



12U Girls

BIRTH YEAR 2008

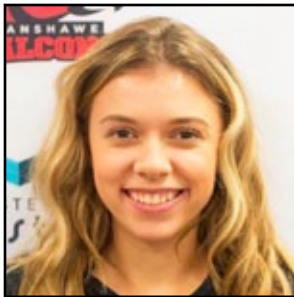
Long Term Athlete Development stage:

TRAIN TO TRAIN A

70% training, 30% competition

2019-2020

Head Coach



Teodora Ristic

LVC Alumni

Fanshawe Falcons WVB Alumni



Dave Bellehumeur, AC

NCCP Performance Coach, Trained

LVC President, National Silver medallist (15U Girls - Regina), 2019

Team Ontario Regional Program (TORP) Head Coach

Welcome

We strive to create opportunities for as many London and area youth as possible. Through a variety of programs and community involvement (athletes, parents, coaches, volunteers), we continue to grow the game and open doors for our athletes, whether their goal is to play for Team Canada, to stay physically fit or, to meet great people

In seven years, LVC has seen 71 athletes graduate to play in U-Sport, CCAA or NCAA; 28 athletes represent Team Ontario, and 13 have worn the red and white of Team Canada.

Tryouts

Athletes are assessed and selected based on the following criteria:

- Long-term potential in line with Volleyball Canada's Long-Term Athlete Development (LTAD) Model (www.sportforlife.ca)
- Physical Testing
- Ball control skill, reading ability/volleyball-IQ

Athletes are selected by the team's respective Head Coach in coordination with the LVC Technical Committee: *Patrick Johnston, Chris Lawson and Montana Woodhouse.*

Fee

2019/20 Fees = \$965, due upon signing

A full breakdown is available here: www.lvcfire.com.

Additional fees will vary based on any extra events the team chooses.

Practice Schedule * subject to change

Thursday: 7:00 - 8:30pm (Louise Arbour)

Sunday: 1:00 - 2:30pm (Saunders SS)

OVA Competitions

Nov. 30, Jan. 12, Feb. 15, Mar. 7

April 17-18, Provincials, Toronto, ON

Additional tournament registration is at the discretion of the Head Coach.

Team Contact:

Head Coach - Teodora Ristic:

teodora74ristic@gmail.com

Respect In Sport Cost: \$12.00

At least one parent or guardian of each player registered in OVA volleyball will need to complete the online RIS Parent Program only once as a condition of participation.

Game Formats and OVA Rules based on LTAD

Here are the particular LTAD-based rules that apply to your age group in Ontario this season.

Triple Ball

In this game format, two (2) balls are introduced by a coach toss for each serve done by a player. This game format allows young players to complete the bump-set-spike sequence more often and learn the game of volleyball faster.

Fair Play Rule

All players listed on the scoresheet must start either the first or second set. No substitutions are permitted (except for injury) in the first and second set. There are no restrictions on who can play in the third set.

No Specialization

Everyone plays at every position. This allows players to develop their overall volleyball skills..

No over-head passing

Players are not allowed to receive the serve with their hands over-head. The objective is to have players read the serve better and develop more efficient movement patterns in serve-reception.

For more information, visit the Volleyball Canada Development Model website: www.vcdm.org



www.lvcfire.com

WE VALUE

Building Togetherness in our Community | Commitment to the Process | Volleyball for Life!