

## ATHLETE'S INFORMATION

First Name:

Last Name:

Date of Birth:   
(dd/mm/year)

Gender:

Grade:

I am registering for the following program (please check one):

a) Daytime (2x per week):

b) Daytime (1x per week):

T-shirt size:  s/m/l/xl

Preferred Training Day <sup>1<sup>st</sup> choice for Training Day</sup>

<sup>2<sup>nd</sup> choice for Training Day</sup>

Home Phone:

Cell:

Email:  This email will be used for main communications

Address:

Postal Code:

## VOLLEYBALL EXPERIENCE

School:

Position:

Coach:

Club:

Position:

Coach:

Other teams that you have played on, Team BC, BC Summer Games, etc:

## PARENT/GUARDIAN RELEASE

I hereby authorize my child's participation in the Volleyball Canada Regional Excellence Program (VC REP). I know of no physical or mental problems which may affect my child's ability to safely participate in this Program. I hereby authorize the staff of the VC REP to act on my behalf in the case of illness or injury involving my child. I agree that VC REP and/or its instructor(s), agents, employees, servants or any of them, shall not be held liable for any injuries or damages which may arise out of the aforementioned activities, regardless of cause, unless such injuries or damages result expressly from the sole negligence of the VC REP staff, its instructor(s), agents, employees and servants while acting within the scope of their duties.

By agreeing to this release, it is my intention to exempt and relieve the VC REP, its instructors and employees, agents and servants from any and all liability for personal injury, property damage and wrongful death. I am aware that the VC REP staff does not provide medical/accident insurance for the enrolled participant and I understand that the responsibility to arrange such insurance, or to otherwise cover any medical costs, is mine. I, as the Parent/Guardian, agree to the terms and conditions above:

Name:

Signature:

Date:

*New Athletes welcome to join for Winter 2019.*

*Please submit all registrations via email to: [becki.kosinski@ubc.ca](mailto:becki.kosinski@ubc.ca)*



# Volleyball Canada Regional Excellence Program Okanagan



*For more information contact Becki Kosinski: [becki.kosinski@ubc.ca](mailto:becki.kosinski@ubc.ca) or Steve Manuel: [steve.manuel@ubc.ca](mailto:steve.manuel@ubc.ca)*

The Regional Excellence Program is a high performance volleyball training program run by a professional coaching staff, including UBC Okanagan Varsity coaches and athletes. The Volleyball Canada Regional Excellence Program Head Coaches will lead the training sessions including core essential development curriculum, position specific training, small group training, assessment/evaluation and preparing / identifying athletes for the next level of performance.

## What does the Okanagan Daytime Program look like?

### **PROGRAM FEATURES INCLUDE:**

- Low athlete to coach ratio, individualized attention with an emphasis on skill development
- Team Canada - Youth, Junior & National Team /Team BC Pathway athletes (Baden Cup, BC Summer Games, Committed Club)
- Position specific development (unique & customized for athletes)
- Video analysis to help evaluate / critic technique and positioning
- Flexible training model that gives consideration to academic schedule regardless of the semester or linear scholastic models
- Strength & Conditioning sessions, introducing the importance of off court training
- Complementary to high school and club team participation, morning sessions do not interfere with team training times
- Options available for credit towards graduation through various sport or leadership related courses

### **Annual Daytime Program Fees:**

**2x per Week Program** \$1400 (includes all above features and 2 training sessions per week for 22 weeks)

September 10, 2018 – November 22, 2018 Monday to Thursday 7:00am–9:00am

January 7, 2019 – March 28, 2019 Monday to Thursday 7:00am–9:00am

**(Please NOTE: There will be no VC REP training on Statutory Holidays or during March 18th - March 21st of Spring Break)**

**1x per Week Program** \$900 (includes all above features and 1 training session per week for 22 weeks)

September 10, 2018 – November 22, 2018 Monday to Thursday 7:00am–9:00am

January 7, 2019 – March 28, 2019 Monday to Thursday 7:00am–9:00am

**(Please NOTE: There will be no VC REP training on Statutory Holidays or during March 18th - March 21st of Spring Break)**

***VC REP Okanagan will likely offer training April 1st - April 4th, 2019 for all athletes who missed a training session or two during the year***

*New Athletes Welcome to join for Winter 2019.*

*Please submit all registrations via email to: [becki.kosinski@ubc.ca](mailto:becki.kosinski@ubc.ca)*

*Visit our website for information on volleyball programs: [www.jrheatvolleyball.com](http://www.jrheatvolleyball.com)*