

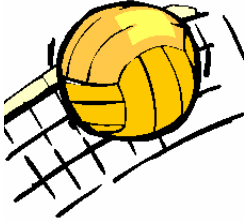
2005-2006

# Durham Attack

## College & University Information Guide

“What our club athletes need to  
know to play at the next level”

## Playing Post Secondary Volleyball



### STEP 1

There are many college caliber athletes who go undiscovered every year; often the main reason is lack of exposure. University and College coaches can't recruit athletes unless they know about them. College coaches don't have time to go to every high school volleyball match. Most high schools are playing volleyball while college coaches are immersed in their own season, which limits their time to scout prospects (particularly for smaller schools with limited resources). So, how do they find out about possible recruits? Usually from scouting high school and club tournaments (where they can see lots of schools and players all at once), word of mouth (from other players and coaches), sending letters to coaches asking about any college caliber

### A. HOW DO I GET RECRUITED TO PLAY AT A POST SECONDARY INSTITUTION?

athletes, and recruiting services.

#### STEP 2

Knowing this, as an athlete you need to put together your information and have it ready to showcase to Universities and Colleges. The key to getting noticed by a postsecondary institution, besides ability, is exposure. It is up to the athletes and parents to undertake this responsibility, but your high school or club coach will be of great assistance.

This process should start when you are in Grade 10; the internet is the best place to begin your search.

#### STEP 3

*Don't wait to be discovered!*

Be prepared to do some work yourself if you truly want to play volleyball at a postsecondary level, be proactive (coaches like that). You can find every coach's email address from the school's athletics website and send him your statistics, history, awards, and possibly a short video of you playing in one of your better matches. To access a list of schools with varsity volleyball programs visit the websites on the following pages.

B. WHERE CAN YOU PLAY?

Volleyball Associations:	Websites:
In Canada:	
Canadian Interuniversity Sport (CIS)	www.universitysport.ca
Ontario University Athletics (OUA)	www.oua.ca
Canada West Universities Athletic Association	www.canadawest.org
Atlantic University Sport (AUS)	www.atlanticuniversitysport.com
Canadian Colleges Athletic Association (CCAA)	www.ccaa.ca
British Columbia Colleges Athletics Association (BCCAA)	www.bccaa.cotr.bc.ca
Alberta Colleges Athletic Association (ACAC)	www.acac.ab.ca
Ontario Colleges Athletic Association (OCAA)	www.ocaa.com
Federation Quebecoise du Sport Etudiant (FQSE)	www.fqse.qc.ca
Atlantic Colleges Athletics Association (ACAA)	www.acao.ca
In the United States:	
National Collegiate Athletics Association (NCAA)	www.ncaasports.com
National Association of Intercollegiate Athletics (NAIA)	www.naia.org
National Christian Colleges Athletics Association (NCCAA)	www.thenccaa.org
National Junior Colleges Athletics Association (NJCAA)	www.njcaa.org





OUA Head Coaches :

SCHOOL	HEAD COACH	CONTACT INFORMATION
Brock Badgers	Lucas Hodgson	(905) 688-5550 x5089 lhodgson@brocku.ca
Guelph Gryphons	Paul Funk	519-824-4120 x56134 pfunk@uoguelph.ca
Lakehead Thunderwolves	Kathy Clouthier	(807) 343-8213 Kathy.Clouthier@lakeheadu.ca
Laurier Golden Hawks	Dave McIntyre	(519) 884-0710 x3855 dmcintyr@wlu.ca
McMaster Marauders	Tim Louks	(905) 525-9140 x24466 loukst@mcmaster.ca
Ottawa Gee-Gees	Lionel Woods	(613) 562-5800 x4348 lwoods@uottawa.ca
Queen's Golden Gaels	Chris Galbraith	(613) 547-5395/ (613) 547-1640 qwvball@post.queensu.ca
RMC Paladins	Carolyn Welden	(613) 541-6000 x3912 carolyn.welden@rmc.ca
Ryerson Rams	Bob Chollette	(416) 979-55000 x7115 wvball@ryerson.ca
Toronto Varsity Blues	Kristine Drakich	(416) 978-4677 kristine.drakich@utoronto.ca
Waterloo Warriors	Jason Grieve	(519) 888-4567 x5692 jegrieve@uwaterloo.ca
Western Mustangs	Dean Lowrie	(519) 661-3551 x88363 dlowrie@uwo.ca
Windsor Lancers	Marilyn Douglas	(519) 253-3000 x2425 mdouglas@uwindsor.ca
York Lions	Hernan Humana	(416) 736-5183 x66910 hhumana@yorku.ca



OCAA Head Coaches :

SCHOOL	HEAD COACH	CONTACT INFORMATION
Algonquin Thunder	Everton Senior	(613) 727-4723 Ext. 7709
Boreal Vipres	Marc Savage	-
Cambrian Golden Shield	Dale Beausoleil	(705) 566-8101 Ext. 7450
Canadore Panthers	Tyler Landry	(705) 474-7600 Ext. 5121
La Cite Coyotes	Marc Bertrand	-
Durham Lords	Stan Marchut	(905) 728-1155
Fanshawe Falcons	Lloyd Rumble	(519) 685-9458
Georgian Grizzlies	Brad Graham	-
Humber Hawks	Chris Wilkins	-
Lambton Lions	Barb Rigg-Garbaty	(519) 542-1910
Loyalist Lancers	Greg Gavin	(613) 969-1913 Ext. 2371
Mohawk Mountaineers	Brian McEnhill	(519) 756-8007
Niagara Knights	Kerby Bentley	(905) 735-2211 Ext. 7681
Nipissing Lakers	Marc LaRochelle	(705) 474-3461 Ext. 4539
Redeemer Royals	Chris Wiersma	-
St.Clair Saints	Jim Smyth	(519) 354-6757
Sault Cougars	Jeremy Murdoch	-
Seneca Stings	Frank Sulatycki	(416) 493-6034
Sheridan Bruins	Jen Herzog	-
Fleming Knights	Keith Wills	(705) 743-6625
Trent Excaliber	Peter Carter	(705) 748-1257

## C. CHOOSING A POST SECONDARY SCHOOL

Choosing a post-secondary institution is a big decision and should be made with due care. Students should select a college or university that best matches their academic abilities and goals. Student athletes considering different options should be sure to investigate the academic credibility and standing of the various Universities.

The volleyball program a school has should play a significant role but not be the prevailing factor. Remember the career path you choose to pursue must be a major consideration in a school, along with other factors that include:

1. Location
2. Size
3. Type of School
4. Financial
5. Diversity
6. Admissions

THEN....

The biggest question you need to ask yourself is "what are you going to be able to do with your degree/diploma once you've graduated?" Have a vision of where you see yourself in five to ten years; are you able to get there with the educational choice you're going to make?

### LOCATION

Do you want to stay close to home near family and friends?



How far away are you willing to travel? Do you want to live in a smaller town or big city?

### SIZE

Would you like to be at a Small college/university where you'll receive more personalized attention and not be as overwhelmed or do you prefer a larger university with a greater variety of resources?



### TYPE OF SCHOOL

Do you want to go to a public or private institution? Attend a liberal arts, Christian, or technical school? Go to a four-year degree granting institution or a two-year diploma/certificate school.

Do you want to receive an American or Canadian education?

### FINANCIAL

Will the institution be

able to provide me with any loans, scholarships (athletic/academic), bursaries, or financial



assistance? What are the conditions attached to the financial aids? Will there be any additional costs involved over and above a particular institution (living costs, transportation, books, lab fees, special equipment, or medical insurance)? Do you need to take on a part-time job, can you fit that into your schedule?

### DIVERSITY

Identify colleges that will keep your career, or other, options as open as possible.

### ADMISSIONS

Look closely at the entrance requirements for the colleges of your choice. Don't get excited about attending a particular school if your marks and classes don't meet their guidelines.

## D. RESEARCH AND ASK QUESTIONS

After you've answered some personal and scholastic questions, you should consider the following volleyball questions:

1. Where can you go to have a positive experience and develop your volleyball and interpersonal skills?
2. What type of coach do you want to play for? Find out their philosophy and style as this will determine if your volleyball goals will be met. Ask the coach specific questions to see if this is the right situation for you i.e. "what role do you think I will fill this season?", "where do you see my development in the next \_\_ years?", and "describe a typical practice and week". Talk to current and former players to get a solid understanding of the coach's approach with the team and individual athletes.
3. What kind of teammates do you want to be playing with? Are they following the coach's season plan and system? Are these people with similar team and athletic goals? Do you think you'll fit in and have life long relationships with this group? Do players have to take extra courses or semesters to graduate?
4. How competitive is the team and the league? Check their past results. Will you be coming in as a developmental (bench) player or quickly become part of the core group? How many players are graduating (specifically in your position)?
5. What is the training and playing schedule for the season? Will this conflict with any other educational courses or athletic programs you're interested participating in?
6. What athletic/academic scholarships do they offer, if any? What does it include and what are the conditions of the scholarship?







## E. PLAYER PROFILE

### GENERAL

Name	
Date of Birth	
Parent(s) Name	
Address	
City	
Province	
Postal Code	
Telephone	
Cell Phone	
E-Mail	

### HEAD SHOT

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### PHYSICAL

Height		cm		ft
Weight		kg		lb
Dominant Hand				
Vertical		cm		in
Standing Reach		cm		in
Approach Touch		cm		in
Block Touch		cm		in
Position(s)				
Additional Sports				

### PROFILE SHOT

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### STATISTICS

#### SEASON

You may not be able to provide this information. If your team does takes stats, only provide those that apply to your position.

Matches Played		Games/Sets Played	
Total Kills		Kills/Game	
Total Assists		Assists/Game	
Total Digs		Digs/Game	
Total Service Aces		Service Aces/Game	
Total Stuff Blocks		Stuff Blocks/Game	

#### MATCH BESTS

Fill in the highest number you achieved in each statistical category during one match; it does not have to be the same match.

Kills	
Assists	
Digs	
Service Aces	
Stuff Blocks	
Do you have game tape available?	Yes / No

ACADEMIC

HS/College  
Year of Grad  
Current GPA  
Scholarships  
Career Ambition  
Years of School


FAVORITE QUOTE

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EXPERIENCE

High School  
Club  
Provincial Team  
Summer Games  
Camps

Team	#	Year(s)

Coach                      Contact


AWARDS

High School  
Club  
Elite Teams

Name(s)	Year(s)

Comments

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LEADERSHIP

High School  
Club  
Elite Teams  
Coaching  
Community

Name(s)	Year(s)

Comments

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PERSONAL

Biography

--

Philosophy (life & school: training & leadership)

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F. COACH'S REFERENCE

ATHLETE: \_\_\_\_\_

DATE: \_\_\_\_\_

Specific Skills

Court Awareness

Aggressiveness

Dependability

Coachability

Leadership

Additional Comments

SIGNED: \_\_\_\_\_  
Signature

Printed Name & Team