



Vision Volleyball Club

Team Classifications 2019/2020

Vision Volleyball Club has four different classifications of teams, all of which compete in the Ontario Volleyball Association (OVA) season. In addition, some teams will compete in tournaments outside of the standard OVA tournaments.

VVC team classifications are as follows:

1. Developmental Team. These teams will provide training and development for our athletes who are 12 and under in a competitive yet reasonable environment.
2. Competitive Team. These teams will provide training and development for our athletes of all age groups in a competitive yet reasonable environment.
3. Performance Team. These teams will provide all the features of our competitive teams with the addition of increased practice times, more tournament and travel and a greater level of commitment required. These teams will be optional at the 14U and above age groups.
4. High Performance Team. These teams will all the features of our performance teams with the addition of more position specific training and additional physical and mental fitness training. These teams will be optional at the 16U and above age groups.

Team classifications are summarized as follows:

	<u>Developmental Team (12U or Less)</u>	<u>Competitive Team</u>	<u>Performance Team</u>	<u>High Performance Team</u>
Head Coach Requirements	- Online Module Training - Level One NCCP Active or In Progress	- Online Module Training - Level One NCCP Active or In Progress	- Online Module Training - Full Level One NCCP Active - Level Two NCCP Active or In Progress	- Online Module Training - Full Level Two NCCP Active - Level Three NCCP Active or In Progress
Practices	- No less than 2 and no more than 3 per week	- No less than 2 and no more than 3 per week	- No less than 3 per week	- No less than 3 per week - Additional position specific training
Additional Physical Training	- Not Applicable	- At team discretion	- 1 or 2 times per week	- 1 or 2 times per week

	<u>Developmental Team (12U or Less)</u>	<u>Competitive Team</u>	<u>Performance Team</u>	<u>High Performance Team</u>
Mental Training	- Not Applicable	- At team discretion	- At team discretion	- Sports Psychologist sessions throughout the season
Equipment Package	- Bag - 2 Practice/ Warmup Shirts - 1 Team Jersey - Team Jacket - Spandex or Shorts - Water Bottle	- Bag - 2 Practice/ Warmup Shirts - 1 Team Jersey - Team Jacket - Spandex or Shorts - Water Bottle	- Bag - 2 Practice Shirts - Official Warmup Shirt - 2 Team Jerseys - Team Jacket - Spandex or Shorts - Water Bottle	- Bag - 2 Practice Shirts - Official Warmup Shirt - 2 Team Jerseys - Team Jacket - Spandex or Shorts - Water Bottle
Tournament Attendance	- All OVA scheduled tournaments for team's age group - Provincials for teams age group - Additional tournaments at team discretion	- All OVA scheduled tournaments for team's age group - Provincials for teams age group - Additional tournaments at team discretion	- All OVA scheduled tournaments for team's age group - Two additional OVA tournaments at the next age group up - Provincials for teams age group - Additional tournaments at team discretion	- All OVA scheduled tournaments for team's age group - Two additional OVA tournaments at the next age group up or travel out of region - Provincials for teams age group - Additional tournaments at team discretion
Team Fees (any items at team discretion are not included)	- \$1,250 (Including HST)	- \$1,250 (Including HST)	- \$1,900 (Including HST)	- \$2,000 (Including HST)