.
- Position Specific Development - Unique & customized for each athlete.
- Video Analysis - Evaluation and analysis of each athlete's technique and positioning.
- Strength & Conditioning - Introduction and emphasis on the importance of off court training.
- Flexible Training Model - Consideration for academic schedules (semester or linear scholastic models).
- Complementary Training - Minimal interference with high school and club seasons (training sessions traditionally do not interfere with high school or club programs).
- Team BC - Ignite, BC Summer Games, Western Canada Summer Games, and Canada Summer Games Pathway.
- Team Canada - Youth, Junior, and National Team Pathway.

Annual Program Fees:

2 Days per week program - \$1500 (includes all above features and 2 training sessions per week for 22 weeks)

1 Day per week program - \$950 (includes all above features and 1 training session per week for 22 weeks)

September 11, 2023 – November 23, 2023 (Monday to Thursday; 7:00am – 9:00am)

AND

January 8, 2024 – March 28, 2024 (Monday to Thursday; 7:00am – 9:00am)

*****NOTE: There will be no VC REP training on October 9, 2023, February 19, 2024, or March 18-21, 2024 .**

Space is limited, please register early.

Please submit your registration via email to: vcrep.ok@gmail.com