



17U & 18U (Grades 11-12)

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 U17/18 Club teams train for skill and performance twice times weekly for 1.5 hrs. Players also train positionally once a week with a positional expert. Weekly Elevate Training Strength Training increases vertical and agility. Bi-weekly Sports Psych sessions with Evergreen Counselling Group promote mental fortitude and resiliency.

Learn more: [ElevateYLW.ca](https://www.elevatetraining.ca)

Learn more: [EvergreenCG.ca](https://www.evergreencg.ca)

- **3X WEEKLY PRACTICES**
- **PLYOMETRIC JUMP TRAINING 4X/MTH** (WITH ELEVATE TRAINING)
- **SPORTS PSYCH TRAINING 2X/MTH** (WITH EVERGREEN COUNSELLING GROUP)
- **ARM SWING TRAINING & SUPPORT** (WITH ARM SWING ACADEMY)



EVERGREEN
COUNSELLING GROUP

CLUB TOURNAMENT SCHEDULE

COMPETITION SCHEDULE:

Vancouver scrimmage trip in early January. Confirmed entry into the Genesis Volleyball Classic in Kelowna. Also entry into three Volleyball BC club competitions when registration for these open, one in the Okanagan and two in the Vancouver area. The club will also register teams for Volleyball Nationals in Calgary, Alberta.

Learn more: [VolleyballBC.org](https://www.volleyballbc.org)

Learn more: [GenesisVolleyballClassic.ca](https://www.genesisvolleyballclassic.ca)

- **JANUARY 10 - 11** (VAN SCRIMMAGE TRIP)
- **JANUARY 24 - 25** (GENESIS CLASSIC)
- **MARCH 7 - 8** (LM SUPER SERIES)
- **APRIL 11 - 12** (OK / NORTH SUPER SERIES)
- **MAY 1 - 4** (PROVINCIAL CHAMPIONSHIP)
- **MAY 15 - 31** (NATIONAL CHAMPIONSHIPS)





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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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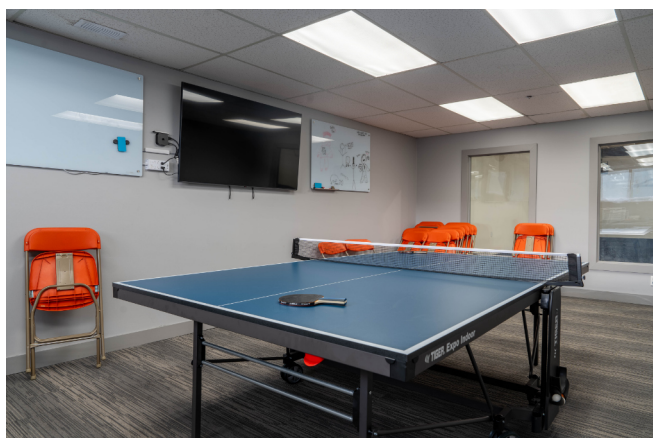
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GENESIS ATHLETICS SPORTS CENTRE

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: \$2,200 - \$2,600

A gear deposit (\$400) 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