



TEAM CANADA WOMEN

2025 National Excellence Program

Coach Professional Development Opportunity

The National Excellence Program (NEP) offers coaches a unique opportunity to gain valuable insight into a high-performance daily training environment. Led by NextGen & NEP Head Coach, Matt Krueger, and the NEP staff, participants will observe and learn from Canada's top emerging female athletes training full-time at the Richmond Olympic Oval.

Program Dates: September 10 – December 18, 2025

What Coaches Will Gain

- Understanding of practice planning and training methodologies through team practice observation
- Exposure to effective coaching communication during practice debriefs with staff
- Insight into the integration of data and technology in high-performance sport
- Learning from integrated support team (IST) members in areas such as: Strength & Conditioning, Physiotherapy, Nutrition, and Mental Performance (date dependent)

Sample Weekly Schedule

Monday:

- 9:30–11:30 am | Individuals & S&C
- 11:30 am–1:30 pm | Individuals & S&C

Tuesday, Thursday & Friday:

- 9:10–9:30 am | Setter Tutors

Tuesday & Thursday:

- 9:30 am–12:30 pm | Team Practice + Debrief
- 2:30–4:30 pm | Skill Groups (when scheduled)

Wednesday & Friday:

- 9:30 am–12:00 pm | Team Practice + Debrief
- 1:30–4:00 pm | Strength & Conditioning

How to Apply

Email Sandra Lamb (slamb@volleyball.ca) with:

1. A short note on why you want to participate, what you hope to learn, and how it will impact your coaching practice
2. The level you are currently coaching
3. Your proposed visit dates

Important Details

- Visits must be arranged at least one week in advance
- Program runs October 6 – December 12, 2025 (not available Nov 6-7)
- Participants are responsible for travel, accommodations, meals, and local transport
- Approved coaches must complete Volleyball Canada Person in Authority screening prior to arrival
- Do not book travel until your visit has been confirmed

Location

Richmond Olympic Oval
6111 River Road
Richmond, BC V7C 0A2