

OVA  Ontario Volleyball

Coaching Symposium

Implementing LTAD In Our Programs

Pineridge Secondary School

2155 Liverpool Road North, Pickering, Ontario

Saturday, September 20th, 2008

8:00 am – 6:00 pm

Hosted by OVA Region 4 in conjunction with Durham Attack

September 20, 2008

Welcome to a Coaching Symposium that we hope will serve to elevate the level of volleyball played in Region 4 and in all of Ontario!

National sports bodies within Canada and other Commonwealth countries have embraced LTAD as an overall framework for long-term athlete development, and we as members of the volleyball coaching community are responsible for ensuring that our sport realizes the benefits that LTAD can provide. Whether we coach at the public school, club, high school or university level, without us all working together towards a common goal we will not be able to achieve the Provincial or National results to which we all aspire.

To wit we have designed this conference to enable us to improve our programs at all ages, and at all levels of play, and to learn from each other, for all of you are essential to the future success of volleyball within Ontario.

We hope you enjoy the symposium.

Janet Cairns,
Coaching Chair, OVA Region 4

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What is LTAD and why is it important?

In Canada the sport of Volleyball is popular at all levels. There are literally hundreds of thousands of Canadians who are playing volleyball. Despite the large participant base the popularity of the indoor version of our sport has not translated into any significant results internationally.

In December 2004, over 60 of the most prominent and experienced volleyball coaches, players and administrators in Canada gathered in Toronto to discuss the current state of our sport, the desired state and what we need to do. Following this meeting Volleyball Canada in partnership with Sport Canada made a decision to embrace and implement the LTAD model.

We as a volleyball community need to accept a collective responsibility for the development, growth, successes and failures of our National Teams. We need to recognize that we all have an important role to play in their success.

What is LTAD?



LTAD is a training, competition and recovery program. It establishes guidelines for coaches, athletes, administrators and parents in all areas including planning, training, competition and recovery. It takes into account the ever-changing competitive program and the overall demands on athletes. LTAD is also about identifying potential and providing appropriate developmental pathways for that potential to be fully realized. Simply put... LTAD is a sustained and progressive raising of capacity over an extended period of time of ten years or more.¹

LTAD offers a pragmatic and scientific approach to developing our athletes. Scientific research has identified that it takes at least 10 years and 10,000 hours of training for a talented athlete to reach the top levels. Athlete development is not a short term process. Whether we are coaching at the public school level, in clubs, at the high school level or in colleges and universities –we all have an important role to play in LTAD.

The need for LTAD arises in part from the declining international performances of Canadian athletes in some sports and the difficulty others sports are having in identifying and developing the next generation of internationally successful athletes. In addition, participation in recreational sport and physical activity has been declining and physical education programs in the schools are being marginalized. – **Canadian Sport for Life Resource Paper, 2005**

¹ Volleyball Canada, VOLLEYBALL FOR LIFE: Long-Term Athlete Development for Volleyball in Canada, 2006

Common Sessions


Keynote: Introduction to LTAD	
This session lays the groundwork and introduces LTAD and its motivators, goals, principles and stages.	
Speaker: Dustin Reid, Technical Director, OVA email: dreid@ontariovolleyball.org	
<p>Dustin is the Technical Director of the OVA, and is ultimately responsible for guiding the development of volleyball players within Ontario. A local athlete with Ganaraska Wolves, Dustin had a successful playing career as Libero of the National Team. After playing/coaching in Europe from 2000 to 2004, he assumed the role of Technical Director in 2004. Dustin was a key member of the original working group that developed the LTAD strategy for volleyball within Canada.</p>	
Nutrition for Elite Athletes	
Lunch will be provided – a selection of the foods our competitive athletes should be eating	
<p>During this lunch-time session Trionne will guide us on good food choices for competitive athletes – foods to recommend, and foods to avoid. Learn how to identify and incorporate quality nutrition, as well as foods that promote recovery, provide nutrients, supply energy and support the immune system. We will also touch on some safe and effective supplements for athletes of all ages, as well as ideas and concepts for pre-, during and post-workout nutrition and hydration.</p>	
Speaker: Trionne Moore, Canadian Sports Centre Ontario email: info@trionne.ca	
<p>Trionne Moore is a registered nutritional consultant working and living in downtown Toronto. She is nutritionist for both the Canadian Sports Centre of Ontario, and the Toronto location of the Sports Medicine Specialists. Her recent work with the OVA includes sessions with Team Ontario.</p> <p>She also conducts seminars and nutrition programs for corporate clients such as the Toronto Police and Rogers Communications Inc.</p>	
LTAD and the OVA 2008-2009 Season	
How will LTAD influence the 2008-2009 OVA season? Dustin will discuss the changes and the reasons behind them, and the most common concerns.	
Speaker: Dustin Reid, Technical Director, OVA	
Wrap-up	
Summary of key messages from today, question and answer session, and future plans.	
Speaker: Dustin Reid, Technical Director, OVA	

Stream A: Learning to Train

Who: This stream is suited to school coaches in grades 4-6, SPIKES and House League coaches. Athletes range in age from 8-11 (girls) and 9-12 (boys).

What: At this stage children are developmentally ready to acquire the general sports skills that are the cornerstones of all athletic development. Volleyball fundamentals such as the volley, forearm pass, spike, block, and serve should be developed with emphasis on proper technique. Specialization should be resisted, as it can be detrimental to later stages of development.

This is the base of the developmental pyramid within our sport, and many would argue this is where an area where talented coaches can have one of the greatest long-term impacts.

Session 1: Skills Acquisition	
<p>This session identifies the fundamental skills that should be mastered by players at this age level and provides a practical demonstration of drills to achieve them. Jos will present a skills progression including agility drills involving BOSU ball, Swiss Ball, medicine ball, ladder work, hurdles etc; ball skills, and mental skills including goal setting, progressive relaxation and mental preparation.</p>	
<p>Speaker: Jos Nederveen, Vice President – Indoor Volleyball, OVA email: jnederveen@cogeco.ca</p>	<p><i>photo not available</i></p>
<p>Jos is a long-time high school volleyball coach who was recognized in 2007 with the prestigious Pete Beach Award from the Ontario Association of Secondary Athletic Associations. He has a long-standing record in Hamilton high school sports and club volleyball and is a 26-year veteran science teacher who has been coaching high school athletes since 1974. Throughout his 34-year high school coaching career Jos has been an integral part of the development of male and female volleyball athletes from within the Hamilton and Golden Horseshoe area. Jos is currently the OVA Vice President for Indoor Volleyball.</p>	
Session 2: Physical Literacy – Developing the ABC’s	
<p>Developing the ABC’s – Agility, Balance and Coordination. What defines ‘physical literacy’ at this age, the importance of developing it, and how.</p>	
<p>Speaker: Chris Williamson, Technical Director, Durham Attack email: chris@durhamattack.org</p>	
<p>A teacher with the Durham District School Board, Chris has been with the Durham Attack Volleyball Club from the very start. As a twelve-year coaching veteran, he has coached in all divisions of the competitive program and is the founder of the Durham Attack House League program and Summer Camp. He was assistant coach at the University of Guelph during the 2004-2005 season, has been assistant coach for the Ontario Provincial team, and has traveled to Winnipeg as a guest coach with the Youth National team.</p>	

He has coached numerous club teams to National Championships, his latest being the 2007 16U Black team that were Ontario and National East/West Champions. Chris was named the Ontario Volleyball Association Coach of the Year in 2004.

Speaker: Chris Dunn, DEAA Coach

As a Phys Ed teacher at Captain Michael Vandenbos, Chris is used to working with athletes of all levels to improve their physical literacy. He coaches volleyball, basketball and track, and has led a number of junior and intermediate girls volleyball teams to DEAA championships. He is currently taking a hiatus from club volleyball but we hope to see him return to the gym soon.



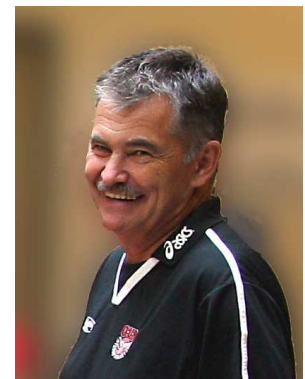
Session 3: Structuring Play in an Unspecialized Environment

Guidelines for structuring training and play in an unspecialized competitive environment.

Speaker: Keith Wasylik
email: kwvoleibol@gmail.com

Keith is perhaps best known by our players as the Head of Technical Staff at Madawaska volleyball camp. He is a former University and National Team player who has won three university and two club national championships. He is a Level 3 certified coach, Level 2 and 3 tutor coach, and co-author of the NCCP Level I and II manuals used to train coaches within Canada.

Keith is the former Technical Director of both Manitoba Volleyball and the Ontario Volleyball Association.



He has served as Assistant Coach 2005 & 2006 Canadian Youth National Team (Women), Assistant Coach at the 2001 and 2007 Junior National Team HPC (Women), Coach at 2007 and 2008 OVA High Performance Centers, and Assistant Coach of 2008 Team Ontario 17U (Women).

Stream B: Training to Train

Who: This stream is suited to school coaches in grades 7-10 and club coaches from 12u to 15u. Athletes range in age from 11-15 (girls) and 12-16 (boys).

What: During this stage basic volleyball skills should be consolidated and three critical periods of physical development occur – aerobic capacity (for males and females), speed (for males and females) and strength (for females only). Most athletes reach their Peak Height Velocity (PHV = growth spurt) during this period and it is the onset of PHV that determines what training should focus on. During competition athletes play to win, but the major focus must still be on development – learning basic volleyball skills and tactics, and how to apply them in competitive situations, as opposed to actually competing.

Session 1: Physical Training and Windows of Trainability

Problems with current training practices. The importance of windows of trainability and how to identify them. Specialized training to maximize strength, speed and stamina. Baseline testing and appropriate tests. Constructing a workout plan using body weight exercises, plyometrics, resistance bands, medicine balls, agility ladder and cones. This session provides both the theory in the classroom and practical demonstration of exercises that you can use in the gym.

Speaker: Mike Slean, Team 12 Training
email: mike@team12training.com

Mike focuses on training and coaching elite volleyball players through Team 12 Training and Solstice Sport. A perennial captain and OUA first team all-star for the University of Toronto men's team, Mike had a very successful indoor and international Beach career before settling down to train the next generation of elite Ontario athletes. Mike still competes in elite Beach tournaments and men's indoor leagues, and is currently a member of the National Masters team.



Session 2: Structuring Play

The Impossible Dream? The LTAD model looks good on paper, but how does a coach implement it? This presentation will suggest activities that coaches can use during the OVA season to follow the guidelines of the LTAD model in the areas of volleyball training, physical and mental preparation.

Speaker: Merv Mosher, Coach, Aurora Storm Volleyball Club
email: mmosher@yorku.ca

Merv was a member of the original working group that developed the LTAD strategy for volleyball within Canada. He spent ten years playing an active role in the National Women's Team program serving as assistant coach from 1976 - 1979, and coached numerous national level teams including NORCECA, World Junior, World Student Games, Pan American Games and 1984 Los Angeles Olympics.



Merv also coached the York University women's team from 1979 to 1997 to a league play record of 192 wins and 17

losses, winning the conference title 13 times. He is highly respected by his peers, athletes, and the entire volleyball community in Canada, and was inducted into the Volleyball Canada Hall of Fame in 2007. Merv is a mentor and an ambassador to the sport. He currently coaches for the Aurora Storm Volleyball Club, where he has been for the past five seasons.

Session 3: Skills Acquisition

The Variances of Different Skills – looking beyond the basic skills of volleyball. This session will start in the classroom with a discussion of the importance to performance of mental preparation, reading cues and teaching variations in skills, then move to the gym for practical work on variations of the Attack and Block skills.

Speaker: **Arif Nathoo, Head Coach, York University Women’s Volleyball**
 email: anathoo@yorku.ca

Arif Nathoo is head coach of the York University Lions women’s volleyball team, and will be the head coach for Team Ontario at the 2009 Canada Summer Games. He graduated from York with a Bachelor of Education degree and a Master’s degree in exercise and health. While attending York as a student, Arif was an assistant coach for the women’s volleyball team under Merv Mosher and Hernan Humana from 1992-96. That stint led to a successful nine-year run as head coach of the Ryerson Rams, highlighted by the school’s first trip to the CIS National Championship in 2002.



He was named OUA East Coach of the Year in 1999-2000 after leading the university to its first playoff appearance. Currently Vice-Principal at Thorncliffe Park Public School in Toronto, Arif returned to York as Assistant Coach in 2005-06 before taking his current role as Head Coach in 2006-2007. In addition to his time in the university ranks, he has worked with the Provincial Team program. Arif won a bronze medal as coach of Ontario’s 18-and-under girls’ team in 2007. In 2005, Nathoo coached a 16-and-under team from the Greater Toronto Area to a gold medal at the Provincial Championship.

Stream C: Learning to Compete

Who: This stream is suited to school coaches in grades 11-12 and club coaches from 16u and above. Athletes range in age from 16-19 (girls) and 17-20 (boys).

What: The main objectives of this stage are to optimize fitness, volleyball-specific skills, and position-specific skills. In many athletes this is also the time at which Peak Height Velocity and Peak Weight Velocity coincide, with the opportunity for greatest strength gain. Therefore this stage should also emphasize the development of strength and aerobic power, two qualities key to volleyball success.

Session 1: Structuring Play

Seasonal planning and periodization at senior levels. Does your team reach their top form at the right time? It's not an easy thing to do but the coach, as the architect of the season, has this responsibility. Creating a well thought out blueprint or plan is important. At the Learn to Compete stage this blueprint or plan gets a bit more challenging because the athletes begin to perform their skills in a variety of competitive environments, both in training and in matches, and begin to utilize more complex systems of play. This session will discuss planning with 2 competitive periods in a season, planning strategically for a match and building player accountability for team results.

Speaker: **Kristine Drakich,**
Head Coach – University of Toronto Women's Volleyball
email: kristine.drakich@utoronto.ca



Kristine is entering her 19th year as head coach of the women's volleyball program. Under her direction the Blues have qualified for 18 consecutive OUA Final Four appearances, winning the OUA championship banner six times.

She is a highly qualified NCCP coach with a Level 4 certification indoors and a Level 3 certification on the beach. She has coached internationally in both indoor and beach, and coached the provincial indoor and beach teams at the Canada Games.

Named Ontario Volleyball and 3M National High Performance Coach of the Year as well as OUA Coach of the Year six times, Kristine has received a Canadian Association for the Advancement of Women in Sport (CAAWS) "Breakthrough Award - Individual Category" for her leadership in the area of women and sport.

A former captain and all-Canadian with the Varsity Blues, Kristine was a member of Canada's national volleyball and beach volleyball teams and was a 2001 inductee into the University of Toronto's Sports Hall of Fame. She has volunteered at almost every level of the sport, internationally and nationally with the Fédération Internationale de Volleyball (FIVB) and Volleyball Canada respectively. She is currently vice-president of the Ontario Volleyball Association (OVA), and president of the Canadian Women's Volleyball Coaches Association.

Session 2: Skills Acquisition

Training the senior player - an examination of skills for the L2C stage that need to be emphasized for the development of elite volleyball players. These skills include Individual Defense, Blocking, Attacking (developing variation), and Serve Reception. This session will highlight the technical corrections that need to be made by most L2C athletes and provide ideas/solutions on how to accomplish these corrections, which are crucial to compete at the highest levels.

Speaker: Luke Snider,
Head Coach – Wilfred Laurier Women’s Volleyball
email: lsnider@wlu.ca

Luke Snider is head coach of the Golden Hawk women's volleyball program at Laurier. Luke comes from a very successful international playing career on the Canadian National Team and professionally in several European countries. Recently Luke coached Team Ontario 18U to a gold medal at the 2008 National Team Challenge Cup.



Session 3a: Physical Training

Training to improve speed.

Speaker: Dustin Reid, OVA
email: dreid@ontariovolleyball.org

Dustin will present important concepts for training for speed, and a circuit you can use in the gym.



Session 3b: Panel Discussion

Moderated Q&A session with a panel of senior coaches and athletes, where you can present questions, scenarios – and have access to some of the best volleyball minds in Ontario if not Canada.

Panel: Merv Mosher, Luke Snider, Dustin Reid
Moderator: TBD