



16U Boys

BIRTH YEAR 2004

Long Term Athlete Development stage:

TRAIN TO TRAIN B

70% training, 30% competition

2019-2020

Head Coach



Eddie Speers

NCCP Development Coach. Certified 15 years of coaching experience, 25 years of playing volleyball Coached club 2016-2018 Carded OVA official for 10 years



Mark Killeen, AC

Coached 20+ seasons at a variety of levels (elementary school, club, pro, senior), played three seasons in Europe, Fanshawe Falcons MVB Alumni, 15 years coaching in LDCSB and TVDSB (Jean Vanier CS and Westmount PS)



Jeff Jones, AC

25 years playing volleyball London soccer 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

Monday: 7:00 - 9:00pm (CCH)

Wednesday: 7:30 - 9:30pm (CCH)

OVA Competitions

Dec. 7, Jan. 25, Feb. 22, Mar. 28/Grand Prix

April 19-21: Provincials, Toronto, ON

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

** Waves still TBD*

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

Team Contact:

Eddie Speers, Head Coach
eddiespeers@rogers.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.

Net height at 2.35m (instead of the senior height of 2.43m)

Boys grow later than girls so the net is lower to allow them to be aggressive and develop proper hitting patterns. Even shorter players and late-developers can be successful at this net height.

16U Boys will now be permitted to play with a libero

Over-head passing is allowed

Players are strong enough to execute the skill properly and are ready to develop the cue-reading and decision making skills associated with the skill of 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!