



11U-13U (Grades 5-7)

GIRLS CLUB PROGRAM INFO

We are so excited for an amazing club experience for this coming year. We wanted to give you an idea of what to expect of our club in terms of training and competition schedules, practice locations, and gear.

SEASON TRAINING SCHEDULE

TRAINING PHILOSOPHY:

Our U11-U14 Club teams train twice weekly for 1.5 hrs throughout the months of Jan-April. The focus is on strong basic skill development in a caring & supportive environment. Monthly Elevate Training helps cement proper jump form.

- **WEEKDAY PRACTICE**
(TIMES TEAM DEPENDANT)
- **SUNDAY AFTERNOON PRACTICE**
(WITH T2 THRIVE DIRECTION)
- **PLYOMETRIC JUMP TRAINING 1X/MTH**
(WITH ELEVATE TRAINING)



CLUB TOURNAMENT SCHEDULE

SCRIMMAGE SCHEDULE:

We have confirmed entry into the Okanagan Summit Series volleyball scrimmage series, which includes three games on Saturday afternoons in Kelowna. Power pools ensure competitive matches every weekend.

Learn more: KelownaSummitSeries.ca

- **JANUARY 31**
- **FEBRUARY 28**
- **MARCH 14**
- **MARCH 28**
(CHAMPIONSHIP)



COMPETITION SCHEDULE:

Confirmed entry into the Genesis Volleyball Classic, which takes place in Kelowna. Also entry into three Volleyball BC club competitions when registration for these open, two in the Okanagan and a final provincial tournament in Vancouver.

Learn more: VolleyballBC.org

Learn more: GenesisVolleyballClassic.ca

- **JANUARY 10-11**
(GENESIS CLASSIC)
- **FEBRUARY 14**
(VBC SCRIMMAGE)
- **APRIL 4-5**
(REGIONAL CHAMPIONSHIP)
- **APRIL 17-20**
(PROVINCIAL CHAMPIONSHIP)





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CLUB TRAINING FACILITIES

Our club teams train in a variety of locations across the city. Gyms are coach-dependant, but teams can usually expect to practice out of Rutland on Sundays. Elevate Training sessions take place at the Genesis Athletics Sports Centre facility off Adams Rd.

Here is a list of gyms we routinely use:

- **GENESIS ATHLETICS SPORTS CENTRE**
- **OKANAGAN CHRISTIAN SCHOOL**
- **KELOWNA CHRISTIAN MIDDLE SCHOOL**
- **MISSION CREEK ALLIANCE CHURCH**
- **RUTLAND MIDDLE SCHOOL**
- **RUTLAND SENIOR SECONDARY SCHOOL**

CLUB GEAR INFORMATION

We are excited to show off our club gear for our girls teams this year. As part of the club package, each player receives two navy practice / warmup shirts, as well as an **ARITZIA Sweatfleece Mega Raglan Hoodie**.

As well, players receive either one (U11-14) or two (U15-18) **Jumplete Custom Volleyball Jersey**, in the following colours:

Team LEVIATHAN = TRINITY BLUE

Team PHOENIX = GOLD STANDARD

Team GRIFFIN = STEEL GREY

Team HYDRA = PURE BLUE





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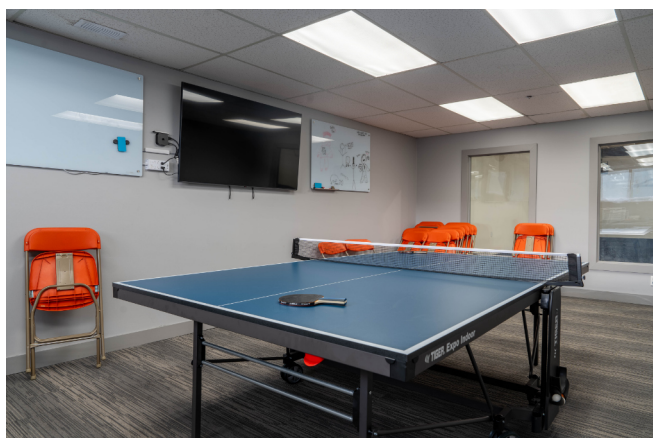
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GENESIS ATHLETICS SPORTS CENTRE

One of the biggest developments of this past off-season is the GASC, Kelowna's only dedicated volleyball facility. We have worked hard to ensure we can give the next generation of athletes all the top-end tools they need to succeed!

Here are just some of the features of the new space:

- **VOLLEYBALL COURT W- SERVING ROOM**
- **SERVE MACHINE, VIDEO DELAY / REPLAY**
- **VIEWING MEZZANINE FOR PARENTS**
- **SPECIALIZED WORKOUT CENTRE**
- **ATHLETE LOUNGE / HANGOUT AREA**
- **ICE MACHINE & CHANGEROOMS**





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GENERAL SEASON INFO

Estimated costs for this ages group are: \$1,400 - \$1,700

A gear deposit is required upon club registration & a final confirmed cost will be released in late December. Payment plans are available and the program is eligible for additional funding (Kidsport, Jumpstart, etc). Cost includes the following:

- GYM RENTAL / FACILITY COSTS
- ALL TOURNAMENT ENTRY FEES
- REGULAR JUMP / STRENGTH TRAINING
- TEAM GEAR & JUMPLETE JERSEYS
- OUTSIDE COACHES & CLINICS
- COACH / VOLUNTEER COSTS

WHY CHOOSE GENESIS?



- **Experienced Coaches** including former Team BC & Team Canada players and current Team BC coaches
- **Competitive Travel Options** allowing younger groups lots of local games and older teams to travel more
- **Multiple Teams in Each Age Category** based on skill & commitment level
- **Central Gyms for Practices** to make attendance easier for parents
- **Capstone Tournament** for teams U14+ at Nationals in Edmonton
- **The Best Swag & Jerseys** featuring custom designs by Jumblete & Aritzia sweaters for the girls
- **Positive Perspectives** and your child's mental health our first priority