



16U Girls

BIRTH YEAR 2004

Long Term Athlete Development stage:

LEARN TO COMPETE

60% training, 40% competition

2019-2020

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

Tuesday 8:15 - 10:00pm (CHOCC)

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

OVA Competitions

Nov 30, 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 Assistant Coaches.

Team Contacts:

Milan Ivanisevic, Head Coach:
pbmilan80@gmail.com

Kevin Knight, Head Coach:
kevin_knight@manulife.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.

Senior net height of 2.24m

Most girls are done growing by the time they get to 16U and are ready to play on a senior net height. Playing on a higher net will better prepare Ontario's female players for the next level.

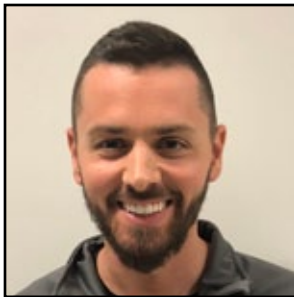
Liberos are allowed

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

Head Coach A



Milan Ivanisevic

NCCP Advanced Development
Trained, fifth season coaching OVA
Club volleyball, 20+yrs playing
volleyball

Thom Burberry, AC

NCCP Development Coach, Trained
third season coaching OVA
club volleyball, 10yrs as
competitive Triathlete, 20+yrs
playing volleyball

Head Coach B



Kevin Knight

NCCP Development Coach, Trained
Played high school volleyball in
Los Angeles and beach volleyball
in college

Brittany Saunders, AC

NCCP Development Coach,
Certified, LVC Alumni,
fourth season coaching with LVC

Reece Embree, AC

LVC Alumni, Fanshawe Falcons
MVB Alumni and CCAA National
Champion 2018-19



www.lvcfire.com

WE VALUE

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