



Durham Attack Volleyball Club

2018/2019 Season Program

"Developing Character Through the Pursuit of Excellence"

Thank you for trying out with the Durham Attack Volleyball Club! We are excited for your desire to be part of a club that has consistently been one of the most successful clubs in Canada, winning 29 National Tier 1 championships and 35 Tier 1 Provincial championships since 2001, and an equal number of Tier 1 silver and bronze finishes. Our commitment to *"Developing Character Through the Pursuit of Excellence"* has resulted in success for our athletes both on and off the court.

Base Technical Training Program

Our teams compete in the **Ontario Volleyball Association (OVA)**. Each team competes in a minimum of 4 age level tournaments in Ontario, and also in the **Ontario Provincial Championships** in April. Teams may also choose to compete in up to 4 tournaments at one age group higher. Finally, some of our more competitive teams may choose to compete in the **National Championships** held each year in May.

Our teams train twice per week on the court and also participate in volleyball specific physical training once a week in the gym (see below). All coaches follow a formal skills continuum that has been designed specifically for our athletes. Our Technical Directors have a wealth of experience coaching at the club and Provincial level and their role is solely to mentor our coaches to provide superior technical training.

Physical Training

Unique to Durham Attack, all our teams (from 12U to 18U) have additional volleyball specific training once per week under the direction of Mike Slean. Mike is a certified physical trainer and is an accomplished volleyball player at the University and National level. Training is both age and developmentally appropriate, and includes strength, flexibility and aerobic training, designed to improve performance and prevent injury. Team physical training sessions are on Sunday, but athletes also have unlimited access to Team 12 open gym times for the entire season. Team 12 training is located at 1472 Thornton Road North in Whitby. This eight-month program is mandatory for all athletes and is included in team fees.

Mental Training

Volleyball is a demanding sport, both physically and mentally. We believe that the best athletes are not only physically strong, but also mentally tough. The ability of an athlete to overcome challenges and distractions allows them to better demonstrate their physical talents. Also included in team fees are 3 Mental Training sessions for athletes and coaches. Our mental training is provided by Stephanie Wares, who has a degree in education, and has recently completed a Sport Psychology course through Sir Sanford Fleming College and a course in the Psychology of Sport Performance through the National Coaching Certification Program. Stephanie works with Trainwave, a mental training program developed in line with Canada's Long-Term Athlete Development (LTAD) model. These skills will not only benefit your athlete on the court, but also off the court and in whatever they pursue in life.

Base Fees

Our base registration fee for this season is estimated to be between \$2,000 and \$2,200, depending on age. These fees are dependent on the number of teams, coaches and athletes. Fees will be finalized after tryouts and once teams have been selected. These fees include court time, physical training, mental training, uniforms, backpacks, and coaching expenses (for age appropriate tournaments). While our fees are generally more expensive than other clubs, we encourage you to investigate what is included in the other clubs' fees. We believe that Durham Attack offers the best value for the money, compared to other clubs.

Durham Attack Cares

We believe that an athlete's ability to play should not be contingent on financial circumstances. Our **Durham Attack Cares** program supports athletes with financial needs. We have secured financial assistance through grants from Jump Start (www.jumpstart.canadiantire.ca), Their Opportunity (www.theiropportunity.com) and Kid Sport (www.kidsportcanada.ca). If your athlete requires financial assistance, please speak with either Jeff Rousell or Lisa Willson.

Other Fees

Not included in base fees are additional expenses that you should be prepared for. They may include, but are not limited to, additional tournaments (tournament fees, coaching expenses), away tournaments (hotels, food), and personal expenses (shoes, etc.). Some teams may also choose to participate in "out of province" and/or tournaments in the United States. "Other Fees" may range from \$1500 to \$2000.

DA Gives Back

As a community based organization, we believe that it is important for our athletes to recognize the value of "giving back" to their community. Each team is expected to participate in a "giving back" initiative at some point during their season. This experience not only allows the athletes to experience the intrinsic value of "giving back" to their community, it is also a wonderful teambuilding exercise. Past examples of "giving back" include volunteering at food banks and soup kitchens, food and coat drives, park and school property clean up, and volunteering at retirement centers, to name only a few.

Respect in Sport

The OVA requires one parent of each athlete to complete the Respect in Sport Parent Program. This program is designed to help make volleyball enjoyable for everyone by defining a standard of behaviour for all parents and to create a rewarding, safe and respectful environment for everyone. For more information, please visit <http://respectgroupinc.com/respect-in-sport/>

Contact Us

We are here to answer any of your questions. We invite you to explore our club and our programs further by talking to our coaches and executive, or by visiting our web site. Thank you for choosing Durham Attack, and we wish you the very best at try-outs, and throughout the season.

Sincerely,

Durham Attack Executive and Coaches

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