



14U Girls

BIRTH YEAR 2006

Long Term Athlete Development stage:

TRAIN TO TRAIN A

70% training, 30% competition

2019-2020

Head Coach A



Dave Bellehumeur

NCCP Performance Coach, Trained
LVC President, National Silver
medallist (15U Girls - Regina), 2019
Team Ontario Regional Program
(TORP) Head Coach

Head Coach B



Amanda Cameron

NCCP Advanced Development
Coach, Trained
LVC Board of Directors, seventh
season coaching LVC

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

Monday: 7:00 - 8:30pm (STA)

Wednesday: 7:00 - 8:30pm (STA)

OVA Competitions

Nov. 30, Jan. 11, Feb. 8, Mar. 7

April 16-18: Provincials, Toronto, ON

Apr. 30 - May 3: Nationals, Ottawa, ON

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

Team Contacts:

Dave Bellehumeur, Head Coach
Daveb@lvcfire.com

Amanda Cameron, Head Coach
checks@lvcfire.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.

No Substitution Rule during pool-play at all tournaments

Also known as Fair Play, this rule allows all players on the team to play at least one (1) full set during every match. Everyone gets a chance to develop.

No Specialization for the first tournament of the season

Everyone plays at every position. This allows players to develop their overall volleyball skills. The OVA recommends teams don't start specializing their players until the third tournament of the season.

No over-head passing

Players are not allowed to receive the serve with their hands over-head. This rule is in place because of the late entry of our players in volleyball. 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!