

CS4L Path for Athletes, Coaches and Active Canadians

Moving Forward: Volleyball BCs plan for long term success

July 2nd, 2009

Grass Roots

The importance of children starting early is important to their long term success as volleyball athletes however because volleyball is a relatively late developing sport it is also important that we look at other ways than regular volleyball to have kids being active in sport and learn the motor skills and emotional awareness require to compete at higher levels. At the Active Start and FUNdamentals levels it is important for children to learn effective motor patterns for general athletic performance. Things like special and kinesthetic awareness and basic movement patterns associated with running jumping and throwing will benefit these children as they develop into athletes down the road.

Currently there are no volleyball specific programs for children from 0-8 years old. There are some games and activities that have similar movement patterns and these activities would be beneficial to kids who hope to succeed in volleyball as they get older. It is entirely possible for new resources and programs to be developed to better engage kids in volleyball related activities from a very young age. In partnership with organizations like Moresports, “run, jump, throw”, preschools, elementary schools, and daycares we could realistically see the development of volleyball specific abilities in kids of all ages. This would give them a head start on there sport specific development and also raise the level and quality of our youth programs such as Atomic and Club Volleyball (both are mentioned later). These activities would address the “gap in the “active Start” and the FUNdamentals” portions of the CS4L model.

By developing activities and games for kids with volleyball specific movements and competencies and expanding the Atomic Program to younger ages by making more adjustments to the rules and using a big beach ball or balloon instead of a regular ball we could implement a fun developmentally appropriate strategy for skill development in children.

Some examples and descriptions of games are:

Jump and catch – Sort of like “500” you have kids on either side of a net/barrier and the object is thrown over and the “team” on the other side must catch the object. You could give more points to kids that catch the object in the air while close to the net instead of on the ground.

Catch pass through – Played on a tennis or badminton court players throw the object over the net and the other team must catch the object, then toss it to a partner closer to the net than they are, then pass to a third player who must catch the object and throw it over the net. You can add that the player must be in they air when they throw the object to make it more game like.

Keepy upy - Groups keep a ball (or balloon) in the air for as long as they can (Could be competitive or not).

California swing ball – Like califonia kick ball but the pitcher stands beside the batter and tosses the ball up and then the player hits the ball with an open hand or with there forearm.

Pairs Dodgeball – Have teams split into groups of two that must work together and must be in the air when they pass balls to eachother and when they throw the ball to try to get other teams out.

- *All of these games are designed to get kids having fun while developing sport specific motor patterns, special awareness and tactical knowledge.*
- *Resources with instructions on activities like these and even programs that teach leaders, coaches and teachers how to properly run them would provide a strong base for shools and communities to get their kids involved in volleyball for life!*

Volleyball encourages kids to take part in a wide variety of sports encouraging their physical and neurological development. As they get older (8-12 year olds) Volleyball wants kids to incorporate racquet/throwing sports as they will set them up to have a head start in terms of these sport specific motor patterns. One of the important steps being take to make this happen is the implementation of the Atomic Program which provides an array of coaching tools and resources to allow communities (especially those that don't have easy access to programs and coach development) can put together a high quality program for kids getting started in the sport of volleyball. The resources include various games and rule changes to assist in making the activities more age and developmentally appropriate.

The other thing that Volleyball is focusing on is the creation of more participation at all age groups especially the younger ones. Having a pyramid model in which we have more athletes involved and more talent to choose from will be integral in strong programs in the future. This is accomplished by ensuring fun, effective, high quality experiences for kids as they get involved initially and maintaining athletes' love of the sport throughout their volleyball careers.

High Performance

One of the main challenges facing Volleyball's High Performance programs is addressing our deficit when it comes to the 10,000 hour rule. Currently we are way behind the world powers when it comes to training hours starting at the very beginning of kids volleyball experiences. In the short term Volleyball BC has release various documents and resources to parents, coaches and athletes outlining "ideal" training and competition schedules at each age group associated with club volleyball (13U-18U). Currently the chronic problem of under training and over competing needs to be addressed if we hope to move forward and beginning to compete with other nations who are getting these important training hours in.

Some other plans include adding year round provincial team programs allowing athletes to train in the fall around their High School indoor programs, a volleyball sport school where our best athletes would get daily training with highly skills and certified coaches and fully integrating Beach and Indoor so our U13-U18 athletes are playing both indoor and beach throughout the year. Beach provides a break from the coach driven structure of indoor volleyball and allows for a new environment, new challenges and the opportunity for athletes who may be quite specialized indoors to focus on "all" the skills associated with volleyball. More and more international volleyball (both Indoor and Beach) are identifying versatility and ball control as core factors in the success of volleyball programs at the highest levels.

Although these strategies will take time and need cooperation of schools, communities, coaches, clubs, parents and athletes they are necessary steps in the long term viability of High Performance Volleyball in BC and across Canada.

One of Volleyball BC's primary success criteria is having 25% of our national team members being comprised of BC athletes. Below is a break down of the numbers for BC athletes on both beach and indoor national teams:

	% National Team (Beach & Indoor)	% National Development Team (Indoor – Jrs / Beach – U21, U19)	% Junior National Team (Indoor only – Youth A&B)
2008	13 of 83 15.66%	13 of 53 24.52%	Data not currently unavailable

**For more details related to High Performance goals and benchmarks please see attached document.*

Training and Competition Structure

Currently the competition structure for our volleyball programs are chosen almost entirely by the coaches, parents and athletes. With the Club System each team decides on what their training and competition schedule will be including their training to competition ratio. Volleyball BC's role related to training and competition are connected to proper coaches training and education and providing the right amount of high quality competition opportunities.

The High school indoor season generally runs from September to November with the city and provincial championships taking place in November. Throughout this season there are tournament opportunities for these high school teams to travel and compete.

For club volleyball we offer a graduated progression of competition opportunities starting with playdays and league play for the younger athletes up to large scale high performance tournaments we call "Super Series" events. These events culminate with the Provincial and National Championships which take place between the end of April and the Middle of May.

Volleyball BC believes that the current training and competition structure is effective as long as there is proper education of athletes, parents and coaches to ensure optimal training, competition and rest for athletes.

An area in need of more development is the "integration" of Beach and Indoor volleyball. There is still a divide when it comes to the best system for developing the best indoor and beach athletes and there is often over lap in training and competition opportunities for our best volleyball athletes. The main thinking consists of the idea that we must identify general volleyball talents early and support them. From there we can expose athletes to both (as

Volleyball BC has done) allowing athletes to take advantage to the related but different benefits of each sport. At a certain point it becomes necessary for athletes to “choose” which one they will focus on.

Some believe that the earlier we can get kids to commit to one and do that full time the better. Others say that we need to support our indoor programs first and foremost and then support those athletes who want to play beach after their indoor careers are done. These are the ends of the spectrum and there is everything in between.

Currently lots of investigation is being done to look around the world and find out what works, what doesn't and what will be the best system for Canada.

Indoor and Beach integration

The plan for integration is a long term one and involves moving in the direction of having all of our Provincial Team athletes training and competing in indoor and beach volleyball all year round. AS a general rule the programs would be complimentary and connected and would not conflict with one another's schedules. As the athletes get older, the demands become greater and the requirements become more elite, athletes must begin to “choose” which one they will focus on.

The hope is to give athletes every opportunity to learn, grow and improve in both sports and then choose when they have a sense of where they want to and think they can go with each. We believe this system allows us to be deliberate and focused with our development strategies, to give our athletes a level playing field when it comes to competing with the rest of the world and also allows for those late bloomers to come from indoor to the beach later on in life and find success.

Coach Education and Development

Goals around coaching are vital to the long term development of athletes and for the sport itself. For this reason we have specific criteria laid out for Club coaches in terms of certification requirements as it relates to coaching youth volleyball. It involves needing full level one NCCP to coach any teams 15 years old or younger. It requires that coaches be fully certified level 2 if they are coaching any teams 16 or older.

Understanding the challenges related to certification and the fact that the vast majority of club coaches are Volunteers we offer exemption cards to coaches who can prove that they are “in progress”. This allows for more time for our coaches to get the required training.

Development of coaches is about more than just getting a coaching card. It is about learning and growing and sharing knowledge. To address the less formal development of coaches Volleyball BC provides clinics and symposiums to coaches involved in volleyball to come and learn from some of the best coaches in the county and in the world.

Another form of coach development is through the mentoring that happens within our Provincial Team Programs. Very experienced and talented coaches (often CIS Coaches and ex. National team athletes) take on the role of Head Coach of a provincial team and we ensure that the assistant coaching staff are a group of keen committed younger coaches looking to learn and develop their abilities. This model has been proven to be effective in all sorts of sports and environments.

Numbers on coaches (past, current and future goals):

Symposiums (2008/2009)	3 (Island, North, Kamloops)
Total Certified Coaches (Level 1 and Level 2)	2006: L1 – 99, L2 – 38 2007: L1 – 172, L2 – 62 2008: L1- 155, L2 - 38 2009 to date: L1- 52, L2 - 29
Projected goal (Benchmark)	Increase number of coaches certified at Level 1 and 2 by 8%/year (based on the average of the last three years)

Officials recruitment, education and Development

Officials have one of the most thankless jobs in sport. If they do a great job nobody notices them and if they make a mistake everyone is all over them. People may not always like the officials but without them sports don't work.

The importance of properly recruiting, training and retaining quality officials is a monumental challenge and vital to the long term success of a sport. For this reason Volleyball BC has made these items a top priority.

Please See attached Document for more details.

Facilities

For most sports facilities are an issue and are regularly a limiting factor. Volleyball is no different. Whether it's fighting with other sports with similar schedules, trying to book large events that require a large number of courts or multiple facilities, or trying to find Beach facilities in areas where there are no beaches to be found, having more facilities would be fabulous.

Volleyball is fortunate that our relationship with the school districts around the province and with the various parks boards is fantastic allowing us to work in partnership with them on our facilities needs. That being said we are always looking at ways to improve the state of facilities for our sport. This is done through:

- Working with municipalities on getting provincial and federal governments for sport infrastructure grants
- Assisting in the planning of the development of new facilities
- Partnering with business groups to support the development of a new Indoor facility
 - Hopefully could be up and running by December of this year EWF
- Finding more and better ways to use existing facilities.

There are various development plans currently in the works related to municipal projects and Facility development. Some have been created out of cities initiative, some out of Legacies funding and some connected to upcoming events like the new beach volleyball courts in Langley being built at the Langley Events Centre for the 2010 BC Summer Games.

Athletes with Disabilities

From coaching programs for coaches of athletes with disabilities to participation in the 2009 Athletes with Disabilities Games there are various opportunities for athletes with disabilities to get involved. Sportsfunder a long time supporter of amateur sports in BC has supported coaches' involved with aboriginal athletes and athletes with

disabilities to get involved. Money from Sportsfunder subsidized cost of certification for coaches participating in these areas.

Volleyball BC is committed to access to participation for all and is keen to connect with government agencies and non profits to attempt to offer programs that benefit the public and allow people with disabilities to be a part of the Canadian sport for life model. Currently Volleyball BC has a Deaf athlete training with our Canada Summer Games Team and he is planning to travel to Taiwan to compete in the Deaflympics this September.

Other major supporters of disabled volleyball include Volleyball Canada (Have a Coordinator of Disabled Volleyball Programs and a National Sitting volleyball Team), Canadian Paralympic Committee, BC Disable Sports Games (Volleyball will be one of the sports this year), BC Sport & Fitness Council For The Disabled, Canadian Deaf Sport Association and Vancouver's 2010 Legcies Now with their BC Sport Participation Program.
(<http://www.2010andbeyond.ca/html/programs/bc-sport-participation-program>)

Currently there are no wheel chair volleyball programs happening however Volleyball BC is keen to connect with agencies such as the BC Wheel Chair Sports Association to look at the viability of such a program.

There are several online resource for people with disabilities to assist them in connecting with disabled sport programs and opportunities (ie - <http://www.bclis.org/Sports.asp>).

Sport for Life

The sport for life model creates an environment and a society that encourages and supports active life styles and fosters the development as sport and recreation as a way of life. Whether that means that someone simply has an "active start" and participates in the "FUNdamentals", or they engage in all the high performance opportunities afforded to them and get the chance to qualify and compete in the Olympics, it is a frame work that brings health, vitality and inspiration to all our lives. It lays the foundation for a love of sport and active lifestyles for all Canadians.

Here are some "real life" examples of how someone on the High performance pathway can step out and easily enter into the Sport For Life portion of the model:

Example #1 –

High School indoor athlete plays in recreational beach volleyball league and tournaments in the summer.

Example #2 –

Ex. national Team Indoor athlete competes with friends in the adult club Provincial and National Championships

Example #3 –

Ex. National Team Beach player continues to play in domestic Beach tournaments well into their 50s and 60s.

Example #4 –

CIS Athlete completes their degree and their playing eligibility and plays indoor and outdoor leagues and Tournaments with friends for fun for years and years.

Example #5 –

Ex National Team Athlete retires and coaches their child's Club Volleyball Team. (this one is such a huge and important part of the development of the sport and the fostering of love for the sport).

Volleyball participants are able to engage in a sport for life approach to the game at any point along the pathway through social "train and play" programs, weekend events and tournaments, regular year round leagues, and by accessing equipment allowing them to create their own activities and events at facilities made available to the public by private facilities, businesses and parks and rec. departments. Almost every week of the year a youth or adult can find an opportunity to stay active playing volleyball at a compatible level to their own.

With the internet it is all at the tips of our fingers and has become very easy for interested participants to find what they are looking for in a volleyball experience. Just by "googling" volleyball and your city you will find an array of fun and exciting activities to take part in. That includes everything from tournaments in at the beach, private lessons, social/rec. leagues or like many of my friends you can arrange your own activity through a group email or

a facebook event! There are also volleyball specific websites to point people in the right direction like www.volleyballbc.ca (that's us!), <http://www.vancouvervolleyball.com/home.asp> (great local resource for drop-in and tournament details), and social groups like www.urbanrec.ca (Urban Rec provides social and rec programs for adults in the city).

CS4L Outline

CSL Stage	Program Name	What we do now ~ Athletes	What do we do now ~ Coaches
Active Start: Males: 0-6 Females: 0-6	No Volleyball Specific Programs	<p>Kids participate in a wide variety of age appropriate Activities like running, swimming, jumping and throwing. They also participate in various age appropriate spots like soccer, basketball, badminton, gymnastics, etc.</p> <p>Volleyball BC will look to partner with agencies like Moresports, Run Jump Throw, daycares and elementary schools to implement the delivery of activities for younger kids that encourage volleyball related movements and competencies.</p>	<p>No coaching programs exist for this age group</p> <p>Informal and formal learning about human development and motor learning.</p> <p>Provide instruction and resources on these activities</p>
CSL Stage	Program Name	What we do now ~ Athletes	What do we do now ~ Coaches
FUNdamental: Males: 6-9 Females: 6-8	No Volleyball Specific Programs	<p>Kids participate in a wide variety of age appropriate Activities like soccer, basketball, badminton, gymnastics, etc.</p> <p>Kids who want to play volleyball are</p>	<p>No coaching programs exist for this age group</p> <p>Informal and formal learning about</p>

		<p>encouraged to begin participating in “throwing” sports to begin developing the motor patterns and movements associated with Volleyball</p> <p>Volleyball BC will look to partner with agencies like Moresports, Run Jump Throw, daycares and elementary schools to implement the delivery of activities for younger kids that encourage volleyball related movements and competencies.</p>	<p>human development and motor learning.</p> <p>Provide instruction and resources on these activities</p>
CSL Stage	Program Name	What we do now ~ Athletes	What do we do now ~ Coaches
<p>Learning to Train:</p> <p>Males: 9-12 Females: 8-11</p> <p>Elementary School</p> <p>Atomic Volleyball</p>	<p>Grades 5-7</p> <p>9-12 year olds</p>	<p>School districts hold league games and district and city championships for volleyball around the province. Also partnering with MoreSports to provide coaches training to youth who will act as coaches for elementary school children. Participate in a fun, organized and progressive 8 week volleyball program.</p>	<p>Coaches of elementary school teams can access community coaching courses and also get resources and coaching development training from the Atomic Program</p>
CSL Stage	Program Name	What we do now ~ Athletes	What do we do now ~ Coaches
<p>Train to Train:</p> <p>Males: 12-16 Females: 11-15</p>			

High School Club System 14&U Baden Cup	14&U (Grade 8 and below)	League Play	Working with schools and districts to facilitate coach development and training
	14&U	Training Open competitions, provincial championships and western championships – open to anyone with tiered levels	Full Certified Level 1 (Technical, Intro to Comp, Practical)
	14&U	Regional Identification Camps Introduction to High Performance Training (3 days) with competition (teams determined by mix of athletes at camp)	Level 1 (but not required)
CSL Stage	Program Name	What we do now ~ Athletes	What do we do now ~ Coaches
Train to Train: Males: 12-16 Females: 11-15 High School Club System 15&U Baden Cup (Off years from BC Games) 15&U	Grade 9	League Play & Local Tournaments	Working with schools and districts to facilitate coach development and training
	15&U	Training Open competitions, provincial championships and western championships – open to anyone with tiered levels	Full Certified Level 1 (Technical, Intro to Comp, Practical)
		Regional Identification Camps Introduction to High Performance Training (3days) with competition (teams determined by mix of athletes at camp)	Level 1 (but not required)
	15&U Baden Cup and Team BC Beach	BC Games (indoor)	NCCP Level 2 Certified (or equivalent)

CSL Stage	Program Name	What we do now ~ Athletes	What do we do now ~ Coaches
Learning to Compete: Males: 17-19 Females: 16-18			
High School	Grade 10+	League Play & Tournaments Provincial Championships	Working with schools and districts to facilitate coach development and training
Club System	16&U +	Training Open competitions, provincial championships and national championships – open to anyone with tiered levels	Full Certified Level 1 (16&U) (Technical, Intro to Comp, Practical) Full Certified Level 2 (17+)
16&U Baden Cup		Regional Identification Camps High Performance Training (4 days) and competition (teams determined by mix of athletes at camp)	Level 2
16&U Team BC	16U		
17&U Team BC	Team BC Beach	High Performance Training (9-10 day) and Western Elite Championships (Inter-provincial Competition)	NCCP Level 2 Certified
17+ Team BC	17-21 Team BC indoor and Beach	BC Summer Games (Beach)	NCCP Level 2 Certified
		High Performance Training and National Competition National Team Exposure (Junior National Team and Beach National Team) Competitions may include: WSGC, Canada Games, Elite National Championships	NCCP Level 3

CSL Stage	Program Name	What we do now ~ Athletes	What do we do now ~ Coaches
Training to Compete Indoor Female: 19-20 Male: 20-21 Beach Female: 17-23 Male: 18-24	Team BC Beach & Canada Summer Games	<p>21U athletes have the opportunity to train and compete on the Pro series tour here in Vancouver and with our Team BC Beach Travel squad that goes to compete at Canada's Beach National Championships.</p> <p>Canada Summer Games runs every 4 years and provides a very competitive multi-sports event for our best 22U men and 21U women.</p>	<p>Level 2 Beach is strongly encouraged</p> <p>Level 3 Beach is required.</p>
CSL Stage	Program Name	What we do now ~ Athletes	What do we do now ~ Coaches
Learning to Win Indoor Female: 21-24 Male: 22-25 CIS & CCAA Volleyball Beach Female: 21-27 Male: 22-28	College and University Volleyball	Athletes finished with High school, Club and provincial team volleyball often move on to a highly competitive College or University Career playing indoor Volleyball.	<p>CIS and CCAA Coaches often have level 3 NCCP or higher.</p> <p>On top of the coaching courses we run every year to keep our coaches up to date and current on there skills and knowledge we also run a Coaches symposium every year to better communicate the newest and best of national and international coaching in both Indoor and Beach.</p>

CSL Stage	Program Name	What we do now ~ Athletes	What do we do now ~ Coaches
Training to Win Indoor Female: 25-32+ Male: 26-34+ Beach Female: 25+ Male: 26+	Professional International Club Volleyball National Team Indoor or Pro tours (AVP, Germany, etc) or National Team Beach	Athletes who have finished their college/university careers often play professional Indoor volleyball in Europe or south America and also may be on our Men's and Women's National indoor Athletes may travel and train and compete on various pro tours around the world. athletes may become members of Volleyball Canada's National Team. Athletes are carded based on current level and future potential.	National Team Coaches have a wide variety of credentials as they often come from different sport federations and coach for countries other than the one they came from. There is no integrated world wide coaching certification process.
CSL Stage	Program Name	What we do now ~ Athletes	What do we do now ~ Coaches

Sport for Life

Adult Train and Play,
Drop-in, Leagues and
Competition

Adult clubs and
provincials
Championships

**Offer a huge variety of social,
recreational, skill development and
competitive programs for adults of all
ages and abilities.**

For adults that wish to continue playing
competitive volleyball there are many
opportunities for them to train and compete
including provincial and national
championships for indoor and beach and
club championships both provincially and
nationally

Many of our High Performance athletes
and coaches provide coaching leadership
to our recreational programs.

No certifications are required although
some programs encourage and look for
certified coaches.