



# 18U Girls

BIRTH YEAR 2002

Long Term Athlete Development stage:

**LEARN TO COMPETE**

60% training, 40% competition

2019-2020

Head Coach



**Montana Woodhouse**

NCCP Advanced Development Coach, Certified

2019 Team Ontario Regional Program Coach

Assistant Coach, 2018-19 LVC 18UG who earned D1T1

National Bronze

LVC Technical Committee member  
Fanshawe Falcons WVB AC



**Mel Ignacio, AC**

NCCP Development Coach, Certified

2019 Team Ontario Regional Program 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](http://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](http://www.lvcfire.com).

Additional fees will vary based on any extra events the team chooses.

## Practice Schedule \* subject to change

Monday: 8:00 - 10:00pm (South SS)

Thursday: 7:00 - 9:00pm (Banting)

## OVA Competitions

Nov. 16, Dec. 14, Jan. 18, Feb. 8/GrandPrix Qualifier, Mar. 28/GrandPrix

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:

Montana Woodhouse, Head Coach  
[montanawoodhouse@gmail.com](mailto:montanawoodhouse@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](http://www.vcdm.org)



[www.lvcfire.com](http://www.lvcfire.com)

**WE VALUE**

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