

Vision News

Happy New Year!

January 2014 Edition 2

Happy 2014!!! Vision Volleyball hopes that everyone had a safe and happy holiday! We are looking forward to a great start to the new year as our teams head off January 11th, to the first OVA tournaments of 2014. Good luck everyone!

Vision Executive



Team Feature

The 13UG coached by Jen Rothwell and Genie Thompson is the youngest team for Vision this season. Although young in age this is a talented group of girls. They competed in their first OVA tournament finishing first in their pool play, winning every game. The girls are headed to Newmarket Jan 11 for the Challenge Cup. Coach Rothwell is excited about this team and what they are capable of accomplishing. The 13UG - Jen Rothwell HC, Genie Thompson AC, Bronwyn Bourre (13), Kayla Cadieux (10), Kylie Cirullo (3), Sara Cirullo (5), Jo-Anna Fleury (6), Tori Gravelle (4), Kristina Heil (14), Rebecca Heil (15), Carie Hemsworth (1), Meghan Soencer (9), Logan Thompson (7)

Good Luck Ladies!



It was a very cold day but it didn't dampen our team spirit! Thank you to those who braved the cold weather and joined us as we walked the streets of North Bay. This was the second year that we have taken part in the parade and going on the feedback, it may become an annual event. A very special VVC Thanks goes to the 17UG team and their awesome parents. Without their involvement this float would not have been the success that it was. Thank you to Nelson Cadieux and Foraco for allowing us the use of their shop to

decorate the float. Everyone's hard work and enthusiasm was noticed by VVC and the parade committee as we won for Best Sports Float - second year running!!! Congratulations VVC!

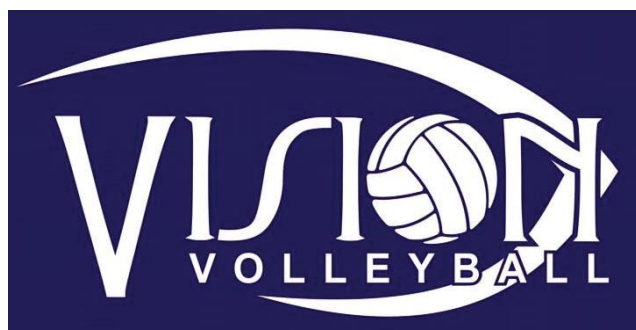


January Events

January 11 - 13UG and 15UG

January 18 - 17UG

January 25 - 14UG and 15UB



Vision Volleyball

Coach News



Let me help you follow your volleyball dream the right way.

Have you ever sat down and asked your son/daughter what they wanted to do as an athlete? Well the truth is, we should only be asking that question at the age of 15 or 16 years old. As a parent of young children - I wait and wait, for that day.

Why is this you ask? I'll explain. In accordance with the Long Term Athlete Development model (LTAD) kids should start to decide what they love at about the age of 16. Until then, I will keep my kids involved in every sport under the sun. This can help them learn a multitude of different skills: swimming for cardio vascular fitness, stamina and upper body strength; gymnastics for core strength and conditioning; cross country skiing for overall fitness; and downhill skiing for leg strength. These are just some of the many sports that kids should be involved in on a yearly basis.

It's well documented that we end up putting too many resources into just one sport. As a result, more often than not, our kids end up losing interest in that sport before they really hit their prime. Volleyball is a very late-blooming sport. Volleyball athletes tend to hit their stride at university or college age. The Canadian Sport for Life model also tells us, that because we tend to specialize our kids so young they don't sustain their passion for the sport, and as a result, risk quitting at a young age.

If your young athlete tells you at 15/16 that he/she would like to concentrate on volleyball as their main sport (and a huge smile rolls across your face), here is what I suggest you help your child to do:

1. Find a good club program, with an NCCP qualified coach who believes in player development and total skill development.
2. Learn how to pass and play defence. Make sure you have a complete game. This will come in handy when you try out for any elite level programs. Insist that you pass as much as you can. A balanced game is important.
3. Participate in at least two camps in the summer. Both indoor and outdoor camps are very good for skill development and learning new things from other coaches.
4. Get involved in the regional program. Try out for your regional team and go to athlete development camps.
5. Work out. Learn how to do strength and speed lifts. Build strength, and power.
6. When old enough, go to High Performance Camp (HPC) tryouts in the spring. Start trying out when you're 16 and keep going until they get to know your name.
7. When you make it to HPC, work harder than everyone else there and make the provincial team. If you make this team, you can play at just about any college or university you want. Coaches will be watching you. They will know your name.
8. When you go to the Junior National Championships the National team coaches pick their teams based on performance from the junior National teams program.
9. Volleyball has a great culture so get involved. Go watch university volleyball games. Parents, bring your kids along and let them see University players in action. Living in this community is a great opportunity for young athletes to see what it takes to get to that level.

I know that's a lot to think about, but if you really want to move forward in a sport you have decided to follow, then these are some of the best ways. As you are growing up, there will be a lot of people out there telling you things. Some will tell you that you are really gifted at volleyball, or some may say that you are never going anywhere in this sport and that you should try something else. Take all that with a grain of salt. The only thing that matters is that you work really hard and never stop trying to improve, because raw talent only gets you so far. When it comes down to it, the only thing that matters is HARD WORK and that you follow your dreams. Also, remember that just because you are tall does not mean that you should not learn how to pass and play defence. Make sure you have a complete game. That will come in handy when you try out for any elite program. Be passionate and put in your time. If you outwork everyone else, good things will happen. If you need help with any of these steps come find me, and I'll guide you along in the right direction.

VVC Pride

Danny Gosselin

Last month the OVA held their OVAtion awards in Toronto. Many awards were handed out and one special recipient was VVC head coach Danny Gosselin. Danny along with Jeff Chung and Frank St Denis were all recognized for their work with Team Ontario Men's team. This was Coach Gosselin's second year involved with Team Ontario. This past summer the men's team trained here in North Bay and we enjoyed watching them play during their exhibition games. Coach Gosselin is currently the head coach of the 15UG Vision team. Congratulations Coach Danny on your award - very well deserved!



THANK YOU!!

A VVC Thank You to our coaches! We appreciate you and the time you dedicate to our teams.

13UG - Jen Rothwell and Genie Thompson

14UG - Kristen Sheffield, Sheila Suprovich and Paige Shemilt

15UB - Sean O'Kane, Sara Porter and Tucker Bedard

15UG - Danny Gosselin, Colleen Bedard and Rachel Burk

17UG - John Jeffries, Len Pappano and Karen Morris

17UB - Charles Pepin and Jeremy Currie



Amedeo Bernardi

Club President Amedeo Bernardi was re-elected to the position of Director at Large with the Ontario Volleyball Association. Amedeo has been involved with volleyball for many years. His son Alex played for Vision for 4 years. We are proud to have Amedeo as Club President and we congratulate him on this appointment!



John Jeffries

John was recently appointed to serve as the Regional Council Director. Regional Council, made up of the 6 Regional Presidents, appoints one of its Regional Presidents to the position of Regional Council Director to sit on the Board as the council's representative. John is currently head coach of the 17UG Vision team. Congratulations John on this appointment and we are very proud to have you as a coach at VVC!



Region 2 Team

Girls - 29 very talented girls came out for the Regional Team tryouts last month. During the course of the day long tryouts, it was evident that this would be a hard team to make. 12 players were eventually chosen and Vision Volleyball is very proud that 5 VVC players were chosen. Rounding out the team are players from Sudbury, Sault Ste Marie and North Bay. The team will compete at the Ontario Winter Games (OWG) where they will represent Region 2. The team is coached by VVC 17UG head coach John Jeffries, Carly Santi (Sudbury - Northern Chill) and Kristen Sheffield (Vision Volleyball - 14UG). OWG will be held in Muskoka Feb 27-Mar 2.