



Alec Bugler

NCCP Development Coach trained

LVC and Fanshawe Falcons MVB Alumni, Fanshawe College Strength & Conditioning Coach

As an athlete, 2019 CCAA National Champion, 17U National Champion and 18U National bronze medallist



Kobe John, AC

Humber Hawk MVB Alumni Court Coach, Madawaska for 6 years

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

Nov 16, Dec 14, Jan 18, Feb 15/Grand Prix Qualifier, Mar 28/Grand Prix

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 and Assistant Coaches.

Team Contact:

Alec Bugler, Head Coach
abugler1@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.

Full senior volleyball rules in effect

The game is now played like it is played at the highest levels. The net is at the senior height and there are no restrictions on the rules.

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