

Regional Stream

Goal

Provide an environment that is welcoming, fun, inclusive, fair, and safe. This division will have a competitive focus (that will range from team to team and age groups) and appeal to athletes that desire a more comprehensive program beyond house-league or recreational volleyball. The main emphasis is on athlete growth and development by consolidating basic skills/tactics/team systems and acquiring advanced skills and systems. Long term development while providing a balanced and holistic volleyball program is a priority, however there is some attention to competition performance and results.

Broader curriculum and instruction are in place to meet the capacity and requirements of athletes in this division. Programs will help athletes become leaders and key performers on their school teams and for some to advance to the Provincial Division and higher levels in volleyball. Select athletes will aspire to play in high-performance programs (Team Alberta, college, university).

Competition

Teams will compete in local and regional competition to limit extensive travel and costs. They will participate in the Provincial Championship, and many will also compete in Volleyball Canada's Nationals (depending on event location).

Commitment

Attending all practices, games, tournaments, and team functions is expected. However, there may be a limited number of absences due to another sport or performance commitment. Volleyball will be the athlete's main sport participation but there may be a secondary sport that has some overlap. Depending on the age-group, teams will train 2-4 times/week (4-8 hours inclusive of sport science), strength training, nutrition and sport psychology are introduced and integrated into the seasonal plan.

Goal

Provide an environment that is welcoming, fun, inclusive, fair, and safe. This is the most competitive division in club volleyball and will draw top tier athletes and teams from across the province. Focusing on athlete growth and development by refining basic skills and consolidating advanced skills and tactics. A higher level of performance provincially and nationally is typically the expectation however excellence is still measured by long-term development and advancement rather than age-class wins and losses.

Teams will offer a fully integrated sport performance environment that includes physical assessments, testing, video analysis, strength & conditioning, nutrition, and sport psychology. Their main goal is to provide a competitive training environment and experience. Programs will help athletes be leaders and top performers on their school teams and opportunities to play at the highest levels (Team Alberta, National Team Programs, College, University, Professional Leagues).

Competition

Teams will play regionally, provincial, and nationally to expose athletes to maximum levels of competition and challenge everyone's skills and abilities. They will participate in Alberta's Premier Series, Provincial Championship and Volleyball Canada's Nationals. Programs in this division are intended to greatly enhance the opportunity for athletes to play on a post-secondary team.

Commitment

Attending all practices, games, tournaments, and team functions is mandatory and volleyball will be the athlete's primary sport focus (15U & 16U athletes may have a secondary sport). Teams typically train 4 times/week (minimum of 8 hours inclusive of sport science), strength training, nutrition and sport psychology are fully integrated into the seasonal plan. A commitment to classroom learning and academics while managing a competitive training load is required.