



## Team NB Canada Cup Program

Canada Cup (formerly NTCC) will bring together Canada's next generation of high-performance athletes to compete for their home province/territory in a true national championship. Athletes selected to their respective provincial team programs will descend into Edmonton to compete July 20th-24th, 2022. The event will feature over 40 teams, including both male and female athletes on a national scale, in two age categories (19U & 16U) and represent 9 provinces and territories.

Over the course of the program Volleyball New Brunswick aims to:

- Help develop the athlete's technical, tactical, physical and psychological skills
- To provide opportunities for athletes and coaches to build their competence, character, confidence and leadership.
- To encourage and inspire athletes to reach the highest levels in our sport.

### Program Overview:

The Team NB Canada Cup Program runs from early June until late July. The program consists of three training weekends for 16U and the Canada Cup Championship. These training sessions include on court practice, physical testing, team bonding, classroom sessions about nutrition and sport psychology.

### Athlete Eligibility:

- Athletes born in 2005, 2006, 2007 or later
- Athletes do not need to be VNB members or involved with a club prior to tryouts.

Canada Cup Schedule 2022
Tryouts: June 3rd-5th @ Nashwaaksis Field House
Training Weekend #1: June 18th-19th @ École Les Éclaireurs
Training Weekend #2: July 9th-10th @ École Les Éclaireurs
Training Weekend #3: July 16th-17th @ Nashwaaksis Field House
Canada Cup Championships: July 20th-24st @ Edmonton AB

**Registration:** Registration links can be found on the VNB website under the Team NB tab then selecting the Team NB Canada Cup page. Fees for tryouts is \$25.00. All athletes will receive communication from VNB after tryouts whether or not they were selected for a team.

For more information or any questions, please contact VNB Program Coordinator at [programcoordinator@volleyballnb.org](mailto:programcoordinator@volleyballnb.org) or (506) 451-1346