

Volleyball Canada Beach AAP Carding Policy for Recommendations for the 2025 Carding Cycle

1. General

The Athlete Assistance Program (AAP) is a federal government program administered by Sport Canada that provides financial assistance and tuition support to high performance athletes.

Also referred to as 'carding', AAP funding is intended to contribute to an athlete's living and training costs. It is not intended to serve as an athlete's sole source of income. AAP funding is designed to support athletes for the upcoming year who have demonstrated potential for superior future performance by having:

- a) Demonstrated an ability to finish in the top 8 and top ½ of the field at the Senior World Championships or the Olympic Games, or
- b) Been identified as progressing towards a finish in the top 8 and top ½ of the field at future Senior World Championships or future Olympic Games.

This Policy applies to the carding cycle beginning January 1, 2025 and running to December 31, 2025. This Policy sets out the process and criteria that will be used to recommend athletes to Sport Canada's Athlete Assistance Program for carding for this cycle.

The Beach High Performance Director, in consultation with the Beach Next Gen Coaches is responsible to make recommendations for the AAP.

Note that Volleyball Canada does not itself make decisions to grant carding to athletes, but rather recommends a list of nominations for carding based on the application of this Policy and of Sport Canada AAP Policies and Procedures. Sport Canada ultimately approves the nominations in accordance with the AAP Policies and Procedures.

2. Minimum eligibility requirements

To be eligible to be considered for carding, an athlete must meet these minimum eligibility requirements:

- a) Must be a current registered member in good standing of Volleyball Canada.
- b) Must be committed to an approved training and competition plan that is approved by Sport Canada and Volleyball Canada
- c) Must possess Canadian citizenship and must satisfactorily demonstrate that he/she will be eligible to compete for Canada in FIVB and NORCECA events by December 31, 2024.
- d) Must not be under suspension or other sanction for any doping or doping-related offense.
- e) Must commit to sign an Athlete Agreement as required by Volleyball Canada and Sport Canada.
- f) Must submit a Beach National Team AAP Application Form (Appendix B) **two weeks** prior to the start of the 2025 VC Beach Carding Selection Camp in the Winter of 2024 (For 2025 carding) and/or the 2025 VC Beach Summer Program Carding Selection Camp in May 2025 (For 4 months of carding in 2025).
- g) Must participate in the 2024 Canadian Beach Senior National Championships (August 2024) unless a request for an exemption due to injury, illness or other legitimate circumstance is approved by the Beach High Performance Director. Teams will be granted an exemption from competing in the 2024 Canadian Beach Senior National Championships provided they have earned a berth into either a Volleyball World Beach Pro Tour event or a NORCECA Beach Tour event taking place on the same weekend as 2024 Canadian Beach Senior National Championships. Teams that have earned 2025 senior carding performance criteria (L2W (SR), T2W (SR) or T2W (SR1/SR2)) along with teams that have earned 2025 Next Gen Performance Carding (T2C P) will be granted an exemption from the 2024 Canadian Beach Senior National Championships. Must attend the 2025 VC Beach Carding Selection Camp (Winter 2024) for full-time 2025 carding or the 2025 VC Beach Summer Program Carding Selection Camp in May 2025 for summer carding (4 months) unless a request for an exemption due to injury, illness or other legitimate circumstance is approved by the Beach High Performance Director. Teams that have earned 2025 senior carding performance criteria (L2W (SR), T2W (SR) or T2W (SR1/SR2)) along with teams that

have earned 2025 Next Gen Performance Carding (T2C P) will be granted an exemption from the 2025 VC Beach Carding Selection Camp.

- h) Athletes who are currently carded and who become ill, injured or pregnant must immediately notify Volleyball Canada in order to maintain their carding status during the current carding cycle.

3. Number of Cards Available and Distribution

There is a limit on the number of Cards available to the Beach Volleyball program. Currently, the quota is 20 senior cards or the equivalent of \$423,600. Should the number of cards provided change, the Beach Volleyball High Performance Director, in consultation with the Beach Next Gen Coaches, will adjust the distribution of cards and publish the change as soon as possible. Should Sport Canada decide to increase the quota of senior cards available in 2025, Volleyball Canada will allocate the extra quota in priority to the athletes that meet the Senior card criteria until these athletes have 12 months of carding support, the remaining will be add to the Development card quota.

3.1 Carding quotas per gender

The maximum amount and minimum number of cards will be distributed as follows to each gender:

Gender	Senior Card (SR1/SR2 and SR) Maximum amount	Development Cards (D) Minimum amount
Male	\$169,440	\$42,360
Female	\$169,440	\$42,360

3.2 Principles for the allocation of cards per gender

A minimum of 4 months of carding may be allocated to an athlete.

Carding support will be allocated in monthly payment equivalent to the card level, i.e.: SR1, SR2 and SR cards are worth \$1,765/month while D cards are worth \$1,060/month.

The priority process for the allocation of the cards will be as follow:

Priority 1: The athlete(s) meeting the Senior International Carding Criteria (SR1/SR2) will have the 1st priority for a maximum of 12 months each or as many months per athlete available in the Senior card quota described in point 3.1.

Priority 2: The athlete(s) meeting the Senior National T2W (SR T2W) criteria will have the 2nd priority for 12 months of carding support each or as many months per athlete that remains available in the Senior carding quotas.

Priority 3: After the allocation of carding support to the athlete(s) meeting the SR1/SR2 and the SR T2W carding criteria, the remaining carding support will be distributed in equal number of months for athletes at the Senior National L2W (SR L2W) criteria across both genders).

Priority 4: If after the allocation the T2W and L2W (SR1, SR2, SR and SR) cards, an amount of carding support has not been used, this remaining amount may be re-allocated as additional Development T2C (D) carding support across both genders. The Development T2C (D) carding support will be distributed at the discretion of the Beach High Performance Director, in consultation with the Beach Next Gen Coaches, to the athletes meeting the Development T2C card (D T2C & T2C P) criteria.

Priority 5: If after the allocation of T2C (D) cards an amount of carding support has not been used in a gender, this remaining amount will be distributed across both genders at the discretion of the Beach High Performance Director, in consultation with the Beach Next Gen Coaches, to the athletes meeting the Development L2C (D L2C) card criteria for Summer Program athletes for 4 months of carding. Senior Card Criteria

4. Senior International Criteria (SR1/SR2 - \$1,765/month)

SR1/SR2 cards are T2W cards (The highest level of carding)

- Criteria: Athletes who placed in the top 8 and top ½ at the 2023 FIVB World Championships will be SR2 carded in 2025, provided they meet the minimum eligibility requirements described in point 2.
- Criteria: Athletes who placed in the top 8 and top ½ at the Paris 2024 Olympic Games will be SR1 carded in 2025, provided they meet the minimum eligibility requirements described in point 2.

Athletes that qualify for carding under the Senior International criteria are eligible for two years of AAP support, with the card for the first year referred to as an SR1 Card and the card for the second year referred to as an SR2 Card. The second year is subject to the athlete meeting the eligibility criteria and being re-nominated by Volleyball Canada. The athlete's training and competitive program must be approved by Sport Canada and the athlete must sign the AAP application and VC Athlete Agreement.

4.1 Senior National Criteria (SR - \$1,765/month)

Once an athlete reaches the FIVB post-U21 age category, he/she may be carded at the Senior Card level (SR) for a maximum of five (5) years. In order to be recommended at Senior Carded for additional years, the athlete must demonstrate continued progress towards Senior International Card status results and must be recommended by Volleyball Canada.

4.1.1 Volleyball Canada T2W Carding Criteria (SR T2W)

- Must meet the minimum eligibility requirements described in point 2.
- Must achieve a minimum total of **three (3) of the following results between January 1, 2024 and December 31, 2024:**
 - 5th place finishes at 2024 Volleyball World Elite 16 events or
 - 2nd place finishes at a 2024 Volleyball World Challenge events or
 - For example, two 5th place finishes in a Volleyball World Elite 16 event and one 2nd place in a Volleyball World Challenge event

4.1.2 Volleyball Canada L2W Performance Carding Criteria (SR L2W)

- Must meet the minimum eligibility requirements described in point 2.
- Must achieve a minimum total of **three (3) of the following results between January 1, 2024 and December 31, 2024:**
 - 9th place finish at Paris 2024 Olympic Games or
 - 9th place finishes at 2024 Volleyball World Elite 16 events or
 - 4th place finishes at a 2024 Volleyball World Challenge event
 - For example, two 9th place finishes in a Volleyball World Elite 16 event and one 4th place in a Volleyball World Challenge event

4.1.3 Volleyball Canada T2C Performance Carding Criteria (SR T2C P or D T2C P)

- Must meet the minimum eligibility requirements described in point 2.
- Must achieve a minimum total of **three (3) of the following results between January 1, 2024 and December 31, 2024:**
 - 17th place finish at the Paris 2024 Olympic Games
 - 13th place finishes at 2024 Volleyball World Elite 16 events or
 - 5th place finishes at a 2024 Volleyball World Challenge events or
 - For example, two 13th place finishes in a Volleyball World Elite 16 event and one 5th place in a Volleyball World Challenge event

- Athletes will receive 8 months if they train remotely in camps based format or 12 months if centralized with Next Gen Program of SR level carding
- Athletes will receive 2 years maximum of SR carding with the same partner, then D carding in subsequent years if still with the same partner and SR L2W or SR T2W results are not achieved

4.1.4 Development Card Criteria (D T2C - \$1,060/month)

Development Cards are intended to support the developmental needs of younger Next Gen “Training to Compete” (T2C) athletes who clearly demonstrate the potential to achieve the Senior International Card criteria but are not yet able to meet the Senior National Card criteria. All T2C carding will involve evaluations in April and/or August by the Next Gen Head Coach in consultation with the Integrated Support Team (IST) in order for the athlete to continue to receive T2C carding in 2025.

Development Cards are normally divided up among up to 8 Next Gen (T2C) athletes per gender. Additional athletes above 8 per gender can receive Development Cards and these can include Next Gen T2C (D) athletes and Next-Next Gen “Learning to Compete” L2C (D) Summer Program athletes (4 months or 8 months of carding). Athletes previously carded at T2C can’t be carded at the L2C (Summer Program Team) level. Summer Program athletes that can commit to full-time training from September to December 2025 are eligible to receive up to 8 months of carding.

Normally athletes who have been previously carded at the Senior card levels (SR1, SR2 and SR) on teams that have earned 3 or more years of Senior carding are not eligible to be considered for a Development Card unless it was with a different partner or while still at the FIVB Junior age category (U21).

Once an athlete reaches the FIVB post-U21 age category, he/she may be carded at the Development Card level (D) for a maximum of six (6) years. In order to be recommended for Development Carding for additional years, the athlete must clearly demonstrate continued progress towards Senior National Card status results (T2W and L2W) or an athlete must have been previously senior carded (SR1, SR2 and SR) that is currently partnered with new T2C athlete.

Criteria:

Unlike T2W, L2W and T2C P athletes who are judged in this policy on performance, T2C athletes (National B [Next Gen] Team athletes) and L2C athletes (Summer Program Team athletes) will be nominated for Development carding on the basis of their position on the T2C Depth Chart and the L2C Depth Chart, created by the Beach High Performance Director. T2C athletes who meet the minimum eligibility criteria described in point 2, will be ranked based on the following 10 criteria with international potential being the most important. The L2C Depth Chart will be created from Technique/Tactics, Physical Testing and International Potential. The evaluation will take place at the 2025 VC Beach Next Gen Carding Selection Camp (Fall 2024) and the 2025 VC Beach Summer Program Carding Selection Camp (May 2025). The weighting of each criterion will be the same for each T2C and L2C athlete.

Technique/Tactics: Includes assessment of all five core skills – serving, passing, setting, hitting and specialized skills of blocking, peeling, digging and converting (From a dig) – each ranked according to observation at competitions and demonstration at the Selection Camp.

Partnership Traits: Includes assessment of strengths as a partner including but not limited to the following traits: Supportive, two-way communicator (verbal and non-verbal), empathetic, respectful and accountable.

Stress Management: Includes assessment of in-game decisions during critical competitive matches, mental toughness and resiliency, performance at moments of high importance (being “clutch”), composure and courage under pressure.

Physical Testing*: Includes assessment of spike touch on the sand, a counter movement jump test (Explosiveness) on a hard surface, a shuttle run (Speed) in the sand and aerobic fitness test.

Progressive Improvement: Includes assessment of progressive improvement in all other criteria (from year-to-year).

International Potential: Includes assessment the best case performance ceiling factoring in room for growth, history, health/durability, beach volleyball IQ, physical KPIs, Technical and Tactical potential, stress management, intangibles plus all other criteria.

Performance Results: Determined by the FIVB Entry Points on the first day of the 2024 VC Beach Carding Selection Camp (For 2025 Carding). FIVB Entry points incorporate results from Volleyball World Beach Pro Tour events, Continental (E.g. NORCECA) Beach tours, Homologated National Tours and some Multi-Sport Games.

Commitment, Professionalism and Lifestyle: Includes assessment of work-ethic, discipline, preparation, commitment to high performance sport as a lifestyle, prioritization of sport related tasks, willingness to travel to compete and National Team engagement.

Goals, Objectives and Planning: Includes assessment of the yearly training plan (YTP), individual performance plan (IPP) and personal goals, financial planning, partnership decisions and the feasibility of achieving objectives.

Coachability: Includes assessment of ability to impact on the daily training environment, communicate with coaches, adoption of new strategies and tactics (Aptitude), willingness to change flaws, receive and understand feedback, and respect for coaching decisions.

*Injured athletes (Verified by a Doctor or VC Therapist) that are unable to perform physical testing during the 2025 VC Next Gen Beach Carding Selection Camp (Fall 2024) or the 2025 VC Summer Program Beach Carding Selection Camp (May 2025) will have their most recent full physical test result in the past 18 months included as the Physical Test score. If no previous physical testing exists in the last 18 months, then physical testing will not factor in the injured athlete’s overall score out of 100 (E.g. If Physical testing is evaluated as 9% of the total then the injured athlete’s score will be evaluated out of 91 and adjusted to out of 100 by dividing the score out of 91 by 0.91).

In addition, to be recommended for carding support T2C athletes must commit to participate in National Team Programs at the designated Volleyball Canada Beach High Performance Centre for a minimum number of days of training as determined by the Beach Next Gen Coaches.

5. Carding Summary Table

Level	Senior International	Senior National			Next Gen	
Category	SR1/SR2	T2W	L2W	T2C P	T2C P	T2C D
Results Needed per year	5th @ Olympics 5th @ World Champs	3 of: 5th @ Elite16 2nd @ Challenge	3 of: 9th @ Elite16 4th @ Challenge 9th @ Olympics 9th @ World Champs	3 of: 13th @ Elite16 5th @ Challenge 17th @ Olympics		N/A
Years of Carding	2 years	1 year	1 year	1 year	1 year	1 year
Carding Value	\$1,765	\$1,765	\$1,765	\$1,765	\$1,060	\$1,060
Tuition Credit	\$5,500 per year to maximum of \$27,500					
Sport Canada Card	SR1 / SR2	SR	SR	SR	D	D
Months of Funding per Year	12	12*	12*	8 or 12*+	8 or 12*+	4 to 12*
Camps Based Option	Yes	Yes	Yes	Yes	Yes	No
Maximum Years	N/A	5 years**	5 years**	2 years**	2 years**	6 years**
Selection Camp	N/A	N/A	N/A	N/A	N/A	Yes
National Championships	Not Required					Required

*Only if available

**Unless demonstrates progress towards Senior International Card status results or change in partner.

+ 12 months if centralized at Beach HPC, 8 months if camps based

NEW for 2025 Carding (2024 results)

6. Medical/Injury Criteria

Medical/Injury carding support will only be provided to T2W (SR1, SR2 or SR) athletes and that are currently carded.

At the end of the carding cycle in which a carded T2W athlete has, for strictly health-related reasons, been unable to achieve the necessary standards to be re-nominated for carding, he or she may be considered for nomination for a Medical/Injury Card. To be eligible to be considered for such a nomination, the athlete must submit a medical doctor’s

diagnosis and prognosis for the athlete's return to high performance training and competition (not required in the case of pregnancy) and must include a rehabilitation and training program.

An application for a Medical/Injury card does not guarantee nomination. Athletes may be nominated for Medical/Injury cards at the discretion of the Beach High Performance Director (in consultation with the Beach National Team physician) based on the nature and details of the diagnosis and prognosis, the documentation provided, the strength of the athlete's rehabilitation and training plan, the advice of medical experts, and the realistic expectation that the athlete can continue to progress towards top international results.

7. Appeals

Appeals of Volleyball Canada AAP nomination/re-nomination decision or of a Volleyball Canada's recommendation to withdraw carding may be pursued only through the Volleyball Canada's Appeals Policy (<http://www.volleyball.ca/en/about/governance/policies>).

Appendix A

Three Example Allocations of L2W and T2W Carding per Gender:

- 2 SR T2W athletes and 4 SR L2W athletes:

	Athlete	Card	Per month	Number of months	Total/athlete	Total/Priority	\$ left for next Priority
Priority 1	n/a						\$169,440
Priority 2	A	SR T2W	\$1,765	12	\$21,180	\$42,360	\$127,080
	B	SR T2W	\$1,765	12	\$21,180		
Priority 3	C	SR L2W	\$1,765	*Same # of Months for Both Genders	# months X \$ per Month	Sum Athlete Totals	(Excess Money)/2 Per Gender = Q
	D	SR L2W	\$1,765				
	E	SR L2W	\$1,765				
	F	SR L2W	\$1,765				
Left for D						\$42,360 + Q	

*L2W Carding Money is allocated equally across both genders

- 2 SR1 T2W athletes, 4 SR T2W athletes and 2 SR L2W athletes:

	Athlete	Card	Per month	Number of months	Total/athlete	Total/Priority	\$ Left for next Priority
Priority 1	A	SR1 T2W	\$1,765	12	\$21,180	\$42,360	\$127,080
	B	SR1 T2W	\$1,765	12	\$21,180		
Priority 2	C	SR T2W	\$1,765	12	\$21,180	\$84,720	\$42,360
	D	SR T2W	\$1,765	12	\$21,180		
	E	SR T2W	\$1,765	12	\$21,180		
	F	SR T2W	\$1,765	12	\$21,180		
Priority 3	G	SR L2W	\$1,765	*Same # of Months for Both Genders	# months X \$ per Month	Sum Athlete Totals	(Excess Money)/2 Per Gender = Q
	H	SR L2W	\$1,765				
Left for D						\$42,360 + Q	

*L2W Carding Money is allocated equally across both genders

- 2 SR1 T2W athletes, 6 T2W athletes and 2 L2W athletes:

	Athlete	Card	Per month	Number of months	Total/athlete	Total/Prior.	\$ Left for next Priority
Priority 1	A	SR1 T2W	\$1,765	12	\$21,180	\$42,360	\$127,080
	B	SR1 T2W	\$1,765	12	\$21,180		
Priority 2	C	SR T2W	\$1,765	12	\$21,180	\$82,620	\$0
	D	SR T2W	\$1,765	12	\$21,180		
	E	SR T2W	\$1,765	12	\$21,180		
	F	SR T2W	\$1,765	12	\$21,180		
	G	SR T2W	\$1,765	12	\$21,180		
	H	SR T2W	\$1,765	12	\$21,180		
Priority 3	I	SR L2W	\$1,765	*Same # of Months for Both Genders	# months X \$ per Month	Sum Athlete Totals	(Excess Money)/2 Per Gender = Q
	J	SR L2W	\$1,765				
Left for D						\$42,360 + Q	

*L2W Carding Money is allocated equally across both genders

Appendix B: Volleyball Canada Beach National Team AAP Application Form 2025

First name	Last name			
Street	DOB			
Postal code	Height cm			
City	Provincial Association			
Home #	Club			
Cell #	Specialty: <input type="checkbox"/> Block <input type="checkbox"/> Defense <input type="checkbox"/> All-around			
Email1	Side-out: <input type="checkbox"/> left <input type="checkbox"/> right			
Email2	Handedness: <input type="checkbox"/> left <input type="checkbox"/> right			
<p><u>Indoor volleyball (if applicable):</u> Indoor league 2022/2023: _____ and 2023/2024: _____</p> <p>Participation (check all that apply for 2022-2024): <input type="checkbox"/> Provincial Championship <input type="checkbox"/> National Championship <input type="checkbox"/> International Tournaments I practice indoor volleyball _____ hours a week During the beach season I regularly practice indoor volleyball for _____ hours a week</p> <p>Indoor volleyball club coach: _____</p>				
<p><u>Beach volleyball:</u> I've been playing beach volleyball since: _____ I've been representing my zone/region/province in beach volleyball since: _____ I've been representing Canada in beach volleyball since: _____</p> <p>My primary beach volleyball position is: <input type="checkbox"/> Blocker <input type="checkbox"/> Defender <input type="checkbox"/> Blocker/Defender (Split)</p> <p>From May to August, I regularly practice beach volleyball for _____ hours a week From September to April, I regularly practice beach volleyball indoors for _____ hours a week</p> <p>Describe and list your tournament results for the last three years: Senior-level athletes should include only Nationals as Volleyball Canada tracks all FIVB and NORCECA results. Development-level athletes may also include Provincials and other domestic tournament results. (Attach a separate page if you need more space)</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 33%; text-align: center;">2022</td> <td style="width: 33%; text-align: center;">2023</td> <td style="width: 33%; text-align: center;">2024</td> </tr> </table> <p>I have played with my current partner _____ for ____ (number) of years</p> <p>My new partner is _____</p> <p><input type="checkbox"/> I am looking to play with a new partner.</p>		2022	2023	2024
2022	2023	2024		
<p>My provincial association will 'top up' any of my AAP funding by adding the following amount: _____ I can confirm that I will receive approximately _____ in sponsorship or other private funding</p>				

The answers were given by me personally _____
Athlete's signature

Appendix B: Volleyball Canada Beach National Team AAP Application Form 2025 (pg 2)

Self-assessment	My strengths	My weaknesses
Technique		
Tactics		
Physical Attributes		
Mental State & Behaviour		

My Staged Plan for 2025 and 2025 (outline your plan for the next two years)	
Goals / Objectives	(2025 goals, 2025 goals and long-term career goals)
Practices	(Types of practice, focus of practice, specific skills improvement goals)
Tournaments	(Location of tournaments, frequency of tournaments, competition schedule)
Finances	(Funding sources, sponsors, provincial support, financial plans)
Relationships	(With partner, with support group, with Volleyball Canada)

The answers were given by me personally _____
Athlete's signature

Appendix C

Canadian Long Term Athlete Development (LTAD) Stages with respect to Beach Volleyball Carding

Training to Win (T2W) Stage (National A Team – SR1, SR2 and SR Carding)

Objective: Podium performances at international competitions. All of the athletes physical, technical, tactical (including decision making skills) and mental capacities are fully established and the training has shifted to the maximization of performance at FIVB events (Volleyball World Beach Pro Tour and FIVB World Championships) and at the Olympic Games. Minimum performance criteria: Any combination of three either 5th place finishes at 2024 Beach Pro Tour Elite 16 events or 2nd place finishes at 2024 Beach Pro Tour Challenge Events.

Learning to Win (L2W) Stage (National A Team – SR Carding)

Objective: To gain international experience while strengthening the athlete's physical, technical, tactical and mental capacities. The athletes are beginning to perform internationally at FIVB events (Win main draw matches). Minimum performance criteria: Any combination of three either 9th place finishes at 2024 Beach Pro Tour Elite 16 events or 4th place finishes at 2024 Beach Pro Tour Challenge Events.

Training to Compete (T2C and T2C P) Stage (National B Team – D Carding and SR Carding)

Objective: Optimize "the engine". Fitness preparation and beach volleyball specific skills and tactics are optimized. Domestic competitions are combined with some international experience (U19 & U21 FIVB World Championships, FISU World Championships, Beach Pro Tour events, NORCECA Beach Tour events and Country vs. Country competitions). A T2C athlete is defined as an athlete who based on the evaluation by the Beach Next Gen Coaches has potential to become a T2W athlete but at the present time is not meeting the minimum performance criteria of a L2W athlete. A T2C P (Performance) athlete will earn SR carding for a maximum of 2 years.

Learning to Compete (L2C) Stage (Summer Program – D Carding for 4 months or 8 months)

Objective: Develop "the engine". Fitness preparation and beach volleyball specific skills and tactics are introduced and developed. An intensive summer training program is combined with some Domestic competitions. A L2C athlete is defined as an athlete who based on the evaluation by the Beach Next Gen Coaches has potential to become a T2C athlete but at the present time is not at the T2C level or is an athlete attending a post-secondary institution (U Sports, CCAA and NCAA) that can't commit to full-time T2C training. An athlete previously carded T2C (D carding) can't be a part of the L2C Summer Program. An athlete that can commit to full-time training in the fall (September to December) could receive 8 months of D carding if nominated by Volleyball Canada.