



National Excellence Program

Program Overview:

The National Excellence Program (NEP) is designed to prepare athletes to perform at the highest level of our sport and to continue their development towards the National Senior Team Program and/or playing professional volleyball. It offers individual technical and tactical skill development as well as team play refinement. Athletes are exposed to an array of Sport Science and Sport medicine services, dispensed by leading Canadian practitioners in a holistic high-performance environment. NEP athletes, through training, competition, and tours are introduced to leading international volleyball programs and clubs.

Those selected to the NEP are committed to an investment in their future as an international athlete competing on the world stage.

The objectives of the NEP program are to:

- 1) create a high-performance daily training environment with provincially and nationally identified 17 & 18-year-old (grade 11 & 12) athletes
- 2) monitor and support the WHOLE athlete through national team staff leadership
- 3) enhance volleyball skills to match and exceed those of other top nations
- 4) provide high quality education options

Approximately 14-18 nationally identified high school athletes/per centre would be committed for the duration of the program and would not participate in other club or school-based programs during the program (Sept-Dec). This program is designed for athletes who have chosen volleyball as their primary athletic pursuit. Student-athletes may be exposed to other sports during the year as a means to support their volleyball development. Athletes will return to their home school in January, and encouraged to participate in their local club to further their development and regain family/social bonds.

The program would integrate online and/or classroom learning to support excellence in academics while managing a high-performance training load. Students graduating from the program can expect to improve their opportunities to excel in a post-secondary program.

This program also aims to propel Canada beyond the current success of Olympic qualifications to Olympic podium performances.

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Program Vision

NATIONAL EXCELLENCE PROGRAM	WEST	14-16 BC, AB, SK, MB athletes train and compete 4 months (Sept-Dec). Athletes return home late December and continue their education at their home school, and play in their home club.
	EAST	14-16 Ontario and Atlantic Province athletes train and compete for 4 months (Sept-Dec). Athletes return home late December and continue their education at their home school, and play in their home club
	QUEBEC	Volleyball Canada partners with Volleyball Quebec to deliver a year-round program for 17U. Athletes train at a central sport-etudes program for the school year. Athletes compete for their clubs within provincial tournaments throughout the year.

SAMPLE Details for the NEP:

Head Coach:	Based on each Centre. Coaching staff will be under the leadership of a National Team Coach
Assistant Coaches:	TBD
Sport Medicine:	Canadian Sport Centre supported, along with local resources
Athlete Eligibility:	Canadian citizen. Female athletes, typically in grade 11 & 12
Athlete Selection:	Volleyball Canada will identify and invite 14-16 athletes/centre
Dates:	September 3, 2019 to December 20, 2019
Education:	Athletes will enroll in the fall semester at local school or online school.
Housing:	Athletes will be billeted with a family or source their own options
Weekday schedule:	Session 1: 9:00am-11:00am Session 2: 4:30pm-6:30pm Sessions will vary from on-court, strength and conditioning, education and therapy
Weekend schedule:	Competition opportunities will be provided on weekends and occasionally on weekdays. Athletes will also be given appropriate free time and rest over the weekends based on the seasonal plan.

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