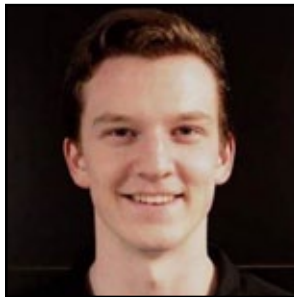




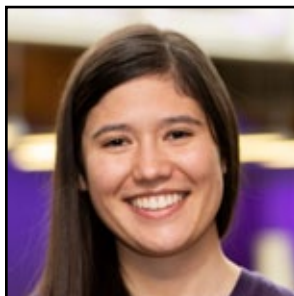
Cassie Hawrysh

18U Team Manitoba (VB)
Univ. of Regina Track & Field
Team Canada Skeleton, 2010-17:
Canadian Champion 2013-14,
2 World Cup medals and multiple
podium finishes
Skeleton Head Coach, Whistler
Sliding Centre, 2017-18



Nic Smith

LVC Alumni, Lead Referee at Wilfrid
Laurier University Recreation, Colour
Commentator for Univ. of Waterloo
men's and women's volleyball



Jaiden Tu, AC

LVC Alumni, coached Jr. Girls
volleyball at St. Scholastica's
College in Australia

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.

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.

Practice Schedule * subject to change

Monday: 8:30 - 10:00pm (STA)

Wednesday: 8:30 - 10:00pm (STA)

OVA Competitions

Nov. 9, Dec. 7, Feb. 1, Feb. 29

April 16-18: Provincials, Toronto, ON

May 14-16 / 17-19* Nationals, Edmonton, AB

** Waves still TBD*

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

Team Contacts:

Cassie Hawrysh, Head Coach:
cassiehawrysh@gmail.com

Nic Smith, Head Coach:
nicgsmith@gmail.com

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.

15U Girls are now permitted to overhead pass on serve receive

Allowing the overhead pass has shown to extend rallies, a critical element to enjoyment of the game and increased opportunities to develop other skills.

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

