

A photograph of three volleyball players in black uniforms jumping over a net. A volleyball is suspended in the air above the net. The background shows an indoor sports facility with large windows and a flag.

OVAL **HP**

# VOLLEYBALL CANADA REGIONAL EXCELLENCE PROGRAM 2020-2021

**BOYS - GRADES 8-12**

The Regional Excellence Program (REP) is designed to prepare volleyball athletes to take their game to the next level. Our holistic program trains in small skill orientated groups allowing for regular coach feedback while developing athlete training autonomy.

The REP is integrated with Oval High Performance nutritionists and mental performance consultants to deliver a well-rounded program that will help athletes reach their highest potential.

## PROGRAM HIGHLIGHTS

- » Access to the Richmond Olympic Oval facilities for the duration of the program
- » Low athlete to coach ratio
- » Customized strength and conditioning programs and sessions
- » Mental performance and sport nutrition seminars
- » Earn high school credits with [Richmond Virtual School](#)

## PROGRAM DETAILS

**DATE:** September 15, 2020 – May 7, 2021

**TIME:** 6:30am – 8:30am (On court Technical Training and strength & conditioning)

**AGE:** 16-18 Years Old

## FEES

- » Full Program (Sep – May) - \$1984.50
  - » Fall Program (Sep – Dec) - \$1018.71
  - » Winter Program (Jan – May) - \$1164.24
- \*Monthly payment plans available

## REGISTRATION

Please email [volleyball@richmondoval.ca](mailto:volleyball@richmondoval.ca)

## SAMPLE SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1			6:30am-8:30am		6:30am-8:30am
WEEK 2		6:30am-8:30am		6:30am-8:30am	

- » 6:30am-7:30am - On Court Technical
- » 7:30am-8:30am - Strength & Conditioning