



Volleyball New Brunswick Members,

This document covers the who, what, when, where and why of the **Provincial Excellence Program!** Please let the VNB staff know if you have any questions.

Yours in volleyball,

VNB Staff

WHAT IS THE PROVINCIAL EXCELLENCE PROGRAM?

The Volleyball New Brunswick (VNB) Provincial Excellence Program is an initiative developed to facilitate high performance coach and athlete pathways. The objective of the Provincial Excellence Program is to bridge the gap that currently exists between club and post-secondary volleyball. For these athletes to succeed at the highest level, our high performance athletes need to be training together in partnership with a strong support system must be created to help them achieve their goals. This program will also provide the province with a great opportunity for coach development and standardization.

In partnership with high schools, provincial associations, colleges and universities, the Provincial Excellence Program is based on an integrated sport performance environment, including a number of services to complement high performance athlete development. Physical assessments, testing, video analysis, integrated strength and conditioning, nutrition, are part of the program. The Provincial Excellence Program will also provide the province with a great opportunity for coach development and standardization.

WHAT ARE THE DESIRED OUTCOMES?

High Performance Athlete Development (see appendix for athlete pathway)

Bridge the gap between secondary and post-secondary volleyball (CCAA, USports, NCAA, National Team and Professional Team) through:

ACCESS

- a. Coaches have access to athletes*
- b. Athletes have access to sport science*

INCREASED TRAINING HOURS

COMPETITION

- a. Competition from other high performance athletes within training*
- b. Possibility for competition throughout year*

Coach Development:

Identify a standard of coaching across the province through:

CERTIFICATION

- a. Advancing the current level of coaches*

EXPOSURE

- a. Ability for high performance coaches to work together*

WHO CAN PARTICIPATE IN THE PROVINCIAL EXCELLENCE PROGRAM (PEP)?

18U and 16U athletes (male & female)

I AM A COACH- HOW DO I PARTICIPATE?

Lead roles will be appointed by Volleyball New Brunswick. Assist roles will be filled by application and selection. Each on court session will have one lead and up to 4 assists. Coaches will receive lunch and mileage. ALL coaches are invited to sit in on the sessions to observe and learn! If you are still interested in applying, please contact Paige at paigepaulsen@volleyballnb.org

HOW DO YOU PARTICIPATE IN THE PROVINCIAL EXCELLENCE PROGRAM?

Participation in the PEP will be by **INVITATION**. Selected athletes will be identified at the 2017 VNB Provincials. Selected athletes will be invited to a tryout held on Sunday, January 7th 2018 in Fredericton, NB. Following the tryout, individual spots to the program will be offered.

If you are NOT playing club but are interested in trying out for PEP, contact Paige at paigepaulsen@volleyballnb.org. ***YOU MUST RECEIVE AN INVITATION TO ATTEND TRYOUTS.***

HOW MANY SPOTS ARE THERE FOR ATHLETES?

The number of spots available in PEP is dependent on each program as well as the determined level of the athlete pool*:

- 18U Male: 24 spots max
- 18U Female: 24 spots max
- 16U Male: 30 spots max
- 16U Female: 30 spots max

*This is designed for high performance athletes, all spots DO NOT NEED to be filled

WHO MAKES THE SELECTIONS?

Authority for Selection

- The VNB Selection Committee has authority for all decision-making

Criteria (see appendix for additional information)

- The Provincial Excellence Program Selection Committee will take the following into consideration:
 1. Physical Testing Scores
 2. Match Statistics
 - a. Plus/Minus
 - b. Serving Score
 - c. Passing Score
 3. National skills and tactics comparison
 4. Character attributes

WHAT IS THE SCHEDULE?

There will be four training days in spring 2018:

Sunday, January 7th Ecole les Eclarieurs in Fredericton, NB

Sunday, February 4th Ecole les Eclarieurs in Fredericton, NB

Sunday, March 11th in Max Aikten School and Ecole Carrefour Beausoleil in Miramichi, NB

Sunday, April 29th in Ecole Champlain in Moncton, NB

**in the event of a cancelation, VNB will have a make up date in early June*

Sunday, January 7th in Fredericton

	18U Female	18U Male	16U Female	16U Male
8:30am-10:30am	ON COURT	ON COURT	CSCA TESTING	CSCA TESTING
10:30am-12:30pm	CSCA TESTING	CSCA TESTING	ON COURT	ON COURT
12:30pm-1:30pm	LUNCH			
1:30pm-3:30pm	ON COURT	ON COURT	CSCA Program Delivery	CSCA Program Delivery
3:30pm-5:30pm	CSCA Program Delivery	CSCA Program Delivery	ON COURT	ON COURT

Sunday, Feb 4/Sunday, March 11/Sunday, April 29 Schedule

	18U Female	18U Male	16U Female	16U Male
9:00am-10:30am	ON COURT	ON COURT	SPORT SCIENCE	SPORT SCIENCE
10:30am-12:00pm	SPORT SCIENCE	SPORT SCIENCE	ON COURT	ON COURT
12:00pm-1:00pm	LUNCH			
1:00pm-2:30pm	ON COURT	ON COURT	SPORT SCIENCE	SPORT SCIENCE
2:30pm-4:00pm	SPORT SCIENCE	SPORT SCIENCE	ON COURT	ON COURT
4:00pm-4:30pm	BREAK (Group Session)			
4:30pm-5:30pm	INTERSQUAD			

WHAT IS THE COST?

\$275 total per athlete*

- Tryout Cost- \$75
 - All athletes that participate in the January training day will be asked to pay \$75. This includes four hours of on court training, physical testing, and a strength and conditioning program.
 - Following this weekend, selected athletes will be asked to pay the remaining \$200.

STILL HAVE QUESTIONS? ASK US!

Appendix

Volleyball New Brunswick High Performance Pathway

Volleyball New Brunswick HP Program Pathway (2017-2021)												
2017		2018			2019			2020			2021	
Birthyear	Program	Birthdate	Program		Birthdate	Program		Birthdate	Program		Birthdate	Program
1999 (18u)	Canada Games	2000 (18u)	PEP	Team NB 17u/18u	2001 (18u)	PEP	Team NB 17u/18u	2002 (18u)	PEP	Team NB 17u/18u	2003 (18u)	Canada Games
2000 (17u)		2001 (17u)	PEP	Team NB 17u/18u	2002 (17u)	PEP	Team NB 17u/18u	2003 (17u)	PEP	Team NB 17u/18u	2004 (17u)	
2001 (16u)	Elite Camp	2002 (16u)	PEP	Elite Camp	2003 (16u)	PEP	Elite Camp	2004 (16u)	PEP	Elite Camp	2005 (16u)	Elite Camp
2002 (15u)		2003 (15u)	Elite Camp		2004 (15u)	Elite Camp		2005 (15u)	Elite Camp		2006 (15u)	
2003 (14u)		2004 (14u)	Elite Camp		2005 (14u)	Elite Camp		2006 (14u)	Elite Camp		2007 (14u)	

Athlete Selection Criteria

International Technical Indicators						
Males	18U National Team			16U National Team		
	Middle	Outside	Opposite	Middles	Outside	Opposite
Serving Percentage	85%			80%		
Serving Score (4 point scale)	2.6			2.4		
Serve Receive (4 point scale)	3.0+			2.8+		
Plus-Minus Percentage	50-60	35-45	40-50	45-55	30-40	35-45
International Physical Indicators						
Spike Touch (cm)	335+	325+	330+	330+	320+	325+
Block Touch (cm)	310+	305+	310+	305+	300+	305+
T-Test	9.5 seconds or faster			10.7 seconds or faster		
3m Line Touch	50			48		

International Technical Indicators						
Females	18U National Team			16U National Team		
	Middle	Outside	Opposite	Middles	Outside	Opposite
Serving Percentage	85%			80%		
Serving Score (4 point scale)	2.3			2.1		
Serve Receive (4 point scale)	2.6+			2.4+		
Plus-Minus Percentage	50-60	35-45	40-50	35-45	50-60	35-45

International Physical Indicators						
Spike Touch (cm)	295+	288+	290+	285+	280+	280+
Block Touch (cm)	280+	270+	275+	270+	265+	265+
T-Test	9.6 seconds or faster			10.0 seconds or faster		
3m Line Touch	48			46		
Chin up	2			1		

** In addition to the above indicators, Setters are evaluated on ability to run an offence, while Liberos are evaluated on ball control*

Character attributes Volleyball New Brunswick considers desirable:

Self-motivated: Demonstrates the willingness and ability to satisfy a desire, expectation, or goal without being influenced or asked to do so by a coach or teammate.

Strong Work Ethic: Demonstrates consistent and concerted effort which is not conditional on the environment, coach or teammates

Responsible: Accepts accountability for ones actions. Demonstrates an ability to self-direct and does not rely on others for support or guidance.

Focused: Demonstrates an ability to remain fully concentrated and is not easily distracted.

Strong Leadership: Demonstrates the ability to inspire confidence and influence their team toward the achievement of collective goals. Athlete leads by example in training, in setup, and in competition.

Positive Attitude: The athlete consistently expects the best possible outcome from any given situation.

Effective Communication: Is able to clearly and effectively communicate with teammates during rallies, timeouts, and other necessary situations to promote success. Coachable: Demonstrates the willingness and ability to communicate with coaches, adapt to new techniques and tactics, receive and understand feedback.