

Dartmouth Volleyball Club - Program Coordinator's Report

September 30, 2017

submitted by Donna Gillespie

Overview:

Dartmouth Volleyball Club had a successful sixth season of operation. We had over 150 players attend our team placements sessions and were able to find a spot for all. Some of the players were placed in the House League which ran on Wednesday evenings. We ran an Atomic program and a junior high skills program in the fall. We extended our Atomic (skills) program to grade 3 and ran this (Mini) in both the winter and spring seasons. We also added an extra practice time for the high performance teams for 14U. Many of our athletes were invited to attend the Elite Development Camp in the summer. One athlete playing on the Canada Games team (male), and another played on the provincial team at the 17U level. Two of our coaches were involved in this camp. We continue to encourage our older athletes to volunteer with the younger teams and had a number of player-coaches committed to coaching the entire season.

Programs:

- Atomic program, one group, two coaches, two player-coaches (fall)
- Mini/Atomic program, one group, one head coach, two player-coaches (in the winter/spring)
- House League – one coach, two assistants
- 13U girls – two teams, two head coaches, one technical coach, two assistants
- 14U girls – two teams, two head coaches, four assistant coaches
- 14U Boys – one team, one head coach, one assistant coach
- 15U girls – two teams, two head coaches, two assistant coaches
- 16U girls – two teams, two head coaches, two assistant coaches
- 16U boys – two teams, one head coach, three assistant coaches
- 18U girls – two teams, two head coaches, three assistant coaches
- 18U boys – one team, one head coach, one assistant coach
- NEW ** Skills Program in North Preston run through an affiliate coach in association with Dartmouth Volleyball Club
- NEW ** Senior Women's club team

We capped team numbers at 12 players, except in the boys' division, where we accepted all players in an effort to encourage the development of boys' volleyball in Dartmouth (and then created two teams for tournaments)

Coaching:

DVC supported coach education through reimbursement of coach workshop fees. The coach training requirements changed this season and all our head coaches completed the online elearning module. Many coaches also completed coach workshops. Expenses associated with travel fees were reimbursed and coaches received a modest honorarium. The coaches understood and abided by our Fair Play policy (see website for definition of “Fair Play”) and ran practices that progressed the players along a developmental continuum.

- The Long Term Athlete Development (LTAD) strategy for volleyball was shared with all coaches
- entry level 13U and 14U tournament teams did not play specialised positions (as per LTAD) and played “triple ball” in tournaments (all season for 13U and until the end of March for 14U)
- 15U teams played a 4 – 2 system (as per LTAD)
- 16U teams played a 6 – 2 or a 5 – 1 system
- 18U teams played a 5-1 system (as per LTAD)

Successes:

- One bronze (16U boys) and one silver (16U girls - tier 2) at provincials
- One player on male Canada Games team
- Several teams finishing fifth at provincials
- Season-ending Beach volleyball tournament was a huge success
- We continued to build a program where all players have a place to play volleyball at their development level