



## Team Canada Women National Excellence Program: Professional Development Opportunity

Volleyball Canada announcing an exciting opportunity for Canadian volleyball coaches! Designed for coaches interested in getting an inside look at the key components to a High Performance training environment, the National Excellence Program (NEP) provides the opportunity to learn from NextGen Head Coach Carolyn O'Dwyer and her staff. NEP includes female athletes, age 16-18 years old from across Canada pursuing their dream of being a part of the Senior National Team who are part of a daily training environment from September through to December 16, 2022.

This coaching PD provides participants with a unique setting, allowing them to observe day-to-day training with NEP athletes at the Richmond Olympic Oval. During their time at the Oval, coaches will be able to view setting tutors, skill groups and 2.5 to 3hrs of daily team practices. After each practice session, a debrief with the coaching staff will occur. Participants will also be able to observe the off-court Strength and Conditioning component with the strength coach, Cody Piwowar-Desilets.

<b>Monday, Wednesday and Friday</b>	<b>Tuesday, Thursday</b>
9:00am- Setter/Libero Tutor	9:00am-11:00am- Skill groups
9:30am-12:30pm- Team Practice	2:00pm-4:30pm- Team Practice
Debrief	Debrief
1:30pm-4:00pm- Strength and Conditioning	**Option to do video analysis session with staff**
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Volleyball Canada can provide shared accommodation (one coach only) during your stay. Participants are responsible for any travel and meal costs, including local transport.

If you are interested in this opportunity, send a brief CV of coaching experience to Sandra Lamb ([slamb@volleyball.ca](mailto:slamb@volleyball.ca)) with the proposed dates for your visit. Visits must be arranged **at least one week in advance**.

Approved coaches must complete all required Volleyball Canada screening prior to arrival at the centre and/or booking any travel. Please **DO NOT** make any travel arrangements until visit has been approved by Sandra Lamb.

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[volleyball.ca](http://volleyball.ca)