



ANNUAL REPORT

2023



ONTARIO
Volleyball



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A young girl with braided hair is shown from the chest up, looking down at a gold medal she is holding with both hands. She is wearing a dark jacket with a green stripe on the sleeve. The background is dark and out of focus.

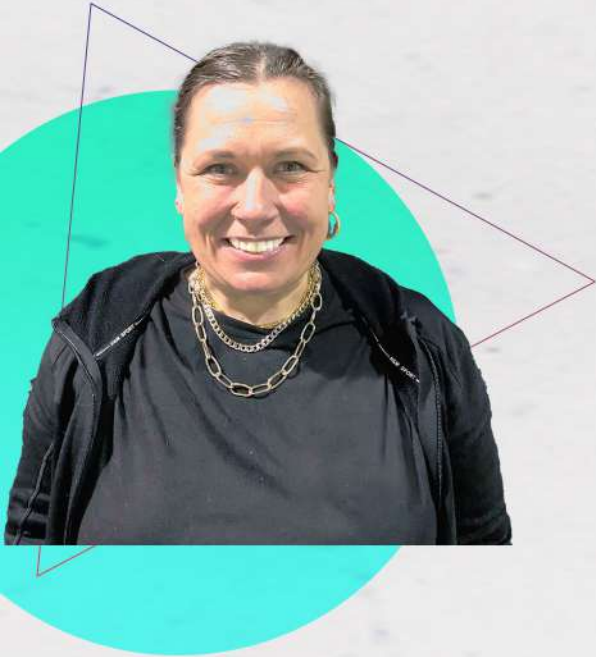
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Message From the President

I am thrilled to address and share the remarkable achievements of the Ontario Volleyball Association in the past year.

The OVA has had another banner year, marked by success and growth. Nothing demonstrated this more than our festival-style Ontario Championships, which had the astounding participation of over **901 teams** within the span of six exhilarating days. This achievement is reflective of the dedication and passion of YOU - our members.

In the wake of the challenges posed by the pandemic, I am pleased to share that we have successfully regained our momentum. Following a period of reduced and modified programming due to the uncertainties of COVID-19, we have regrouped and were able to deliver a complete and robust season of indoor, beach, provincial team, and grassroots programs. We also initiated strategic planning sessions, which have been instrumental in shaping our vision for the next five years, setting the stage for more opportunities and initiatives within the OVA.



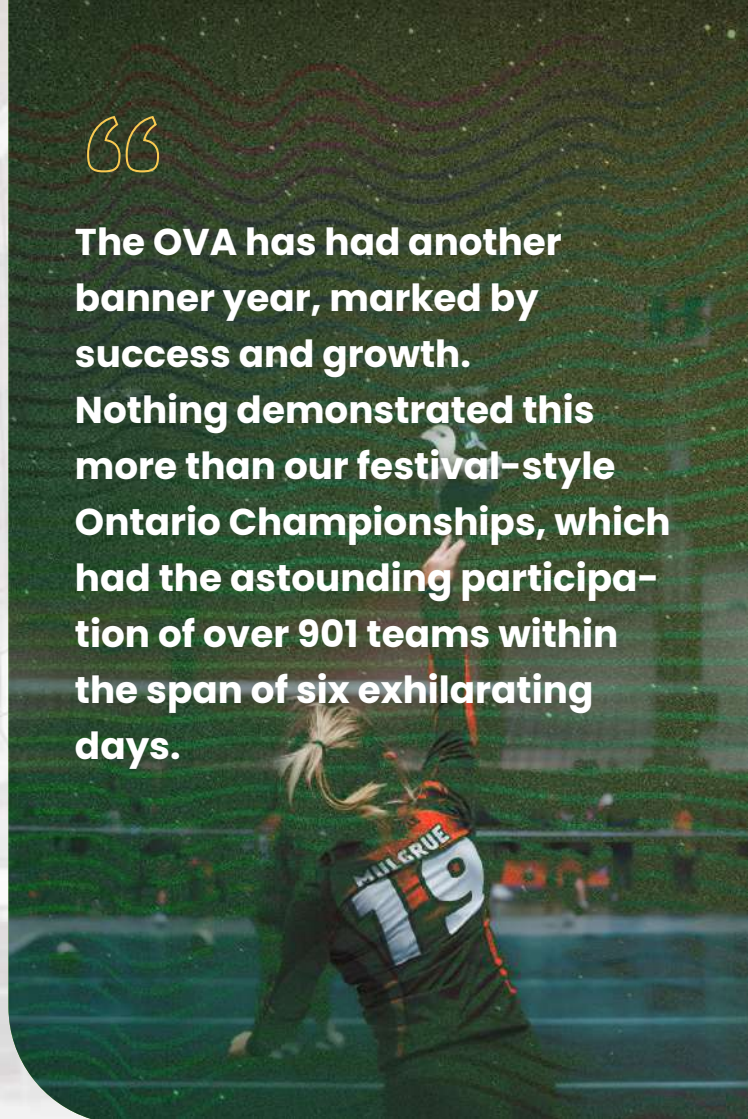
It is essential to acknowledge the evolving landscape of safe sport within volleyball. We have been diligently navigating this terrain, with the involvement of the Office of Sport Integrity Commission (OSIC). Our commitment to fostering an abuse-free and a safe sport environment has never been more robust or more proactive than it is now. We are steadfast in our dedication to ensuring the safety and well-being of every member, coach, and participant within our association.

I am immensely proud to share that we not only met but exceeded all our previous records last year, both indoor and on the beach. As we move into 2024, we are pacing to achieve even bigger numbers. The interest in our sport is growing, and with this growth, we are planning to create more diverse opportunities for athletes to get involved and play at the level that suits them. With the support of our committees and volunteers, we are poised to see significant changes in the opportunities the OVA can provide.

Thank you for your continued support and commitment to the OVA. Together, we are shaping the future of volleyball in Ontario, and I am excited to see what we will accomplish in the coming year.



Katie Hutchinson
President, Ontario Volleyball Association



The OVA has had another banner year, marked by success and growth. Nothing demonstrated this more than our festival-style Ontario Championships, which had the astounding participation of over 901 teams within the span of six exhilarating days.



Board of Directors

President

Katie Hutchinson

Vice President Finance/Treasurer

Christine Cook

Vice President Administration/Secretary

Daphne Choi

Director at Large

Howie Grossinger

Director at Large

Leigh Pearson

Director at Large

Kelsey Orth

Director at Large

Michael Amoroso

Director of Regional Engagement

Danny Gosselin

Athletes Representative

Victoria Altomare

Pictured above (from left): Kelsey Orth,
Leigh Pearson, Daphne Choi, Howie Grossinger

OVA Staff

Jo-Anne Ljubicic

Executive Director

Operations

Alishia Lidums

Director of Volleyball Operations

Carrie Campbell

Manager of Indoor Volleyball

Suzanne Wallace

Manager of Beach Volleyball

Kelvin Cheng

Operations Lead

Mark Wiersma

Youth Competitions Lead

Jacob Barker

Indoor Programs Coordinator

Jessie Nairn

Operations Coordinator

Kerish Maharaj

Manager, Marketing & Community Outreach

Dylan Brennand

Digital Media Coordinator

George Huffman

Communications Coordinator

Athlete Development

LP Mainville

Athlete Development Director

Lauren Breadner

Athlete Development Manager

Oklend Llakaj

Athlete Development Coordinator

Angie Shen

Senior Beach Development Coach

Holly Pitters

Sports Science Lead

Finance & Administration

Jennifer Harkness

Finance & Administration Director

Mylene Andrade

Membership Services Coordinator

Mario Rando

Accountant



Letter from the OVA Staff

As we reflect upon the past year at the Ontario Volleyball Association, it's crucial to celebrate the remarkable journey we've embarked on together. In September 2022 we were not 100% sure that we would have an unmodified season! The challenges we faced from 2020 to 2022 were profound, yet our community's collective determination and unwavering resilience shone brilliantly throughout this past year.


Our primary focus as we entered the 2022-23 season was to create an environment that would allow athletes, coaches, clubs, and referees to return to the court in a manner as close to normal as possible. The continuous lifting of COVID-19 restrictions over the summer and into the fall of 2022 presented numerous uncertainties regarding regulations and facility availability. Nonetheless, our dedicated staff and members pressed forward, and it was possible to resume activities while adhering to provincial guidelines as we geared up for a full return to a "normal" season. Frustrations were undeniable, but our volleyball community's commitment to providing opportunities for all paid off.

In the end, we not only had a conventional season but also leveraged the new convention center model to increase playing time and create new and exciting experiences for athletes in a nontraditional setting. We succeeded in delivering the Ontario Championships, both for beach and indoor volleyball, and both events experienced tremendous growth. Ontarians are back and eager to play!

Furthermore, we are thrilled to share that in April 2023, we hosted the largest Ontario Indoor Championships in our history, featuring 901 teams, right in the heart of Toronto. Close to 50,000 spectators bore witness to over 12,500 volleyball athletes fighting for the title of "Ontario Champion". This historic, record-breaking festival event wasn't just about numbers; it was a spectacle that reverberated with the true essence of our sport. It brought our community together once more, uniting us in our shared passion for volleyball. Our commitment extended beyond the court as we aimed to create an unparalleled athlete experience. We introduced the Athlete Fun Zone, provided

onsite vendors, and even launched a groundbreaking live-streaming pilot with CBC. These initiatives were designed to ensure that athletes and spectators alike had a memorable and exciting time, both on and off the court. The tournament became a testament to our collective determination and the exceptional athletes who continue to inspire us all. We extend our heartfelt gratitude to the clubs of Ontario for bringing their teams to this marquee event. Your unwavering commitment, dedication, and passion for our sport have been instrumental in making Ontario Championships a resounding success.

In 2023, Team Ontario's high-performance programs, catering to both indoor and beach volleyball athletes, achieved record-breaking success with a staggering 1100 athletes participating in the identification process. This led to Ontario athletes achieving outstanding national and international success during the summer programs. The OVA is deeply appreciative of the trust bestowed by players and

A person is writing on a whiteboard in a gymnasium. The person is wearing a dark shirt and glasses. The whiteboard has some writing on it, including the word "Beach". In the background, there are yellow and red markings on the wall. The scene is dimly lit, with the whiteboard being the main source of light.

coaches upon our Team Ontario programs. Your ongoing participation reflects the community's steadfast commitment towards development and further underscores your dedication to excellence.

The positive year of growth continued through the spring and summer, with increased participation in the weekly Beach Leagues, Beach Tour, and Beach Ontario Championships. Ontario teams delivered strong performances in Nationals, the Ontario Parasport Games, and Canada Cup. We also celebrated our first in-person Hall of Fame and Awards ceremony since 2019, acknowledging our members and their outstanding contributions to our sport.

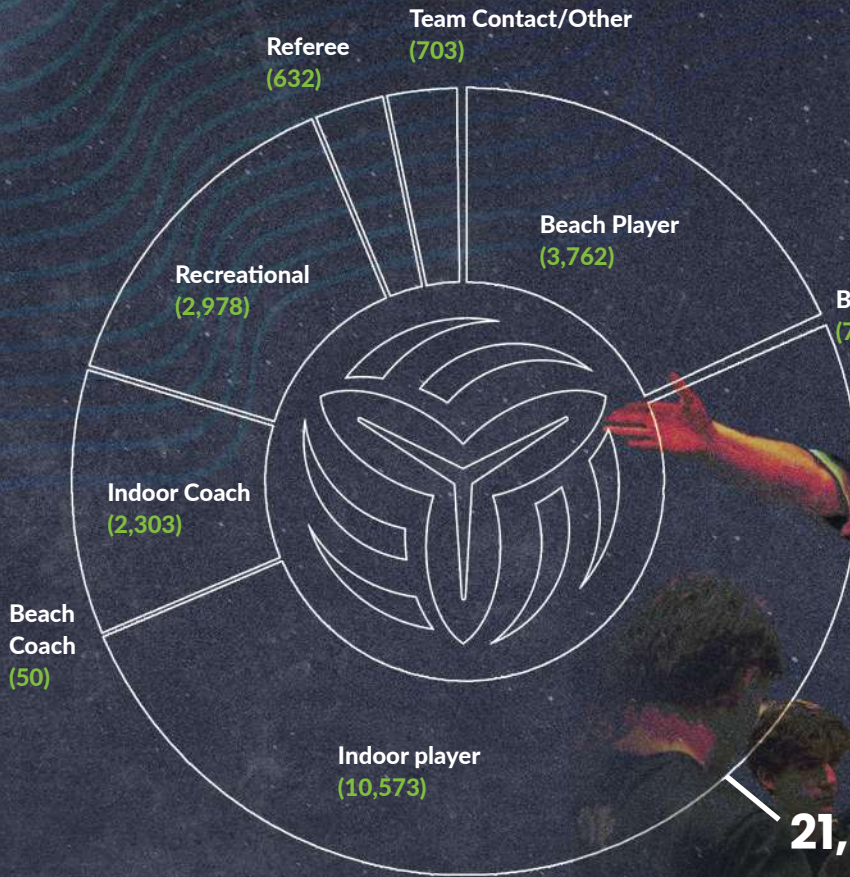
As we look ahead, we envision a year filled with even more significant and inspiring opportunities. We are eager to reconnect with all of you in person throughout the upcoming year, whether through Indoor, Beach, Sitting volleyball competitions, leagues, grass-roots and community programs, and the Team Ontario program. The future is undeniably bright, and together, we will continue to grow, compete, and inspire.

We extend our heartfelt thanks for your unwavering support and dedication. We'll see you on the courts and in the sand, ready for another year that promises to be truly exceptional.

Sincerely,

The OVA Staff

OVA Membership



16,572

Unique members in the OVA. This is a 16% increase over the previous season.

21,076 Membership Roles in 2022-23





Strategic Plan
Volleyball for Life

People

The OVA will inspire continuous learning and improvement.

1. Inspire a culture based on quality and personal growth.
2. Increase education and development opportunities.

Fiscal 2023 Accomplished

All Stakeholders

- Supported documenting needs and requirements for Volleyball Canada's learning management system.
- Social media campaign launched for comprehensive resources on website for Early Contact Initiative.

OVA Staff

- Completed Ontario Human Rights 'Call it Out' course.
- Participated in Office Sport of Integrity Commission (OSIC) – Sport Environment Assessment, awaiting the release of report with recommendations.

Coaches

- Region 6 hosted an International Symposium alongside VNL in Ottawa.
- Established Coach Development Regional Sub-Committee.
- Team Ontario Coach Summit with 84 participants delivered.
- NCCP courses and evaluations completed by 783 coaches.

Referees

- 485 referees utilized the referee engagement centre.
- Referee Eligibility Policy launched with anti-racism course.
- Developed Beach Level 2 Referee course for virtual learning,

Parents

- Delivered 4 information resource sessions for Parents about Team Ontario programs.

Fiscal 2024 Goals

All Stakeholders

- Support the implementation of Long Term Development (LTD) Model 3.0 through the new Volleyball Canada learning management system.
- Create Sitting Volleyball Referee and Coaching Development Videos.
- Provide Volleyball Canada safe sport education materials.
- Host a symposium in conjunction with VNL for coaches and athletes.

Athletes

- Athletes Council to provide information sessions and promote Volleyball Canada safe sport education program.

OVA Staff

- Identify core team competencies and create individual learning plans to foster continuous learning and implement learning management system to track results annually.

Coaches

- Include the athletes' voices at Team Ontario Coach Summit via athlete moderator and panel.
- Provide sitting leaders with sessions led by national team coaches.
- Develop a plan to address the development of a relationship-based coaching culture.
- Bring coach evaluators and learning facilitators together for best practices collaboration.
- Update Coach Eligibility with NCCP Anti-Racism Coach course requirement.
- Provide training and mentoring for 95 coaches through Team O program.

Referees

- Execute Referee Retention Plan.
- Train Sitting Volleyball Referees.

Club Leaders

- Provide town hall series and board orientation programs.

Operations Excellence

The OVA will provide excellent customer service with a sustainable infrastructure.

1. Increase membership while delivering quality service.
2. Ensure systems and programs are sustainable.
3. Provide a safe sport experience.

Fiscal 2023 Accomplished

Human Resources

- Received Canada Summer Jobs and Summer Experience Program Grants.
- Implemented a safe return hybrid office plan.

Membership Relations

- Implemented Club Leader, Coach and Referee Eligibility Policy.
- Addressed Person In Authority (PIA) approval process in registration system to meet compliance with OSIC and Volleyball Canada, including screening disclosure form.
- Supported Regional Council engagement and meetings – 2 sub committees developed and club leader survey released and feedback actioned.

Fund Development

- Submitted comprehensive Ontario Amateur Sport Funding Application.
- Encercare financial resources achieved by securing sponsor Mydoh, Destination Toronto major event funding, partnership with Canuck Stuff and 11 vendors on site.
- Obtained Ontario High Performance Sport Initiative (OHPSI) for 2023-24 beach volleyball and project funding for sitting volleyball.
- Secured \$200,000 over 4 years from Ottawa Tourism for major events.
- Secured up to \$309,000 per year from Ottawa Tourism for Ontario Championships 2024 and 2025.

Governance

- Policies updated and approved – Confidentiality, Conflict of Interest, Code of Conduct, Diversity, Equity and Inclusion, Social Media Policy, Discipline and Complaints.

Fiscal 2024 Goals

Organizational Structure

- Restructure and revise job responsibilities in Athlete Development, Operations and Communications departments.

Membership Relations

- Execute referee retention program.
- Create a club leader enhancement plan.
- Implement all DEI recommendations provided from the sport environment assessment.

Governance and Risk Management

- Utilize regional structure to provide club support by creating a club granting program.
- Develop Storytelling Committee.
- Upgrade registration system to automate Person In Authority (PIA) approval and integrate Volleyball Canada's learning management system.
- Create event/program safety standards utilized by OVA and clubs.
- Modify club information form to comply with PIA integration.
- Update Membership, Accessibility, Screening, Trans Inclusion, Reciprocity, Privacy, Appeal and Financial Policies.

Funding

- Secure JumpStart grant to deliver TrainToTrain manual.
- Influence the Ministry to maintain Quest for Gold PSO direct funding.

Programs & Events

The OVA will offer inclusive, meaningful programming.

1. Deliver quality, fit for purpose, experiential programming for all ages and abilities.
2. Remove barriers to participation.
3. Support sport system alignment.

Fiscal 2023 Accomplished

Sitting Volleyball

- Ongoing collaboration with ParaNetwork and sitting champion consultant, Joe Millage.
- Delivered Ontario ParaSport Winter Games (6 teams), Niagara Penquins Invitational (8 teams) and onsite demo held at Enercare during Ontario Championships.

Beach Volleyball

- Secured more courts at Ashbridges Bay Beach Volleyball property resulting in increased adult league participation and more club programming.

Alignment with New LTD

- Implemented Early Contact Initiative (ECI) competitions and programming.

Large Events

- Delivered festival-style Ontario Championships at Enercare with record-breaking 901 teams.
- Delivered modified competition stream with two convention centre events for 240 teams.
- Delivered the Hall of Fame and OVAtion Awards Banquet to highlight members, 127 attended.

Fiscal 2024 Goals

Sitting Volleyball

- Utilize OHPSI funding to develop Sitting Pathway.
- Create competition schedule, including Ontario Championships.

Alignment with LTD

- Review 15U-18U competition structure to LTD with Indoor Volleyball Development Committee (IVDC) and create plan.
- Deliver and evaluate Volleyball 4 Life programming and competitions.

Delivery

- All events utilize online scoring systems.
- Support delivery of National Championships events.
- Provide 3-5 multicultural/LGBTQ2S+ events with OVA resources.
- Support 3-5 underrepresented groups to build, maintain and lead their own programming.
- Execute 5 year indoor convention centre plan including athlete experience mindset modification.

Partnerships

- Update indoor hosting fee for youth competitions.
- Continue to build relationships with facilities and secure quality venues.
- Secure host cities for Ontario Championships 2027 and 2028.

Athlete Development

The OVA will support the holistic development of athletes.

1. Provide a clear and comprehensive development pathway for all stages and abilities.
2. Support all athletes to reach their individual goals.
3. Continue to develop and share expertise.

Fiscal 2023 Accomplished

Team Ontario/NextGEN

- Hired Sport Science Lead to deliver an aligned and integrated sport science curriculum to support LTD of athletes.
- Hired 2025 Canada Games coaches to kick off the new cycle.
- Created funded OHPSI beach teams program to support international experiences for athletes and coaches.
-

Clubs

- Researched and created curriculum for Strength and Conditioning.
- Integrated Club Volleyball into the Athlete Development Pathway model.
- Increased communication and participation of club coaches in Team O programs.

Fiscal 2024 Goals

Pathways

- Ensure sitting volleyball pathway bridges the gap between community and national team.
- Align indoor pathway with national team programs to maximize opportunities for Ontario athletes.
- Explore alignment with post-secondary programs to support athletes through pathway.
- Create a purposeful athlete-to-coach pathway with experience opportunities at Team Ontario.
- Support beach athletes reaching international level through targeted OHPSI funding.

Quality

- Align programs and competitions with LTD 3.0, especially the person pillar.
- Develop and deliver an integrated sport science curriculum.
- Develop an inquiry-based coaching culture throughout the Team Ontario pathway.

High Performance

- Create a plan to address the holistic development of athletes.
- Review Team Ontario programs and update delivery model to meet the needs of today's stakeholders.
- Set the foundation for high performance programs to be delivered through clubs.

Community Engagement

The OVA will engage the volleyball community through ongoing collaboration.

1. Transparent, effective and consistent communication.
2. Develop channels for community input and feedback.
3. Facilitate an environment that shares best practices.

Fiscal 2023 Accomplished

Community Outreach

- Surveyed club leaders – “what do you need from the OVA”, feedback and resources were provided.
- Delivered town hall sessions for Team O, strategic planning and season kick-off.
- Launched the Referee Recruitment Campaign, 243 new referees trained.
- Referee mentorship program – 6 mentors trained, 261 referees mentored.
- Athletes Council activated - reviewed selection policy from their lens and distributed safe sport awareness information.
- Increased awareness of Athlete Development Pathways with presence at major events.

Fiscal 2024 Goals

Communication

- Prepare and execute comprehensive Storytelling Communications Plan.
- Provide relevant and direct communication to club leaders.
- Create and deliver social media strategy to support the shift in coach culture.

Community Outreach

- Distribute follow-up club leader survey – ‘what do you need from the OVA’
- Continue with referee recruitment initiatives.
- Athletes Council to engage feedback loops with athlete experiences and perspectives to support operating decisions.
- Support the development of events in first nation communities across the province.
- Deliver Girls in Sport Leadership program.

Integration

- Update website with club resources to support their operations.
- Create a plan for board and staff to meet with club leaders.

Development & Innovation

The OVA will stay committed to advancement and adaptability.

1. Committed to an innovation mindset.
2. Build partnerships and business development opportunities to support the community.

Fiscal 2023 Accomplished

- Implemented and provided education on a video analysis tool, Hudl at the club level for athlete development.
- Utilized Advanced Event Systems (AES) for Ontario Championships and convention centre events.
- TIMU system increased its usage to 70% for regular season indoor events.
- Convention Centres are secured for the next four years and integrated into the youth competition stream.
- Delivered modified competition stream with two convention centre events and funding secured to ensure the viability of two-day festivals.

Fiscal 2024 Goals

Mindset

- Focus on storytelling mindset to deliver messages of change and successes.
- Shift mindset to “delivering events” to “delivering experiences” to focus on what is most important, for the athlete.

Partnerships

- Deliver CBC project to provide Youth Volleyball Channel with live stream and on-demand service.
- Partner with Trainwave to bring mental performance support to athletes and coaches
- Seek more partnerships with athlete development service providers and other provinces to deliver more value to OVA clubs, coaches and athletes
- Investigate competition streams for indoor youth open and adult open.

Adaptability

- All indoor and beach events online.
- Utilize online development tools to increase upgrade opportunities for referees.

Digital Media

14m+

Social Media impressions from all content created in 2022-23.

Statistics taken from Sprout Social

1.98m Video Views
652,000 Engagements
2,044 Posts Published
180% Total Audience Growth
14,092 Post Link Clicks

 25,083 followers

 8,675 followers

 7,038 followers

 3,193 subscribers

 3,600 followers

Statistics taken from Constant Contact

438,117 Email Sends
236,393 Emails Opened



Thank you to all **event staff & parent volunteers** who have played a vital role in OVA tournaments!



NCCP Coaching Report

In 2023, the coaching program under the National Coaching Certification Program (NCCP) continued to thrive, with significant achievements and progress made in coach training and certification.

Coach & Training Workshops

A total of 732 coaches successfully completed NCCP courses during the year, enhancing their coaching skills and knowledge.

We introduced a new online delivery model for the Development Coach Workshops, resulting in 10 successful workshops for 128 individuals, making the course more accessible to coaches across the province.

Additionally, 5 Advanced Development Coach Workshops for 40 coaches and 2 Beach Advanced Development Coach Workshops were conducted for 15 coaches, offering specialized training opportunities for our coaching community.

Coach Evaluators

In an effort to enhance the evaluation process, 11 new Coach Evaluators were trained specifically for the Development and Advanced Development Coach Evaluations.

Advanced Development

Judi Shum-Mousseau, John Nguyen, Vishnu Persaud, Jos Nederveen, Dave McIntyre, Barb Rigg-Garbaty, Paul Panagiotou

Development

Judi Shum-Mousseau, John Nguyen, Vishnu Persaud, Lloyd Rumble



Coach Certification Levels

A significant achievement this year was the successful completion of the Portfolio Observation and Evaluation process of **47 coaches**. They have now become fully certified coaches, demonstrating their commitment to continuous improvement and excellence in coaching.

We saw the certification of **36 coaches** to the Development Coach level, signifying their dedication to professional development and coaching expertise.

Additionally, **11 coaches** were certified at the Advanced Development Coach level, showcasing their advanced coaching skills and knowledge.

In 2023, the NCCP coaching program made substantial strides in coaching education and certification. The introduction of online workshops, increased Coach Evaluators, and the successful certification of 47 coaches are just a few of the notable achievements.

We look forward to another year of growth, development, and success in the field of coaching as we continue to support coaches at all levels of their careers.

Coach Eligibility Compliance

100% compliance for Ontario Coaches coaching by the 2023 Ontario Championships.

Indigenous & First Nations Development

Volleyball Canada's "Community Sport for All" grant, supported by Sport Canada, helped volleyball programs flourish in 19 Indigenous communities across Quebec. The funding facilitated the provision of essential equipment, coach training, and youth volleyball program support in these remote areas. Coaches, who came from various regions across Canada, shared their expertise and passion for the sport.

The OVA played a crucial role in supporting Volleyball Canada's project. LP Mainville, OVA Athlete Development Director, traveled to Puvirnituk, Quebec, delivering six coaching sessions to 13 coaches from different Inuit communities in Nunavik. Additionally, he conducted a Development Coach evaluation for two coaches from Nunavik Volleyball.

This remarkable partnership underscores the positive impact of sports, transcending geographical and cultural boundaries, and enriching the lives of Indigenous youth in Canada.



Respect in Sport

Over the 2022-23 season, the OVA continued to strive on ensuring athletes had a safe environment to play, including conducting the Respect in Sport (RIS) audit.

By the 2023 Ontario Championships, the OVA membership achieved a **99% compliance rate**. In total, 44 competitive players/recreational players didn't have a RIS number associated with their account and certificate numbers were obtained on-site at team check-in to ensure eligibility was met for participation.

A large, stylized '99%' is displayed in a 3D, metallic font with a purple-to-blue gradient. The percentage is centered within a black circle that has a green border. This circle is set against a larger, semi-circular background that transitions from yellow at the top to orange at the bottom, with a green border on the left side. The entire graphic is overlaid on a background image of a person in a white sports jersey with green numbers '17' and '14' and the name 'CHARLES' visible.

99%

Referees

Report From the Referee Chair

The Ontario Regional Referee Committee (ORRC) is happy to present the Referee annual report for the 2022/23 season. This year has been yet another remarkable journey of growth and achievement for our community. We extend our heartfelt appreciation to the entire Provincial Committee, assignors across Ontario and the dedicated OVA staff for their unwavering support in making this season historic.

We eagerly look forward to an even brighter 2023/24.

Registered Indoor Referees

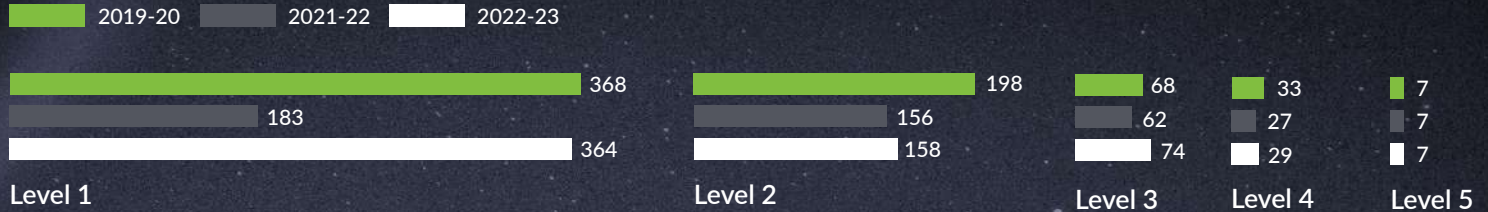
632

Every referee level witnessed growth compared to 2022, with the exception of Level 5, which remained constant and the OVA achieved a retention rate of 73% adjusted for the last full season (2019-2020).



Andrew Robb
Ontario Regional Referee Chair

Indoor Referee Membership by Level & Year



Indoor Matches

Junior High School Matches	2,374
High School Matches	2,858
Age Division Matches	13,875
College Matches	255
University Matches	384

Referee Eligibility

All working referees in Ontario achieved **100% compliance**.

Mentorship Program

The OVA conducted **30 mentorship sessions** during various tournaments, contributing to the ongoing development of referees. A total of **159 referees were mentored** during the Ontario Championships at Enercare in Toronto, fostering a culture of continuous improvement.

Registered Indoor Referees

The OVA continued its commitment to developing new referees by **training 277 individuals through various clinics**; including **24 indoor level 1 and 2 beach level 1 clinics**. This influx of new talent contributed to the growth of the association.





Refereeing at the Ontario Championships

A total of 146 referees were part of the prestigious Ontario Championships held at the Enercare Centre in Toronto. These referees ensured fair play and upheld the integrity of the game throughout the championship.

The OVA's commitment to nurturing referee talent was further demonstrated by the involvement of 37 referees who worked as Referee Development Team (RDT) members. These individuals took on critical roles as Head Referees, Area Supervisors, Mentors, and Assignors at the Ontario Championships, contributing to the success of the event.

Head Officials

Andrew Robb, Irena Zamboni, Jason Dodd, Jen Adams, Samara Sevor

Mentors

Andy Cameron, Bob Rocque, Dale Huddleston, Deb Harnett, Lino Condotta, Malcolm Mousseau, Martin Kerstens, Michael Brandreth, Terry Sonoda

Supervisors

Brad Graham, Brad Moyer, Brian Rancourt, Dave Williams, David Gross, Dean Oberle, Dimitri Magirias, Don Morton, Elias Soueiti, Hollie Roy, Irena Zamboni, Jen Adams, Kelvin Yee, Kennedy Ramsden, Khan Vu, Luc Chayer, Mark Williamson, Marrick Yee, Martin Kerstens, Mike Trotter, Ryan McDoom, Teresa Vizzari, Terry Sonoda, Trevor Lall, Vince Enright

Assignors

David Lo, Irene Barras

Refereeing Recruitment Drive

This season we continued to introduce refereeing as an option for OVA athletes as a part time job and a way to stay in the game as they age out of indoor youth competitions as a player. A social media campaign was launched targeting OVA athletes, a poster campaign with QR Codes of “You Can Be One Too” with a link to more information on refereeing/how to sign up to take the course as well as posters on “You Think You Know the Rules” with a QR to test their knowledge of the rules of the game, and finally, a Referee Recruitment booth was set up at Ontario Championships at Enercare Centre. In total, 129 athletes, with 60% of them being female, between the ages of 16 to 18 spoke with Senior Referees from across Ontario at the Referee Recruitment tent in the vendor hall on how to become an OVA referee and stay in the game after they graduate high school.

Refereeing Engagement Centre

The Referee Engagement Centre (REC) continued to be a valuable tool for communication and education among referees across Ontario. In 2023, 34 resources were posted, and 485 referees actively engaged with the system, ensuring they were well-informed about indoor competition program changes and training opportunities.

KNOW THE RULES?

SCAN THE CODE TO FIND OUT



Service Agreements

The OVA referees were in high demand throughout the year, with many school boards and leagues continuing to collaborate with the Association, such as TDSB, TDESSA, YRAA, OUA, OCAA, OFSSAA, etc.. The OVA entered into new service level agreements (SLAs) with a variety of leagues, events, and school boards, strengthening the relationships between referees and these organizations.

The leagues and organizations with which the OVA entered SLAs include:

Athlete Institute Volleyball League
District 4
District 8
District 10
Don Valley Volleyball Club
The Good Games
Indigenous Sport & Wellness Ontario
Kitchener Coed Volleyball League
LANS Volleyball League
Markham Sports League
National Capital Secondary School Athletic Association
St John's-Kilmarnock School
University of Ottawa
Waterloo Catholic District School Board
Waterloo Region District School Board
Wellington Elementary Schools
Wilmot Ladies Competitive Volleyball League

Registered Beach Referees

75

Beach Coverage

We had 148 beach tournaments between May 20th-August 13th which included 16 venues across Ontario:

- 63 active referees with a 90% retention rate.
- 2 level 1 clinics run in Toronto & Ottawa, respectively, with a total of 16 new candidates.





UPGRADE

Indoor Provincial Upgrade Program

Aryan Arvandi
Hayri Aslan
Ben Baydock
Logan Belchior
Julia Bronfenbrener
Andrew Chan
Christina Chicoine
Marley Anne Clubine-Piggott
Ryan Clutton
Jessica Curtis
Cheryl Curtis
Madeleine Elit

Steve Filice
Jonathan Friedel
Luc Larocque
Emilie Leneveu
Sean Pellow
Andrew Ross
Deb Stevenson
Jacob Versace
Peng Wei
Ergang Yan

Indoor Regional Upgrade Program

Tudor Barbulescu
Osama Elasmr
Amanda Lorbergs
Amin Torabi
Nik Zboralski
Michael Zhang

Indoor National Upgrade Program

Dimitri Magirias
Khan Vu
David Williams

Beach Regional Upgrade Program

Sofia Chirila
Rheannon Demeter
Kimberly McTear
Les Siolek



National and International Exposure

Ontario referees made their mark on the national and international stages. A total of 52 referees took part in the indoor Volleyball Canada National events, while 22 referees from Ontario officiated at Volleyball Canada's Beach Nationals.

Notably, four Ontario beach referees, Eric Lawlor, Omid Mojtahedi, Kelvin Yee, and Bob Rocque, took on leadership positions as Referee Supervisors for Youth and Senior Beach National Championships, demonstrating their expertise and commitment to the sport.

Major Indoor Assignments

FIVB U21 World Championships

Mexico

Samara Sevor

FIVB Volleyball Nations League

Netherlands & the United States of America

Andy Cameron

Ottawa

Andrew Robb

FIVB Men's Challenger Cup

Qatar

Andrew Robb

NORCECA Women's Continental Championship

Quebec

Andy Cameron

Andrew Robb

NORCECA Men's U21 Continental Championship

Cuba

Jason Dodd

USports Championships

Vancouver & Hamilton

Andrew Robb (Men's Championship)

Andy Cameron (Men's Championship)

Samara Sevor (Women's Championship)

Jason Dodd (Women's Championship)

CCAA Championships

Nanaimo & Toronto

Chris Goetz (Men's Championship)

Patrick Corriveau (Men's Championship)

Jennifer Adams (Women's Championship)

Canada Cup

St. Catharines

Tony Curciarello

Huguette Mankala

Hollie Roy

Ivan Karin

Melanie Dussiaume

Kennedy Ramsden

Sean Penhale

Brittany Saunders

Bryan Emonts

Kelvin Yee

Nivethan Nadarajah

Mike Chou

Shannon Walters

Ryan McDoom

Major Beach Assignments

FIVB Beach Pro Tour

Elite16 | Montreal

Omid Mojtahedi
Khan Vu - Linesman
Dimitri Magirias - Scorer
Michael Zhang - Scorer

Challenge | Edmonton

Omid Mojtahedi
Dimitri Magirias - Scorer

Challenge | Mexico

Omid Mojtahedi

Futures | Halifax

Michael Zhang
Martin Kerstens - Linesman
Niv Nadarajah - Linesman
Kimberly McTear - Scorer
Greg Thompson

Vancouver Open

Vancouver

Martin Kerstens
Dimitri Magirias - Scorer

Volleyball Canada Nationals

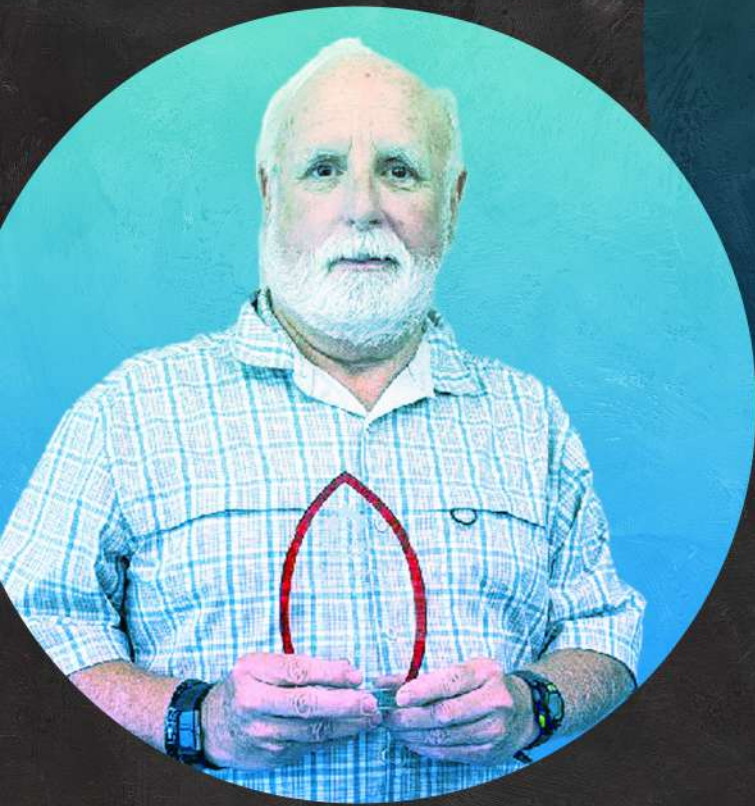
Toronto & Spanish Banks

Bob Rocque - Referee Development Team & Mentor
Kelvin Yee - Referee Supervisor

Youth Commonwealth Games

Trinidad & Tobago

Greg Thompson (ENG) represented Ontario referees at the Games.



Referee Awards

Bob Rocque received the **VC Denis Pomeroy Leadership Award** which was presented at the Provincial Committee Meeting



At the 2023 OVA Hall of Fame & OVAtion Awards Banquet, **Renzo Milan** was formally inducted into the Hall of Fame, **Ed Yu** was posthumously honored with the Award of Merit and **Khan Vu**, **Brad Girardo**, **Ryan McDoom**, **Kennedy Ramsden**, and **Brittany Saunders** received the OVA Recognition Award.



Indoor Season Recap

The 2022/2023 season was a significant milestone as we emerged from the challenges of the COVID-19 lockdowns that began in March 2020. While we did encounter a minor disruption due to a teachers strike in November, overall, the season proceeded smoothly, and we witnessed a steady growth in team participation.

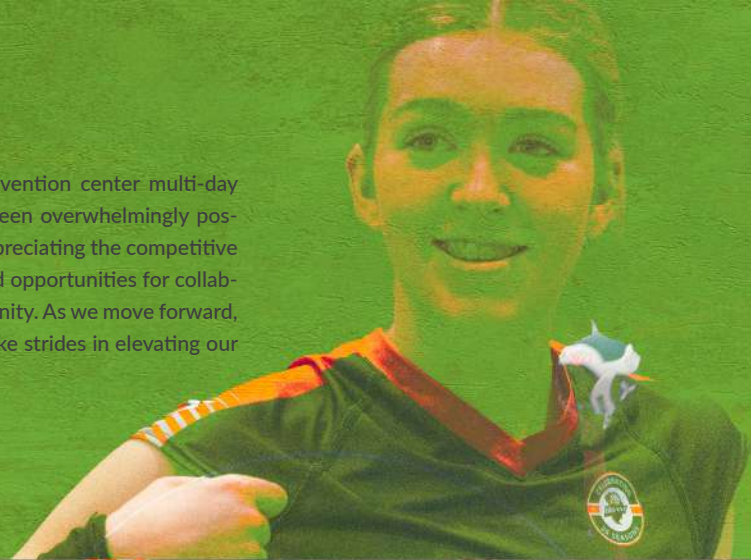
Throughout this season, we partnered with our dedicated club hosts to organize an impressive total of **493 tournaments** across seven age categories per gender. Notably, we introduced the first full year of 4v4 Competitions, which culminated in the Ontario Championships. The 4v4 division featured two locations for each of the four regular season events in the coed/boy's division and four locations for the girl's division. In total, an impressive 899 unique teams participated in the 22/23 season, marking a notable **10% increase from the previous year**.

One of the season's highlights was the introduction of the innovative five-year convention center model, originally a response to the facility shortage during the COVID pandemic. A multi-day pilot event held at the EY Centre in Ottawa from November 11 to 13 showcased this model. On November 11, the OVA hosted 72 teams for regular season events, featuring 9-on-3 gameplay. The 12th and 13th saw the 15UB, 16UB, 16UG, and 18UG divisions engage in a thrilling multi-day tournament pilot, where 84 teams experienced the EY Centre. Impressively, 87% of respondents expressed their eagerness to participate in more 2-day convention center events in the future.

The OVA staff couldn't have delivered the convention centre events without an amazing community coming together. We extend our heartfelt gratitude to the 18U Girls Ottawa Maverick team, the University of Ottawa students, former OVA players, and the incredible coaches and varsity athletes at Brock University Men's program who all played vital roles in setting up and tearing down at the EY Centre in Ottawa and Niagara Falls Convention Centre (NFCC). Emma Hadfield from Brock University deserves a special mention for her exceptional management of regular season events at NFCC.

In February 2023, the OVA showcased the Grand Prix qualifier events and an additional six regular season events at the Niagara Falls Convention Centre over the weekend of February 25th and 26th. This event included four regular season events for our TLS girls and the 18U Boys and girls' divisions, with a total of 60 teams competing over two intense days. Niagara Falls riding MPP Wayne Gates was on site to welcome the participating teams and stated that "There isn't a better place in Ontario to have a volleyball tournament" and he looks forward to welcoming OVA members back for the next four seasons.

The response to our convention center multi-day tournament format has been overwhelmingly positive, with participants appreciating the competitive atmosphere and increased opportunities for collaboration within the community. As we move forward, the OVA continues to make strides in elevating our events and experiences.



91%

Satisfied/very satisfied with the indoor season

92%

Will play next season

97%

Would recommend playing in the OVA to a friend

Straight from the End of Season Survey

“Absolutely would recommend! I am always trying to get kids out to play this sport and Championships is the best weekend...always team drama and ups and downs...best way to end a season!”

“The OVA does an amazing job providing hundreds of teams with the opportunity to play. Thank you for all of your hard work.”

“I just watched my daughter, and her teammates grow and flourish into such great players. It was amazing to see how far they all came.”

“I love the concept of “volleyball for life” and the triple ball for development. Until seen in action I was skeptical of the concept but builds the foundational skills required.”

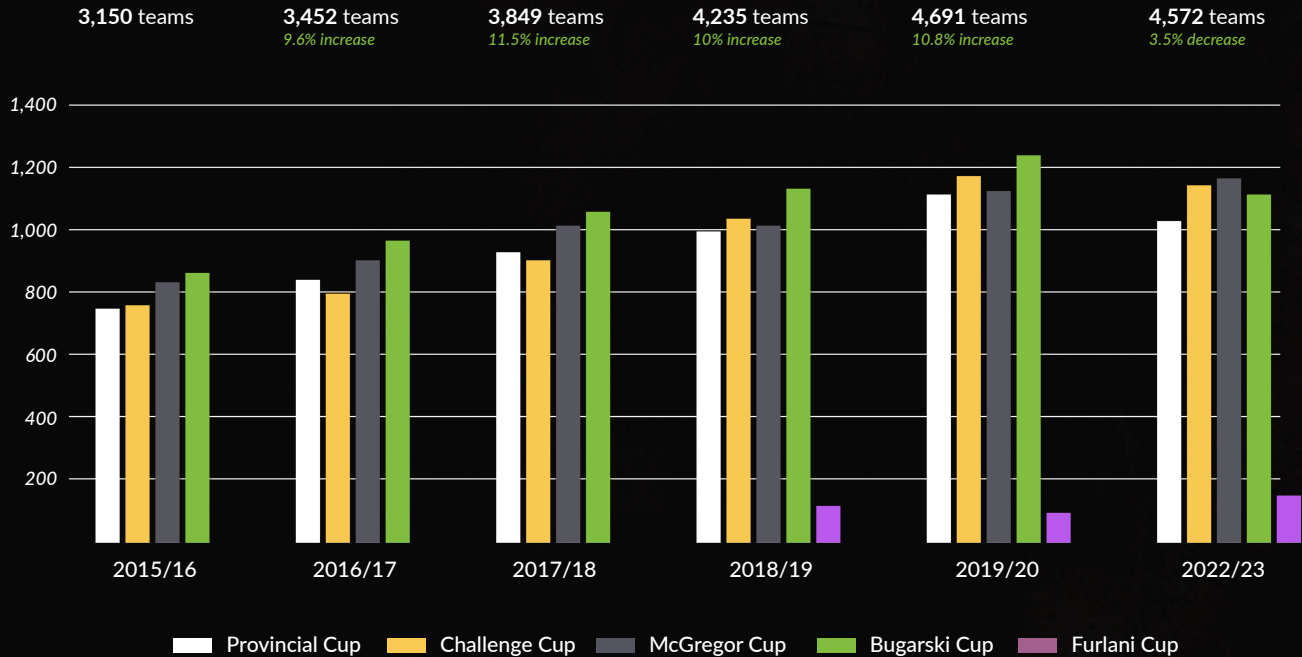
Overall, the indoor competition season was an outstanding success from start to finish. As the year drew to a close, our dedicated staff conducted a comprehensive end-of-season survey, seeking invaluable feedback on a wide range of aspects, from competition formats to the Early Contact Initiative (ECI) model, and the overall satisfaction levels with the OVA and its flagship program. This feedback was taken and incorporated into competition changes for the next season.

In addition to our amazing members, we want to extend our heartfelt gratitude to our member clubs who played pivotal roles as hosts during the indoor season. It's your unwavering commitment, your countless hours of hard work, that has allowed our events to flourish.

Moving forward, the OVA looks forward to working with membership to deliver an anticipated 550+ regular season events in the 2023-24 season!



Indoor Volleyball Tournaments Total Team Participation





“

“Love the awesome atmosphere... so many passionate people having fun playing/watching a sport they love.”

“

“Love the competitive vibe. A lot of team, coaches, collaboration and getting to meet up with members in the community more frequently than just provincials.”

“

“The format of the tournament. Having so many teams in one place...its like a small Ontario Championships and gets teams/athletes excited for the season”

Survey responses regarding convention centre multi-day tournaments



Ottawa Tourism: A Transformative Partner for Volleyball in Eastern Ontario

We are thrilled to extend our deepest gratitude to Ottawa Tourism for their support and generosity through the Major Even Funding grant program to the Ontario Volleyball Association. This collaborative synergy has ushered in a new era of excellence and promise for the sport of volleyball in the region.

The impact of Ottawa Tourism's support reverberates far and wide.

"Thanks to Ottawa Tourism's invaluable financial support, the OVA has been able to bring the Provincial Cup/Fall Classic events to the remarkable EY Centre in Ottawa, with this partnership extending until November 2026." stated Alishia Lidums, Director of Volleyball Operations. "Additionally, Ottawa Tourism's commitment enables us to host the Ontario Championships for both 2024 and 2025. These events, which draw volleyball enthusiasts from across the province, would not have been possible without their vision and support."

In line with the OVA's mission of "providing leadership and expertise in the growth, development, and delivery of volleyball in Ontario," Ottawa Tourism's steadfast dedication has catalyzed a trans-

formative journey. The convention center model introduced in Ottawa has redefined the landscape of volleyball events in Eastern Ontario. What was once a conventional nine-team event on three courts of a local high school gym has now blossomed into a grand spectacle at the EY Centre, boasting 24 courts spread across a sprawling 220,000-square-foot arena. This pivotal shift has afforded a remarkable stage to showcase and elevate the sport, welcoming an impressive 348 teams annually.

Ottawa Tourism's partnership has not only amplified the OVA's reach but has also significantly enhanced the profile of volleyball in the region. It is this collaborative spirit that has left an indelible mark on the Eastern Ontario volleyball scene, and for this, the OVA is truly grateful.

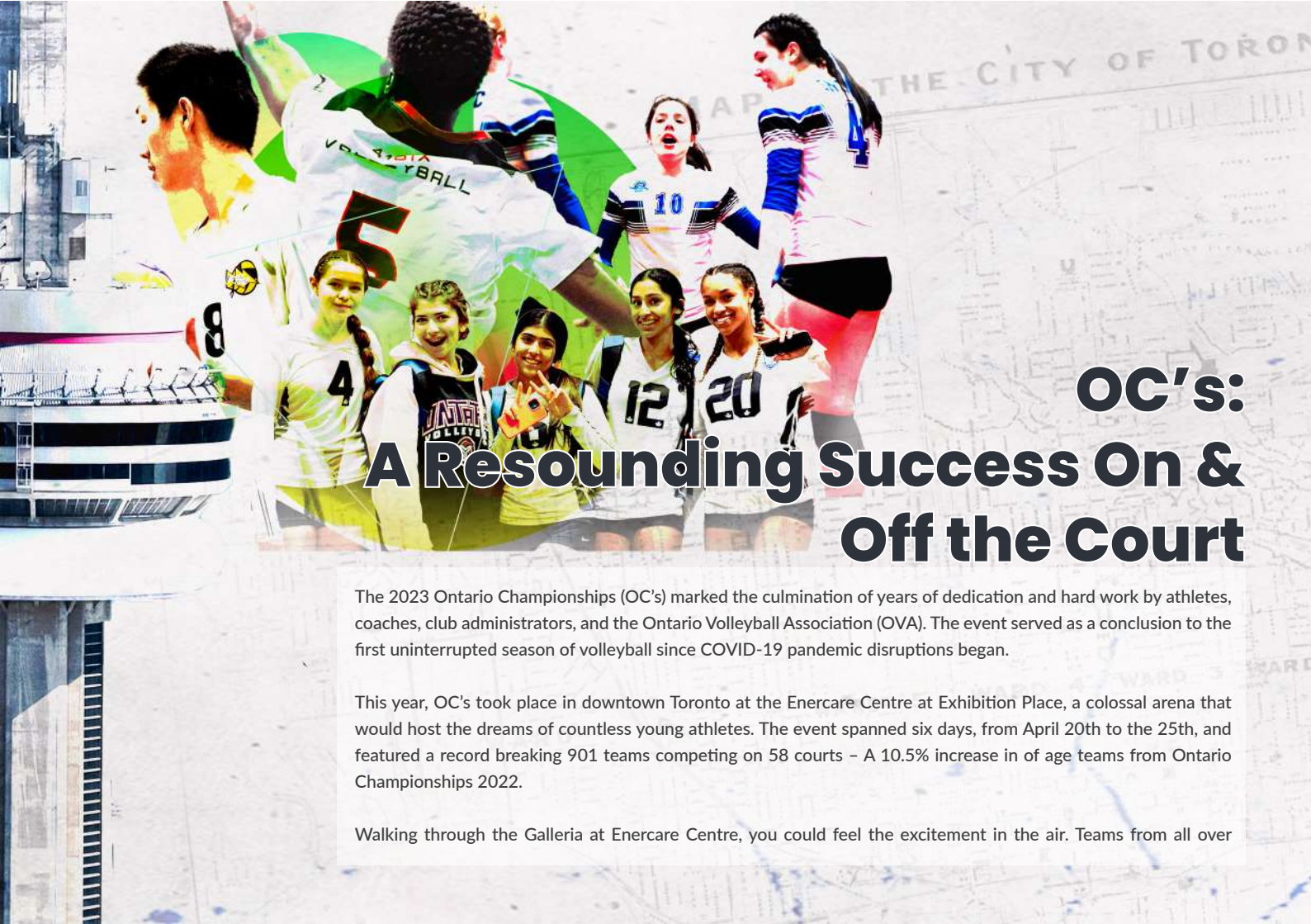
The adoption of the convention center model brings with it a host of new and exciting opportunities for OVA members. This revo-



lutionary shift not only enhances the experience for participants but also opens doors to a multitude of experiences through innovative programs such as “Flash Your Badge” and the “Visit Ottawa Pass.” These initiatives offer participants major discounts to explore the very best that Ottawa has to offer when they step off the court.

The journey embarked upon with Ottawa Tourism has been nothing short of extraordinary. The OVA stands at the threshold of an

exciting future, confident that Ottawa Tourism will remain an indispensable part of our continuing success. In heartfelt appreciation, the OVA salutes Ottawa Tourism for their support and shared commitment to enhancing volleyball events in Eastern Ontario. Together, they have forged a partnership that has the power to shape the future of volleyball in the region and leave an enduring legacy of excellence.



OC's: A Resounding Success On & Off the Court

The 2023 Ontario Championships (OC's) marked the culmination of years of dedication and hard work by athletes, coaches, club administrators, and the Ontario Volleyball Association (OVA). The event served as a conclusion to the first uninterrupted season of volleyball since COVID-19 pandemic disruptions began.

This year, OC's took place in downtown Toronto at the Enercare Centre at Exhibition Place, a colossal arena that would host the dreams of countless young athletes. The event spanned six days, from April 20th to the 25th, and featured a record breaking 901 teams competing on 58 courts – A 10.5% increase in of age teams from Ontario Championships 2022.

Walking through the Galleria at Enercare Centre, you could feel the excitement in the air. Teams from all over

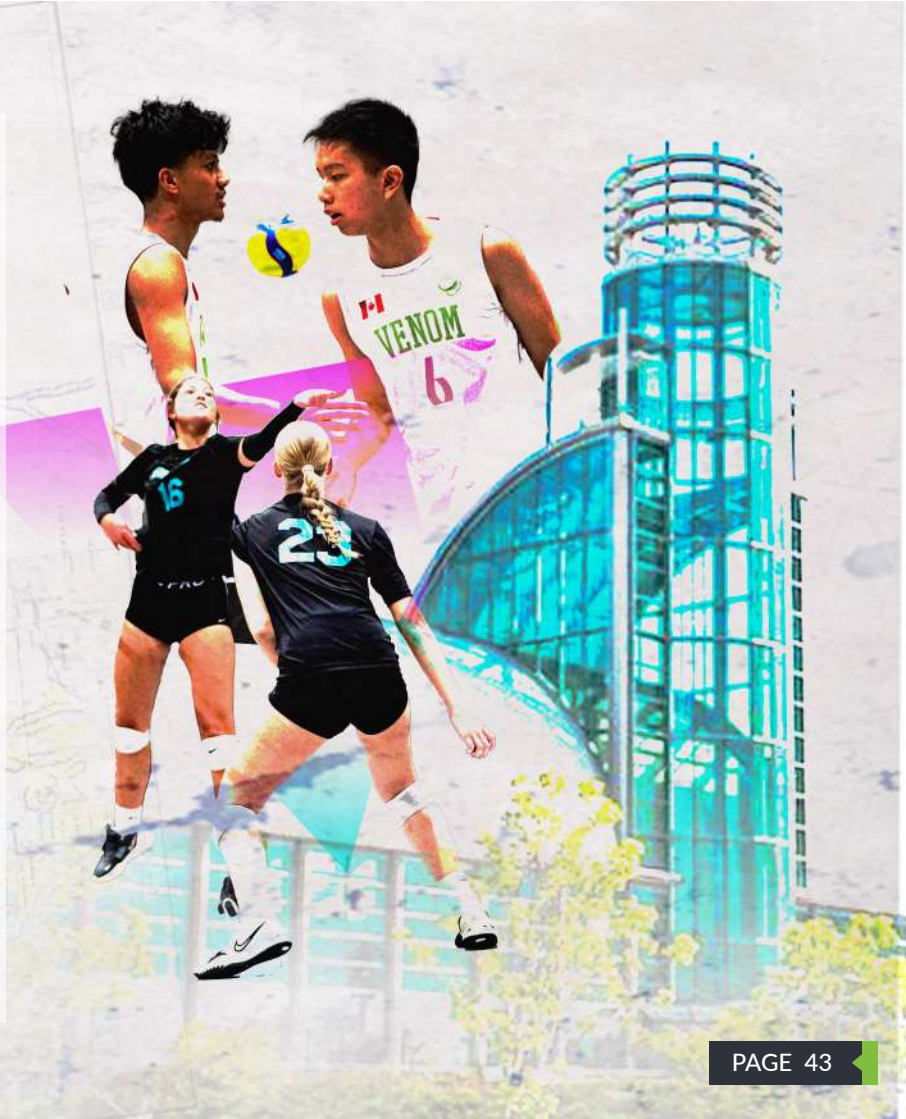
the province were scattered about, each one preparing for their next opponent, reflecting on their last match, or simply spending time with friends who, in the world of youth volleyball, could soon become their rivals in the quest for victory. The atmosphere was electric, and the pulse of the event was palpable.

As you entered the grand venue, the feature court stood front and center, encircled by a towering grandstand. Dozens of courts stretched out on both sides, creating a sea of action where thousands of players engaged in spirited competition. For many of these young athletes, this tournament represented years of hard work, sacrifice, and dedication. It was more than a competition; it was a celebration of the sport they loved and the community they had become a part of.

As Jo-Anne Ljubcic, Executive Director walked through the Enercare Centre, witnessing the athletes in action, her heart swelled with pride.

“It feels incredible to walk around Enercare Centre and witness athletes dialed in,” she said with a radiant smile. “We understood that there was no guarantee of the same level of enthusiasm and participation as we returned to normal, yet here it is. This event was a testament to our athletes at all levels, and their passion for volleyball in Ontario fuels our own.”

The resurgence of volleyball in the province was on full display at



the tournament, with seven different clubs claiming the coveted eight Tier 1 Gold medals across the 15U to 18U age divisions.

The competition was fierce, and each victory was a testament to the dedication and hard work that the young athletes had put into their craft. They had overcome the challenges of the pandemic, the lockdowns, and the uncertainty to reach the pinnacle of success.

These victorious teams, along with the over 230 other teams that graced the awards stage, stood in the spotlight to collect their hard-earned medals at the end of their three-day tournament. It was a moment of sheer pride and accomplishment, a validation of their commitment to the sport. Hearing their team's name announced, walking across the stage to receive their medals, and posing for the prominent medal photo in front of the OVA backdrop were memories that would be cherished for a lifetime. Many of the athletes couldn't hold back their tears of joy as they realized the magnitude of their achievement.

The younger age groups were equally significant in the grand scheme of the tournament. The 340 teams

in the 4v4, 6v6 and Traditional Limited Specialized (TLS) divisions infused the competition with energy, smiles, and healthy competition. These developmental divisions embodied the values that the OVA sought to promote, fostering inclusion, respect, and learning through competition. The young athletes in these divisions are the future of the sport, their enthusiasm and team spirit were a testament to the enduring appeal of volleyball in Ontario.

Amid the fervor of the Championships, a significant event took place that went beyond the boundaries of the sport itself. The teams of Variety Village and Durham Attack, athletes who had overcome different challenges and embodied the spirit of inclusivity, faced off in a sitting volleyball exhibition match. This match was more than just a display of skill; it was a beacon of hope and progress, aiming to pave the way for expanding the sitting volleyball game across Ontario and establishing a permanent division within the Championship tournament itself.

Off the court, the Enercare Centre was a beehive of activity, designed to keep players and spectators entertained as they eagerly awaited their next matches. It was estimated that over 10,000 non-ath-



letes, including friends, families, and volleyball enthusiasts, walked through the doors every day of the tournament, adding to the buzz of excitement in the air.

The athlete fun zone was a central hub of celebration throughout the week, with teammates, families, and newfound friends enjoying their time away from the courts. Laughter and comradery filled the area as they engaged in various games and activities.

Parents and family members, while supporting their young athletes, explored the vendor halls—a treasure trove of activity. They discovered booths like Mydoh, and Communiti App, including Destination Toronto who provided insight into post-game activities in the city, ensuring that both athletes and their families could explore and enjoy all that Toronto had to offer.

For those athletes with aspirations to take their skills to the next level, Six Pack Recruiting was available to discuss post-secondary recruitment opportunities. The lineup for their booth was long, as young athletes and their parents recognized the potential to turn their passion for volleyball into future educational opportunities.

One booth was especially a hotspot of activity – CancuskStuff, the official clothing and apparel supplier of the OVA. The 2023 Toronto Ontario Championships gear



was in high demand, with athletes, coaches, and fans eager to take home a piece of this historic event. The merchandise was more than just clothing; it was a memory, a symbol of the hard work, dedication, and the sense of community that defined this tournament.

The OVA Referees recruitment booth was also a popular destination throughout the tournament. Their aim was to expand participants' knowledge of the game and inspire them to become future OVA referees themselves. Just like the 180 working referees who diligently presided over all 58 courts each day, these future referees could one day play a crucial role in maintaining the integrity of the sport.

The 2023 Ontario Championships also offered an impressive opportunity for the OVA to showcase its newly established partnership with the CBC. The main court



featured CBC's Pixellot camera systems, allowing those who couldn't attend in person to be part of the celebration from anywhere, cheering on their loved ones. It was a testament to the evolving landscape of sports coverage, bringing the excitement of the celebration to a wider audience across the province and nation by utilizing a national news and sport streaming platform.

The 2023 Ontario Championships was the result of years of preparation, a vision that had been long in the making. Securing and running a festival-style event at the Enercare Centre was a goal that had been part of the OVA's last strategic planning cycle, but it was disrupted by the onset of the COVID-19 pandemic, ultimately leading to the cancellation of the event in 2020. Fast forward three years, and the staff, along with countless dedicated individuals, poured their heart and soul into making the 2023 Ontario Championships a reality for its members.

The event's success was made possible not just by the OVA staff but by numerous individuals who invested their time and effort into ensuring the celebration's resounding success. From the dedicated referee assignors, mentors, and area supervisors who ensured that the games were played fairly and smoothly, to the passionate volunteer event staff who contributed their time and expertise, and the hardworking Toronto Fire Services to help fill out the water barrel systems to safely weight down the portable net system, these unsung heroes were indispensable in bringing the event to life.

The celebration wouldn't have been possible without the generous support of valued partners at Enercare Centre, Destination Toronto, and Hudson Travel Group. Their commitment to the event and the sport of volleyball was instrumental in making the 2023 Ontario Championships a reality.

As the 2023 Ontario Championships came to a close, the entire volleyball community in the province could look back with immense pride and gratitude. The event had not only been a competition but a salute to the enduring spirit of volleyball in Ontario. It was a commemoration that forged lasting memories, fostered new friendships, and brought everyone together in a celebration of volleyball.

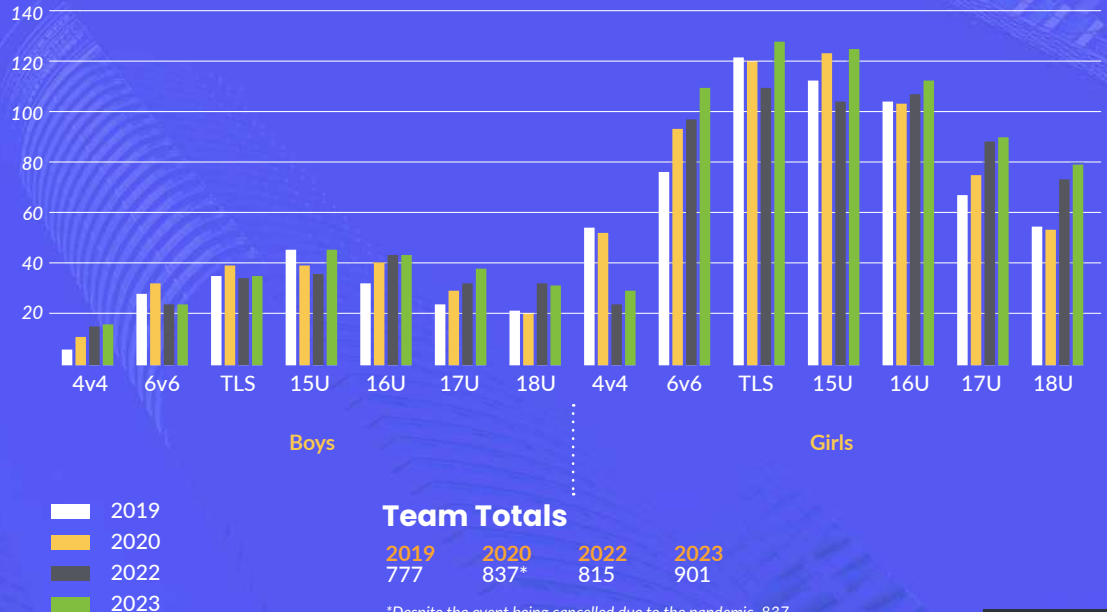
91%

State they'll be playing in the 2024 Ontario Championships

97%

Would recommend playing in the OC's to a friend

Ontario Championships 'Of Age' Participation



*Despite the event being cancelled due to the pandemic, 837 teams were registered to participate.

STATS

2023 ONTARIO CHAMPIONSHIPS

Over **38,000 steps** taken by one staff member on day 1 of set up day which equates to 28.88kms travelled in one day!

289,536 individual 0.25m x 0.25m sport court tiles were used. If put in a single file line, the sport court tile would reach Hamilton from the Enercare Centre.

7,260 gallons of water were used to fill the plastic drums holding up the net systems which is the equivalent of 103 bathtubs.

4,930 meters of sport court tape used.

58 courts in use.

A total of **527,674 sq ft** was utilized to run this event which is equivalent to 240 average size homes or 12.11 acres!

358,488 sq ft utilized for the playing field in Halls A to D.

33,270 sq ft of a combined ball free warm up zone and Awards Area.

901 unique teams!

2 inquisitive pigeons. Note: No pigeons were harmed in the delivery of Ontario Championships!

112,896 Individual Athlete playing hours over 6 days of competition.

3,522 matches played.

165 unique working referees over 6 days.

37 senior badge referees worked as Referee Development Team Members, including Head Referees, Area Supervisors, Assignor and Mentos.

165 Individual Event Staff were hired as Athlete Identification, Awards Crew, Coach Check-in, Court Crew, General Event Staff, Information Desk, Results Centre, Scoresheet Runners and Sitting Volleyball Runners.

901 Award of Excellence medals distributed.

433 teams (48%) of all teams stayed in one of the 27 host hotels available for a total of 10,174 hotel nights booked.



MEDALISTS

Girls

		Gold	Silver	Bronze
18U	D1 D2 D3	Pakmen Gold Titans Ares Norfolk Chaos Elevation	Halton Hurricanes Cat. 8 Georgian Cubs Ambush Chatham Ballhawks Glide	Maverick Broncos FCVC Magnolia T-West Hawks
17U	D1 D2 D3	Leaside Wildfire Smash Raiders Vortex Georgian Cubs Koda	Halton Hurricanes Cat. 7 Guelph Jr. Gryphons Waterloo Tigers Red	KW Predators Strive Leaside Fury PVC Flares
16U	D1 D2 D3 D4	REACH Harmony Phoenix Flash Leaside Strike Steel City Ignite Blaze Red	Defensa Purple Northern Chill Smashers Barrie Elites Rockets Barrie Elites Tsunami	Pakmen Gold Diem Oakville Thunder Shock St. Thomas Express Dynamite Venom Cobras
15U	D1 D2 D3	Durham Attack Intensity Peterborough Thunder White Pumas Smashers	Halton Hurricanes Cat. 5 Titans Hera Guelph Jr. Gryphons	Pakmen Gold Jeff North Bay Lakers Riptide Caspian Waves
TLS	D1 D2 D3 D4	Venom Vipers REACH Stingrays Peterborough Thunder White REACH Aces	Durham Rebels Blockade Durham Rebels Galaxy Thundercats Infinity Unity Seals	Durham Attack Crush Georgian Cubs United North Bay Lakers Splash Northumberland Breakers Riptide
6v6	D1 D2 D3 D4	Pakmen Gold Andrew EVP Eagles Green Thundercats Tygra Georgian Cubs Attackers	Durham Attack Hydra Titans Valkyrie Brant Twister Ottawa Fusion Purple	Titans Hazard North Bay Lakers Rapids Phoenix Embers LVC Fire Char
4v4	D1	Pakmen Gold Tea	Caspian Yellow	Synergy Ultra





ONTARIO Volleyball

ONTARIO Volleyball

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ONTARIO Volleyball

PAK

PAK

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PAK

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PAK

PAK



18&Under Girls

MEDALISTS

Boys

		Gold	Silver	Bronze
18U	D1 D2	Pakmen Gold Jessy Storm Inferno	Thundercats Elevate Chatham Ballhawks	Durham Attack Fierce Barrie Elites Tornadoes
17U	D1	Halton Hurricanes Cat. 7	KW Predators Legacy	Durham Attack Venom
16U	D1	KW Predators Invictus	Pakmen Gold Omar	Toronto Thunderbolts SMASH
15U	D1	Unity Bushido	Durham Attack Blast	Pakmen Gold Harmeet
TLS	D1	Unity Impact	Venom Mambas	Maverick Bandits
6v6	D1	Markham Revolution Supreme	Venom Hydra	Durham Attack Chaos
4v4	D1	MAC Copper	KW Predators Theta	Pakmen Gold Carol



2023 ONTARIO CHAMPIONSHIPS
18&Under Boys
Division 1
INDOOR
ONTARIO
Champions
2023



PAMEN

PAMEN

PAMEN

PAMEN

PAMEN

PAMEN

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PAMEN

PAMEN

PAMEN

PAMEN

PAMEN

PAMEN

10

10

23

14

15



Sedgewick & Potvin Earn OVA Top Athlete Honours with Annual Award

The OVA was pleased to announce Carter Sedgewick and Victoria Potvin as the winners of the Association's most prestigious award for youth volleyball players in Ontario - the Ken Davies and Evelyn Holick Memorial awards. These awards are presented annually to a nominated male and female athlete from the 18 and under division who encompass the characteristics of their award namesakes.

These traits include on-court talent and accomplishments, as well as their injection of spirit and compassion within their community away from the court.

Sedgewick, 17, is a student of the game; the first one to arrive and the last one to leave. As such, he is a natural leader for his Kingston Rock team and is someone who makes the time and effort to lift his peers up to a better version of themselves and to a standard that is mutual and reciprocated.

The first member of his club to be selected to Team Ontario Black and most recently Team Ontario Elite, Sedgewick has been pivotal in the recent success of his club team which has gone to record highs in the 2022-23 season. At the top of his club's stats board in nearly every category, Sedgewick, and the Kingston Rock 18U Boys team, broke the barrier and competed in the Premier division for the first time in club history.

"I have also never seen someone so focused on doing whatever he can to help the team succeed and not worry about who gets the glory in the end," said Kingston Rock coach, Tom Ellinson. "Carter is someone that consistently wants the most of both himself, and those around him, and effectively finds ways to bring the best out of everyone that is a part of his life."

His investment in sport, academics and good will trickles down to helping at the elementary school level with coaching as well as mentoring junior golfers and tutoring in his high school. Sedgewick is also captain of his high school's hockey and ultimate frisbee teams.

Sedgewick is enrolled at Queens University and represents the Gaels on the volleyball team.





Victoria Potvin, 17, was a silent leader of the Maverick Broncos whose actions on the court spoke louder than words possibly could. When she was vocal though, the message was clear and respected and heard by her teammates, garnered through a fulfilling tenure with the Ottawa volleyball club. A smaller outside hitter, Potvin has trained extensively on her all-around game to ensure all the gaps are filled and the result of her dedication speaks for itself – a Team Ontario selection to the 2022 Canada Summer Games, making the 2022-23 Team Ontario Elite roster and an invite to the Volleyball Canada U19 selection camp in the libero position. For the cherry on top, her goals of playing post-secondary will be realized when she steps on the court for the McMaster Marauders in the Fall of 2023.

“There is a special bond between the players, an unwavering support of each other, a resiliency to never give up, and most of all a sense of having fun,” says Maverick Volleyball coach John Nguyen. “Victoria has been a key player in creating this environment and leading the others to support each other through her own humbleness, encouragement, and smile.”

Sport has been essential in Potvin’s life. Before focusing on volleyball, she was a talented ringette athlete and downhill skier. Her multi-sport background has proved to be an asset in her versatility on the court. Even when she is not competing, she still manages to be immersed in the sport through her volunteering efforts within Maverick Volleyball with the younger teams, helping to foster the next generation of volleyball athletes. The generosity comes from a knack of building strong relationships within the community and by participating in funding projects such as the Create Change Foundation – a charity on a mission to transform girls living in poverty into leaders of change. Her work in this fundraising event helped support girls in Africa.

A three-time OVA Award of Excellence recipient from her club, Potvin balances an outstanding academic record while constantly on a path to keep improving and to absorb all she can in her volleyball career to not only help her, but those on the court with her; a mark of a great leader.

Congratulations to Carter and Victoria as the 2023 Ken Davies and Evelyn Holick Award Winners!



18U Grand Prix All Stars

Girls

- Kaiya Tyson
- Defensa*
- Claire Carter
- MVC*
- Emma Glagau
- Pakmen*
- Jasmine Ellison
- Leaside*
- Ella Piskorz
- Pakmen*
- Sydney McDermott
- Leaside*
- Logan King
- Pakmen*

Boys

- Quintin Greenidge
- Pakmen*
- Marc-Andre Lihet
- Pakmen*
- Brady Paterson
- Pakmen*
- Jack Svendsen
- Durham Attack*
- Daniil Hershtynovich
- Thundercats*
- William Basilio
- Pakmen*
- Owen Pickering
- Ottawa Fusion*



Boys

Parker Ocampo
Pakmen
 Jimmy Gill
Halton Hurricanes
 Tian Harcevic
Pakmen
 Iannis Toma
KW Predators
 Ashton Fox-Kristensen
KW Predators
 Matthew Siebenga
Ancastor Lions
 Chris Tautrimis
Pakmen

17U Grand Prix All Stars



Girls

Elodie Lalonde
Maverick
 Sarah Bumstead
KW Predators
 Jasmine Ellison
Leaside
 Trinity Shadd-Ceres
KW Predators
 Sydney McDermott
Leaside
 Breanna Gordon
Titans
 Maia Duong
Pakmen



Boys

Tobias Snider

KW Predators

Andrew Yang

Toronto Thunderbolts

Andrew Hum

KW Predators

Ben Karmyzn

Pakmen

Dillon Layne

Pakmen

Andrew Droppert

KW Predators

Daniel Lewis

Pakmen

16U Grand Prix All Stars



Girls

Isabella Heywood

Defensa

Alyssa Flack

Pakmen

Maia Duong

Pakmen

Eva Lin

REACH

Toni Wilson

Defensa

Annie Zheng

Markham Revolution

Ana Nastase

Pakmen



Record Year for Beach Volleyball in Ontario

The beach volleyball community experienced an extraordinary surge in participation during the 2023 season, marked by remarkable increases in the number of teams competing in both the OVA Beach Tour, the Winter Beach Tour, and satellite events. These figures, combined with the success of the Beach National Championships, reflect a promising future for beach volleyball in Ontario.

The 2023 season saw an expansion of the Winter Beach Tour, featuring **106 teams in 14 events**. This marked a **49% increase in participation** compared to the previous year, showcasing the sport's growth and the enthusiasm of beach volleyball enthusiasts to play year-round.

Additionally, the 2023 season saw remarkable growth in summer participation, with a total of **2,893 teams participating** and an additional **1,945 teams joining satellite events**. To provide context, the 2022 season had 2,280 teams in the OVA Beach Tour and 1,140 teams in satellite



Of respondents satisfied/very satisfied with the Beach Tour

events. This signifies an astounding **41% increase in participation** over the last season.

The satellite events across Ontario allows beach volleyball enthusiasts across the province to immerse themselves in the sport, while garnering points for the Beach Tour which allows them to qualify for Ontario Championships without having to make the long trek into Toronto or Cobourg. The dedication to expanding the sport's reach beyond traditional hubs was evident through the 13 various sat-

ellite event locations across Ontario which were hosted by various OVA Clubs.

One of the standout events of the 2023 season was the Beach Ontario Championships, which attracted an astonishing **579 teams over two weekends of play**. There were 51 referees on site to help things run smoothly. This marked the **largest participation in the event since 2013**, affirming the sport's resurgence and growing popularity in the province. Beach volleyball is thriving in Ontario, with a growing number of players taking to the sand.

MEDALISTS

2023 Beach Ontario Championships

Female

		Gold	Silver	Bronze
Adult	Premier T1 Premier T2	S.Bukovec/H.Bansley G.Maciagowski/K.Veltman	D.Roskic/K.Glagau S.Florio/K.Vlcek	M.Law-Heese/R.Sorra J.Typa/R.Henshaw
Youth	Premier	O.Duong/T.Treskounov	G.Chimilovski/D.Chadwick	S.Henson/R.Myny
18U	Premier	J.Ellison/S.Hancock	M.Slapnicar/J.Marks	K.Lahey/E.Theriault
17U	Premier T1 Premier T2 Championship	S.Hancock/K.Cornman K.Ilewellyn/C.Simmonds S.Sun/J.Pike	J.Ellison/O.Odigie K.Appel/D.Henson C.Seeley-Baechler/L.Milohnic	A.Lonardi/O.Pasternak A.Donoghue/A.Flack O.Baptista/P.Attwell
16U	Premier T1 Premier T2 Championship T1 Championship T2	A.Lonardi/T.Wilson M.Dioso-Lopez/M.Gillick L.Bumanglag/A.Dumitru S.Mafri/A.Murray	A.Duong/S.Henson P.Chestak/A.Sevdalis L.Moncada/E.Karaz S.Gallaugher/V.Lall	K.DiGregorio/K.Appel J.Tatangelo/M.Titianu A.Donoghue/B.Nichols S.Rowland/A.Munoz Sevillano
15U	Premier T1 Premier T2 Championship T1 Championship T2 Challenger T1 Challenger T2	M.Boutanos/A.Brenner J.Dufour/M.Plouffe M.Anderson/N.Naylor T.Namtzu/T.Vlatkovic C.Bernard/F.Del Valle L.Skeoch/C.Vetter	H.Schad/O.Woolley L.Uler/P.Shattuck M.Crawford/S.Phillips P.Gallo/C.Sargeant A.Sovagovic/C.Whitney S.Shin/S.Khanna	E.Williamson/L.Miller H.McLennan/H.Hashemzaei S.Lavallee/R.Baiocco A.Morgado/S.Morgado E.Forrest/N.Ma D.Britto Silva/J.Freire
14U	Premier T1 Premier T2 Championship T1 Championship T2 Challenger T1 Challenger T2	S.Crifo/A.Cheong S.Marlow/N.Hansen E.Yeung/S.Phung J.Vanderveen/R.Provost L.Black/D.Wilson K.Fennema/C.Chudyk	M.Morra/M.Gortnar P.Petherick/K.Laskowsky Q.Brydges/M.McMullin J.Gosselin/T.Caruso A.Lacolino/C.Pallant M.Matthews/T.Beaune	H.Hage/M.McCann S.Rath/Y.Cvetan B.Woit/G.Sevitti A.Adamo/A.Filipchuk C.Spriet/Ashley K.Marsh/E.Doiron
13U	Premier T1 Premier T2 Championship T1 Championship T2	S.Abdelrazak/Z.Biss-Mantziounis E.Chugunova/R.Chiswell M.Andrews/B.Marsella T.Chowdhury/M.Saluchok	V.Vargas/D.Wilson C.Tutching/O.Tatham K.Wysocki/A.Steele C.Rayes/E.Mares	S.Patel/S.Crifo K.Sinclair-Killackey/C.Whiting B.Peters/M.Filice E.Nwachukwu/M.Gan
12U	Premier Championship	S.Abdelrazak/K.Kottoro E.Frasera/C.Ross	J.Chu/P.Guzman K.Nguyen/B.Deamone	K.Rutter/K.Sinclair-Killackey R.Chen/E.Hagerman



ONTARIO Volleyball

Volleyball for Life

Pay M. LAW'HEESE & R. SURRA

The sum of ONE THOUSAND \$1000.00

Memo ONTARIO CHAMPS ~ 1st PLACE OVA VBALL '14 '15

ONTARIO Volleyball

Volleyball for Life

Pay S. BUKOVEC & H. BHANLEY

The sum of FOUR THOUSAND \$4000.00

Memo ONTARIO CHAMPS ~ 1st PLACE OVA VBALL '14 '15

ONTARIO Volleyball

Volleyball for Life

Pay D. ROSKIC & K. GLAGAU

The sum of TWO THOUSAND \$2000.00

Memo ONTARIO CHAMPS ~ 2nd PLACE OVA VBALL '14 '15

ONTARIO Volleyball

Volleyball for Life

Pay S. ABRAMS & M. LICHT

The sum of ONE THOUSAND \$1000.00

Memo ONTARIO CHAMPS ~ 3rd PLACE OVA VBALL '14 '15

ONTARIO Volleyball

Volleyball for Life

Pay A. RUSSELL & J. MacNEIL

The sum of FOUR THOUSAND \$4000.00

Memo ONTARIO CHAMPS ~ 1st PLACE OVA VBALL '14 '15

ONTARIO Volleyball

Volleyball for Life

Pay R. KEMP & M. LOSICK

The sum of TWO THOUSAND \$2000.00

Memo ONTARIO CHAMPS ~ 2nd PLACE OVA VBALL '14 '15

MEDALISTS

2023 Beach Ontario Championships

Male

		Gold	Silver	Bronze
Adult	Premier T1 Premier T2	A.Russell/J.MacNeil J.McFadyen/M.Szczubial	R.Kemp/M.Losier B.Fenwick/C.McGregor	S.Abrams/M.Licht T.Williams/S.Lianga
Youth	Premier T1 Premier T2	Q.Greenidge/J.Svendsen A.Hilkowitz/C.Dorsey	C.Lash/C.Ellinas O.McLean/J.Chapman	T.Shantz/R.Ouattara B.Kuhner/S.Bourne
18U	Premier	B.Kuhner/S.Bourne	J.Beason/Q.Greenidge	B.Woodfield/A.Sun
17U	Premier T1 Premier T2 Championship T1 Championship T2	B.Morrison/C.Tautrimis R.Huntley/B.Lyons I.Johnson/A.Adams J.Egan/S.Hubbard	P.Ocampo/W.Basilio R.Reed/B.Karmazyn M.Winser/J.Gill C.Smith/K.McIntee	Y.Elsayed/C.Tang N.Hum/Y.Krauss K.Khademi/A.Huebel P.Munhoz/T.Parashyniak-Doll
16U	Premier T1 Premier T2	M.Panasiouk/A.Rakic A.Tong/A.Huebel	C.Linskill/H.Heider R.Koskela/E.sontrop	Y.Elsayed/C.Tang R.Buchanan/N.Worthing
15U	Premier T1 Premier T2 Championship	M.Panasiouk/A.Rakic A.Iordache/I.Archibald E.Lapner/C.Maccallum	D.Hinshelwood/S.Ham M.Felker/G.Davis O.El Folly/Z.Wang	C.Spehr/J.Sousa C.Hand/C.Dass Y.Zhou/S.Xia
14U	Premier T1 Premier T2	J.Low-Ring/C.Gibson B.Lau/J.Li	K.Morse/A.DiGregorio J.Takacs/M.Rajtar	B.Hammell/T.McManus Z.Lackovic/J.Puri
13U	Premier Championship	M.Phanthasomchit/A.Chow M.Vargyas/N.Froats	T.Theriault/C.Jude M.Moro/N.Tran	N.Ljubicic/J.Puri L.Stewart/I.Dugal

Beach National Championships

The enthusiasm for beach volleyball didn't stop at the provincial level. In fact, it extended to the national stage as well. Dedicated staff played a crucial role in organizing and executing Volleyball Canada's Beach Nationals in Toronto during the third week of August. This event provided the top beach volleyball players from across the nation with the opportunity to showcase their skills and compete on the grandest stage. At the heart of this success story are the athletes. At the National Championships, an impressive **61% of the participants were OVA members that competed in the 14U to 20U and Senior Men and Women's events.** Ontario athletes had an impressive showing, earning 45 medals out of a potential 63 at the Toronto Nationals. This is a testament to the OVA's commitment to fostering and promoting beach volleyball in the province. Furthermore, two OVA teams had the honor of representing Canada at the Vancouver Nationals, showcasing their talent on the national stage. Ontario referees were also well represented, with 22 onsite referees officiating matches or part of the Referee Development Team.

The 2023 beach volleyball season was nothing short of spectacular. The dramatic increase in participation, record-breaking events, and the success of the Beach National Championships are all indicators of the sport's promising future in the province. With the support of clubs and the commitment of players, coaches, and fans, beach volleyball is set to thrive in the years to come. The impressive numbers and dedication on display demonstrate that the sun is shining brightly on the sands of Ontario's beach volleyball courts, both in the summer and now during the winter season.

Photographer: Michael Chisholm



MEDALISTS

2023 Beach National Championships

Female

Weekend 1 *Toronto*

Senior	Division 1 T1
20U	Division 1 T1
18U	Division 1 T1
17U	Division 1 T1
16U	Division 1 T1 Division 1 T2
15U	Division 1 T1 Division 1 T2 Division 2 T1 Division 2 T2
14U	Division 1 T1 Division 1 T2

Gold

-
Glagau/Sorra
-
Ellison/Odigie
Wilson/Henson Dioso-Lopez/Law-Heese
Hancock/Ramos -
Eglitis/Reed Wei/Harman
Hage/McCann Donoghue/McEwen

Silver

Bansley/Bukovec
-
Mikel/Cudmore
Shaw/Droz
Stevens/Henson Donoghue/Chestak
Cosgrove/Chipman Mills/Slean Pike/Lowe Shattuck/Uler
Cheong/Crifo
-

Bronze

-
Sek/Kok
Marks/Slapnicar
Lonardi/Pasternak
Zia/Flack
-
Essenpreis/Nepszy -
Murphy Ives/Houben Piercey/O'Dell
-
Gauld/Cox

Weekend 2 *Spanish Banks*

16U	Division 1 T1	Hancock/Shaw
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Male

Weekend 1 *Toronto*

		Gold	Silver	Bronze
Senior	Division 1 T1	Schachter/Dearing	Russell/MacNeil	Kemp/Losier
20U	Division 1 T1	Lash/Ellinas	Venning/Burnside	Greenidge/Svendsen
17U	Division 1 T1	Ocampo/Basilio	Morrison/Tautrimis	-
16U	Division 1 T1 Division 1 T2	- Buchanan/Worthing	Elsayed/Tang Johnson/Burigana-Marcus	Linskill/Heider Khademi/McVean MacDonald
15U	Division 1 T1	Panasiouk/Rakic	Hinshelwood/Ham	-
14U	Division 1 T1	Low-Ring/Gibson	Whitelock/Tarrant	Morse/DiGregorio

Weekend 2 *Spanish Banks*

16U	Division 1 T1	Panasiouk/Rakic
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Ashbridges Bay Beach Volleyball

Participation Statistics

Overall, ABBV saw a remarkable **17% increase in team participation** compared to the previous year, attributed mainly to the additional court permits made available by the City of Toronto. These permits allowed us to accommodate more teams and players, contributing to the growth of our league.

In spring, we introduced the new Communiti app for registration, and 119 individuals registered for the Individual Mixers League, marking a successful implementation and adoption of this technology.

During the summer league, we were able to accept 32 individuals for the Individual Mixers League, despite selling out team leagues due to high demand.

84 teams have played in the condensed the fall session.



93%

Of players have stated that they'll be playing again next year.

Upcoming Initiatives

We are committed to improving the ABBV League and ensuring the best experience for our participants. In the coming year, we plan to:

Continue to work closely with the City of Toronto to secure additional court permits and accommodate a growing number of teams and players.

Expand our offerings and further leverage the Communiti app to streamline registration and communication.

Explore opportunities to enhance the league's community engagement and promote beach volleyball as an inclusive and fun sport.

The ABBV League has had an outstanding year, with a **17% increase in team participation**, new technologies like the Communiti app. We extend our gratitude to our participants, sponsors, and the City of Toronto for their continued support. We look forward to another successful year, fostering a vibrant beach volleyball community at Ashbridges Bay.

Thank you for your ongoing dedication to our league.



Youth Sanctioned Events

Over the spring and summer of 2023, six community groups/clubs ran youth camps and clinics at Ashbridges with a total of 2,004 participants. This was a **10% increase in beach participants from 2022**. The Clubs that were delivered programming this past year during daytime usage were:

Leaside
Galaxy
41Six
Northern Elite
Titans
Phoenix



Volleyball 4 Life Leagues

For 2023, two new service providers were selected through a thorough RFP process to deliver programming at the two OVA Beach facilities at Horseshoe Resort in Barrie and in Pickering.

A big thank you to **OnPoint Volleyball** and **Team 12** for their contribution to supporting the OVA's Volleyball for Life philosophy by delivering adult and youth leagues over the spring and summer of 2023. Both companies are looking to build off the momentum going into their second year in 2024.

Horseshoe Valley

Horseshoe was managed by OnPoint Volleyball. Their registration numbers were:

Monday

16 teams in the youth league

Tuesday

18 individual youth players in the training program

Wednesday

16 teams in the adult league

Thursday

5 teams in the youth league

Pickering

For the 2023 season, Team 12 ran the following events:

2's ladder league #1 – 45 participants

2's ladder league #2 – 14 participants

Adult 5's league – 90 participants

Friday turbo tournaments – 52 participants

OVA Satellite events – 20 teams throughout 2 events



Athlete Development

In the 2022-23 season, the Team Ontario programs experienced remarkable progress and success. Our commitment to providing outstanding opportunities to the most talented indoor and beach volleyball athletes in the province, enabled them to compete in multiple national and international events.

One noticeable trend this year has been the increasing number of athletes choosing to dedicate themselves full-time to beach volleyball, further expanding the pool of potential national team athletes. On the indoor front, the Team Ontario Elite program has continued to make significant strides, with a growing number of its participants successfully transitioning to the senior and Next Gen National teams.

Moreover, Team Ontario has widened its reach, engaging more athletes in extended training periods. This approach has not only benefited the athletes but has also contributed to the sport's development throughout Ontario. Club coaches have played a pivotal role in these programs, fostering the growth of volleyball across the province.

One impressive milestone achieved this year was the delivery of a staggering 12,300 days of training. This metric reflects the commitment of athletes who trained in the various Team Ontario programs throughout the year. It's

essential to note that this incredible feat wouldn't have been possible without the dedication and hard work of the coaches involved. Their tireless efforts have been instrumental in the success of Team Ontario.

In light of these accomplishments, the OVA Athlete Development Staff extends its heartfelt gratitude to all the coaches, service providers, athletes, and their parents. Together, their collective dedication and support have contributed to making Team Ontario a resounding success year after year. This growth and commitment to excellence bode well for the future of volleyball in Ontario, promising even greater achievements in the years to come.



Team Ontario Coaches Retreat

In October 2022, Team Ontario coaches came together for two transformative coach retreats held in Goderich, Ontario. These retreats were tailored to the specific needs of indoor volleyball coaches and beach volleyball coaches.

Over three enlightening days, coaches from both disciplines delved into a diverse curriculum that explored the nuances of internal psychology and coaching through the dynamics of relationships. The training sessions seamlessly combined self-evaluation driven discussions with practical role-play activities, providing a comprehensive and hands-on learning experience.

For all 15 coaches, this retreat was a journey of self-improvement, shared insights, and renewed motivation to excel in their coaching roles. The retreat transcended mere training; it was a collective endeavor towards coaching excellence and personal growth.



Arm Swing Clinic

In 2023, we conducted a successful arm swing webinar with experts from the Athlete Wellness Academy. Thirty-one Team Ontario coaches attended the live session, and the recording was distributed to all coaches for reference. OVA will be collaborating with AWA to bring this valuable content to athletes during the club season.

Team Ontario Coaches Summit

In a gathering of committed coaches, the Ontario Volleyball Association (OVA) hosted the inaugural Team Ontario Coach Summit, a two-day event made possible through the generous support of the Ministry of Tourism, Culture, and Sport's Quest For Gold program.

Taking place on April 29th and 30th at Conestoga College in Kitchener, this summit marked a significant milestone in OVA's commitment to the development of Team Ontario coaches. The primary objective was to nurture a coach culture that would, in turn, elevate the quality of coaching provided to athletes across Team Ontario programs.

What set this event apart was its emphasis on relationships. Unlike traditional coach clinics focused on technical and tactical training, the Team Ontario Coach Summit adopted a refreshingly interactive approach focusing on coaching effectiveness through a strong environment and relationship. The 82 coaches in attendance played an active role in creating learning opportunities not only for themselves but also for their peers. Guided-discovery was the theme that echoed through the summit, serving as a model for the way coaches can lead their programs.

The summit featured a diverse array of sessions, with OVA's Sport Science Lead Holly, leading valuable insights into the Team Ontario sport science curriculum. Coaches delved into activities to push their comfort zones, including an on-court pickleball session that

allowed them to experience the athlete's perspective, prompting honest self-evaluation. An interactive best practice sharing session offered a platform for coaches to exchange ideas, fostering meaningful discussions across various programs.

The Coach Summit was a cornerstone for achieving consistency in skill development throughout Team Ontario programs. It provided coaches with valuable planning and review time, enabling them to fine-tune their coaching approaches.

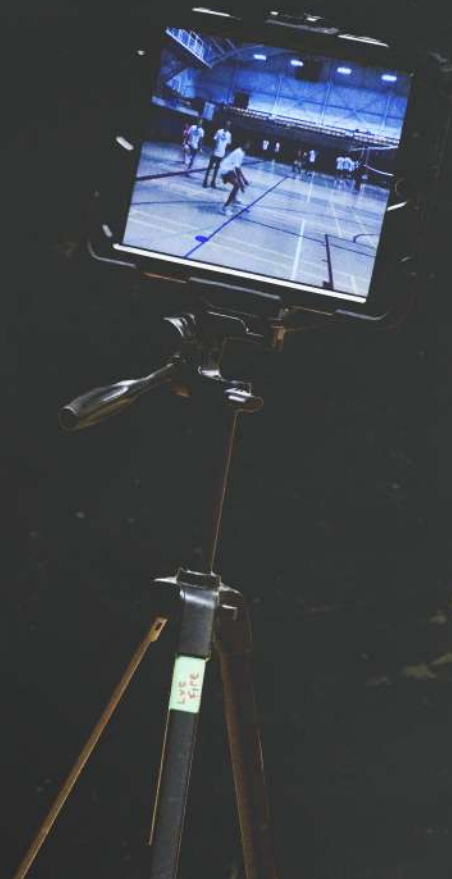
With a sincere note of gratitude to the Ministry of Tourism, Culture, and Sport for their unwavering support, the Team Ontario Coach Summit proved to be a pivotal event that not only enriched the coaching culture but also served as a cornerstone for athlete development in Ontario.





Partnership with HUDL

In October 2022, OVA initiated a strategic partnership with Hudl, which extends over the next three years. This collaboration provides OVA clubs and teams with exclusive, discounted access to the Hudl video analysis platform. It also gave Team Ontario access to this platform for all athlete development programs, enhancing OVA's capabilities to support player development both in practice and competition. This partnership marks a significant step in equipping our organization with advanced tools for the betterment of our athletes.



Quest for Gold

OVA's request for Quest For Gold funds was successfully approved in January, following its submission in December. These funds were designated for High Performance activities occurring between November and May. The allocation of these funds included support for Team Ontario Elite athletes attending March Break camps in Vancouver (girls) and Gatineau (boys), as well as backing for the beach full-time training group's winter camp in Costa Rica.

Additionally, the funds facilitated the athlete identification process for indoor and beach volleyball, enabling the setup of a substantial physical testing station at the Ontario Championship and the hosting of a large Team Ontario beach tryout at the end of May. Support for the development of Team Ontario coaches in preparation for summer programs came through the first ever Team Ontario Coach Summit in April of 2023. The Quest For Gold allocation also included assistance for the five Ontario female athletes who participated in the National Excellence Program (NEP) in Richmond, BC, during the fall of 2022. The OVA is grateful for the support of the Ontario Ministry of Tourism, Culture and Sport.





Athlete ID

1,100

**Athletes identified for
Team Ontario programs
in 2023.**

The Team Ontario athlete identification process marked a significant milestone as it evolved from its inception in 2006 when a humble 400 athletes participated. This year, the registration window, spanning from December 2022 to March 2023, garnered a resounding response, with an impressive 1100 athletes signing up.

Of these 1100 athletes, a remarkable 779 expressed their ambition to represent Team Ontario in both indoor and beach volleyball disciplines, showcasing their dedication and passion for the sport. An additional 313 athletes aimed for selection within the Regional program, illustrating the depth of talent within the province.

Notably, 271 of these athletes had their sights set on Team Ontario beach, signaling a growing interest in the discipline. The culmination of this rigorous identification process occurred at the Ontario Championships, where all registered athletes engaged in comprehensive physical testing, marking the final step in their journey towards potential Team Ontario selection.



Sports Science Curriculum

In 2023, a game-changing sport science curriculum was introduced, bridging the gap between theory and practice for Team Ontario programs. Developed by the OVA, this curriculum was deeply rooted in the Volleyball Canada Long Term Development (LTD) model.

Focused on the “Athlete” pillar of the LTD model, it provided athletes with a roadmap to enhance essential skills, covering speed, strength, power, nutrition, hydration, sleep, and structural tolerance.

Over a dozen interactive lessons were carefully crafted to prepare Team Ontario athletes, delivering practical insights that went beyond mere theory. These lessons ensured alignment of learning objectives across various program levels, enabling athletes of all backgrounds to thrive.

The impact of this curriculum was profound. Throughout the summer of 2023, it empowered over 500 athletes, transcending the boundaries of the volleyball court. With a focus on practicality and skill enhancement, it marked a turning point in athlete development. In an era where speed, strength, and quality rest make the difference, this curriculum emerged as a game-changer, ushering in a brighter future for volleyball in Ontario.



Team Ontario Regional Program



In the heart of summer, from July 2nd to the 8th of 2023, the University of Guelph played host to an exceptional event, the Team Ontario Regional Program, affectionately known as TORP. This gathering brought together 192 aspiring athletes, with 72 boys and 120 girls, all eager to take their volleyball skills to the next level.

Guiding these athletes toward excellence were 32 dedicated coaches, backed by the wisdom of 5 mentor coaches. Their mission: to instill high-performance habits, both on and off the court. The seven days were filled with intense training, comprising 18 indoor volleyball sessions and 16 beach volleyball sessions. In the classroom, 16 sessions covered topics ranging from

volleyball systems to the essential role of nutrition in an athlete's life.

As the week culminated, the athletes put their newfound knowledge and skills to the test, engaging in a friendly end-of-camp competition. The spirit of competition was matched only by the camaraderie and determination displayed by each participant.

The event left an indelible mark on the athletes and coaches alike. Many reported personal growth and newfound confidence, both on and off the court. With the University of Guelph as its backdrop, TORP 2023 was a resounding success, fostering a community of learning, improvement, and shared passion for the sport of volleyball.



Boys Roster

Adrian Iordache	Maverick	Jonathan Sousa	Pakmen
Aidan Campbell	Maverick	Kyle Thornborrow	Niagara Rapids
Alex Gaston	Halton Region	Liam Moynihan	LVC Fire
Alex Niu	Toronto Thunderbolts	Logan Compardo	Region 1
Alexander Chung	Halton Region VC	Logan Gilpin	Storm
Alexander Purves	Maverick	Luke Armstrong	Pakmen
Andrew Li	REACH	Marcus Barrett	Leaside
Andrew Rocheleau	Storm	Mark Daniel Diolata	REACH
Blake Peters	Halton Region	Mason Lange	FCVC
Campbell Harmsworth	Niagara Rapids	Massimiliano Riolino	REACH
Cédrik Dass	Mountain Athletic Club	Matthew Felker	Mountain Athletic Club
Charlie Wisco	Kingston Rock	Max Fitzgerald	Mountain Athletic Club
Christian Ermacora	Mountain Athletic Club	Nathan McCarthy	Barrie Elites
Cole Maccallum	Maverick	Nicholas Hatvani	Unity
Colton Hand	Mountain Athletic Club	Nikita Lebedev	Leaside
Connor Gunn	Pakmen	Noah Collins	Durham Attack
Cooper Spehr	Pakmen	Oliver Tremblay	Northern Chill
Cristiano Sangiuliano	Pakmen	Omar Elfolly	Milton Edge
Danik LeBlanc	Northern Chill	Owen Busby	Halton Region
Diego Peralta	Pakmen	Owen McKenzie	Durham Attack
Dylan Gibson	Milton Edge	Owen Van Tuyl	Mountain Athletic Club
Erben Prime	Milton Edge	Parker Piper-Martin	Mountain Athletic Club
Eric Lapner	Maverick	Pascal Morin	LVC Fire
Evan Scott	Durham Attack	Paxton Chik	Region 1
Grayson Comeau	Maverick	Rémy Wilson	Maverick
Harrison Robinet	Stratford	Rory Turner	Maverick
Hayden Quevillon	Northern Chill	Seth Clubine	Durham Attack
Hongyu Yang	KW Predators	Shawn Beharrell	Durham Attack
Hunter Li	Toronto Thunderbolts	Spencer Ham	Pakmen
Ian Case	Barrie Elites	Tristan King	Maverick
Isaac Archibald	Maverick	Tyler Bae	Pakmen
Jack Weick	Storm	Vishahgan Anandaraj	REACH
Jamin Ekhuagere	Unity	Will Pelton	Durham Attack
Jasen Law	REACH	William Halloran	Peterborough Thunder
Jasper Tullet	Halton Region	William Prater	FCVC
Jeremy Rhéaume	Northern Chill		
Jimmy Lee	Durham Attack		

Coaches: Jeffrey Wang, Guy Perreault, Elijah Merriam, Jacob Winkler, Terry Lee, Nelson Chang, Richard Ngo, Saba Sedaghatkish, Mia KurtzFavero, Tommy Pham, Curtis MacPherson, Lori Spoltore

Mentor Coaches*: Corinne Williams, Keith Wasyluk, Collin Walker, Lucas Hodgson, LP Mainville

**Mentor coaches worked with all coaches from both the boys and girls rosters.*



Abby Ludlow	Maverick	Gemma Lusan	Titans	Milena Gortnar	Titans
Adelaide Brandon	Durham Attack	Grace Tong	Venom	Mina-Emily McCoshen	Northern Chill
Ailish Grieve	Titans	Halleah Dobbin	Niagara Rapids	Morgan Brooks	Superior North
Alexis Cheong	Storm	Hannah Hage	South County Bandits	Natalie Pretty	Twin Bridges
Amaya Barrow-McLagan	Kingston Rock	Harlym Triff	Northern Chill	Natasha Winsor	Maverick
Anja Bogdanovic	Waterloo Tigers	Hazel Mbekeka	Durham Attack	Nellie Angeconeb	Region 1
Anna Godkin	Caspian	Isabella Colle	South County Bandits	Nicole Tyndall	FCVC
Anna McHardy	London Sharks	Jada Cockburn	Titans	Nina Lielmanis	Titans
Atrin Golbabapour	Markham Revolution	Jaiden Gosselin	Vision	Olivia Bittman	Maverick
Audrey Zhang	Pakmen	Jordan Dickhout	Halton Region	Olivia Kalbfleisch	Barrie Elites
Avery Bradish	FCVC	Judae Harrison	Synergy	Olivia Leppington	Stratford
Avery Mathewson	Durham Attack	Juliette Mason	Barrie Elites	Olivia Preston	Durham Attack
Avery Oke	Ottawa Fusion	Kaiah Weese	Kingston Rock	Peyton Ocampo	Pakmen
Bailey Royston	Barrie Elites	Kaitlin McLean	Pakmen	Portia Petherick	Durham Attack
Bella Thompson	Twin Bridges	Kaleea Turpin	Durham Attack	Quinn Brydges	Maverick
Bianka Chuy	FCVC	Kate Trent	Scorpions	Quinne Dejanovic	FCVC
Brenna Gervais	NBYVC Lakers	Kathryn Moulds	Maverick	Rachel Meagher	Titans
Briar Dejonge	Phoenix	Katie Laskowsky	Durham Attack	Rebecca George	Northern Chill
Brooklyn Bullock	Smash Raiders	Lauren Kohler	Barrie Elites	Reese Wilson	Halton Region
Brynn Munday	Orillia Suns	Lauren Lagoutte	Milton Edge	Riley Hamilton	Maverick
Brynne Bartleman	Peterborough Thunder	Lauren Moldawa	Pakmen	Rosabella Geronimo	Niagara Rapids
Cameryn Hui	Unity	Lauryn Budweh	Storm	Rose Cockburn	Scorpions
Carys Middleton	Venom	Leah Mac Phail	Durham Attack	Rose Yigit	Titans
Cassidy Myslik	Scorpions	Leah Orr	Niagara Rapids	Samaiya Isacco	REACH
Charlotte Roberts	Halton Region	Lexi Black	KW Predators	Sarah Condoyannis	Pakmen
Charlotte Sealey	Halton Region	Lily Arseneault	Georgetown Impact	Sarah Garner	Smash Raiders
Claire Kadour	FCVC	Li-Na Leuangthong	Storm	Sarah McNamara	Barrie Elites
Claire Ampleford	Barrie Elites	Lisa Hirsch	Niagara Rapids	Sarah Nickson	Georgetown Impact
Danika Cleary	Storm	Logan Heida	Niagara Rapids	Scotlynn King	Barrie Elites
Darlene Toquero	Titans	Louise Laustsen	Scorpions	Sienna Marlow	MVC
Deena Farhat	Maverick	Lynn Nagel	Georgian Cubs	Sophia Nepszy	South County Bandits
Elise Moua	Pakmen	Mackenzie Gonsalves	REACH	Sophia Phung	Venom
Ella Eichenberger	Barrie Elites	Mackenzie Patterson	FCVC	Sophia Testa	FCVC
Ella Mackinnon	Durham Attack	Madelyn Brassard	Superior North	Sophie Rath	Halton Region
Elsie Bengle-Stanley	Maverick	Madison Dann	Milton Edge	Sophie Thomas	KW Predators
Emeris Bouwmeester	Pakmen	Makenna McCann	South County Bandits	Stella Smith	Leaside
Emilia Chugunov	Maverick	Mallea McMullin	Maverick	Summer St-louis	Maverick
Emily Ellis	St. Thomas Express	Mara Emma Craciun	Smash Raiders	Taylor Bjorndahl	Durham Rebels
Emily Scott	NBYVC Lakers	Marissa Gajkowski	Scorpions		
Emma Mitsku	Barrie Elites	Marissa Letnik	MVC		
Enna Dumitriu	Storm	Meghan Winrow	NBYVC Lakers		
Farrah Pary	Chatham Ballhawks	Mia Salerno	Titans		

Coaches: Megan Kalbfleisch, John Curtis, William Basilio, Tania Polcyn, Carrie Welsh, Jessica Curtis, Katia Tyndall, Christina Stratford, Taylor Morrison, Jenn Kelly, Iliana Schlechta, Julianna Marfisi, Milan Ivanisevic, Cassidy Nicholson-Clarke, Kristina Vleck, Stephan Harvey, Bradley Molnar, Louise Smith, Isabella Henderson, Emma Korolenko



Nipissing Camps

In the summer of 2023, Team Ontario returned to Nipissing University in North Bay for our girls' programs. The familiar setting and warm reception from Nipissing's staff set the stage for yet another successful camp.

The atmosphere was electric, thanks to the incredible efforts of the coaches who fostered a positive and fun spirit throughout the camp. On and off the court, the young athletes poured their hearts into their training.

Team Ontario White, consisting of 60 athletes and 11 coaches, embarked on a journey of growth. They engaged in 11 on-court sessions and 9 classroom sessions. Their dedication was evident as they concluded the camp by participating in the Team Ontario Cup, battling it out in a total of 13 best-of-five-set matches.

Team Ontario Red, with 32 athletes and 6 coaches, delved deep into their training with 16 on-court sessions and 16 classroom sessions. Dividing into two teams, they took their newfound skills and competitive spirit to the Canada Cup in Niagara, showcasing their collective talent.

Team Ontario Black brought together 31 athletes and 7 coaches. With 16 on-court training sessions and 18 classroom sessions, these girls honed their skills. Just like their counterparts, they too divided into two teams, both of which took on the Canada Cup at Brock University in July.

The Team Ontario programs at Nipissing University in 2023 were more than just a series of training sessions. They were a vibrant tapestry of dedication, skill-building, and teamwork, all set against the backdrop of Nipissing's welcoming campus. It was a journey of growth and friendship that was cherished by all participants.



Team Ontario White

Adelaide Cosgrove	Storm	Julia Fish	Smash Raiders	Sonia Wojnicki	Leaside
Amy Renshaw	Barrie Elite	Julia Hunter	Durham Rebels	Stella Bates	Defensa
Angela Abboud	Halton Region	Julia Istratescu	Storm	Suraya Khan	MVC
Anla Magier	FCVC	Kasijana Vujovic	Defensa	Sydney Rocca	Halton Region
Anisa Lapointe	South County Bandits	Kate Chipman	Leaside	Taylor Schulze	Defensa
Arwin Shattuck	Lakeside	Kate Mathieu	FCVC	Taylor Slean	Durham Attack
Ava Chung	Pakmen	Kenzie Reed	Storm	Yvona Dimitrova	Pakmen
Ava Kellar	Durham Rebels	Kylie Mills	Durham Attack	Zara Chavarria Bonhomme	Leaside
Ava Montesano	Smash Raiders	Laura Adel	Durham Attack		
Avery Rutledge	Smash Raiders	Layla Gonsalves	Smash Raiders		
Beatrice Pengelly	EVP	Layla Sevor	Smash Raiders		
Camille Carrothers	Smash Raiders	Logan Hamilton	Pakmen		
Cassidy Frost	KW Predators	Louelle Miller	Halton Region		
Celeste Faye Castronuevo	Durham Rebels	Mackenzie Carriere	Maverick		
Claire Neagle	Barrie Elites	Madisyn Clipperton	Georgetown Impact		
Claire Sargeant	Georgetown Impact	Maya Boutanos	Storm		
Daven Braumberger	Maverick	Meghan Potvin	Maverick		
Eeva Surbey	EVP	Mia Crawford	FCVC		
Ellery Williamson	Leaside	Morgan Gemmill	KW Predators		
Estelle Buist	MVC	Nadia Cucuz	MVC		
Gaby Sharkey	Storm	Natalie Wahlgren	Defensa		
Grace Paterson	South County Bandits	Olivia Woolley	Durham Attack		
Isabella Foote	Durham Attack	Payton Dolyny	Region 1		
Isabella Zylbering	Halton Region	Penelope Gallo	Georgetown Impact		
Jolie Liu	Pakmen	Rachael Ricketts	South County Bandits		
Josephine Dufour	Ottawa Fusion	Sienna Jancevski	South County Bandits		



Coaches: Andrew Mallory, Montana Woodhouse, Andrew Carrasco, Karen Lee, Stephane Vlachos, Nancy Dool-Kontio, Sylvie Laperriere, Erin Carter, David Reed, Scott Naish, Danny Gosselin

Team Ontario Red

Alexandra Schultz	Defensa	Megan Chiang	REACH
Alexia Cornea	Lakeside	Olivia Nicholls	Northern Chill
Alyssa Cerovac	MVC	Omosefe Osaghae	Barrie Elites
Athalia Duong	Leaside	Roselle Mo	REACH
Brianna Nichols	Leaside	Spencer Danielsen	Durham Rebels
Carinthia Parry	Phoenix	Sydney Bell	Maverick
Claire Fan	Defensa		
Dara Obeid	Halton Region		
Dasia Smith	Synergy		
Delfina Henson	Phoenix		
Emily Medel	Titans		
Emma Irwin-Lewis	Oakville Thunder		
Georgia Cartwright	Titans		
Giselle Wong	Pakmen		
Isabella Gancevich	KW Predators		
Jasmine Chretien	Maverick		
Jessica Elford	Durham Rebels		
Julia Melnyk	Pakmen		
Julia Santos	FCVC		
Juliana Miecz	South County Bandits		
Keira Elliott	REACH		
Lea Pendergast	Maverick		
Libby Dougherty	KW Predators		
Maia Duong	Pakmen		
Maija Nepszy	South County Bandits		
Makenna Gillick	REACH		

Coaches: Jenny Pellegrino, Jeff Farrell, Elaine Pilgrim-Susi, Jennifer Neilson, Kevin Sherriff, John Nguyen



Team Ontario Black

Alexis Miller	Smash Raiders	Sadie Bird	Belleville Ravens
Alyssa Flack	Pakmen	Sera Leung	Titans
Ana Nastase	Pakmen	Sloane Fortin	Smash Raiders
Anaya Rawlinson	Leaside	Sophie Jewell	Leaside
Breanna Gordon	Titans	Sophie Miller	Halton Region
Charley McDonald	Maverick	Toni Wilson	Defensa
Charlotte Ross	Smash Raiders		
Chelsea Chew	Leaside		
Elodie Lalonde	Maverick		
Emma Buntic	Halton Region		
Esther Wildeboer	Ottawa Fusion		
Evelyn Sharpe	Titans		
Jennifer Wu	Halton Region		
Julia Liu	Maverick		
Karly Vrbanc	KW Predators		
Katerina Iliopoulos	Leaside		
Katrina Morse	Titans		
Keely Lloyd	Titans		
Lauren Pankratz	Titans		
Leonora Barbulovich-Nad	Titans		
Maya Slavcev	KW Predators		
Mia Lemay-Evans	Northern Chill		
Mia McCabe	KW Predators		
Morgan Li	Synergy		
Niki Nazary	Titans		
Payton Gaylor	Leaside		

Coaches: Lisa Watson, Matthew Schnarr, Lexie Pollard, Mel Smyth, Terry McMahon, Brett Hagarty, Prateek Yadav



The background image shows a group of young men in a gymnasium. Some are sitting on the floor, some are standing, and one is holding a long stick. In the foreground, a volleyball player in a red jersey is in a ready position, with a yellow and blue volleyball nearby. The entire scene is overlaid with a red color filter.

Conestoga Camps

In July of 2023, Team Ontario boys indoor programs found a new home at Conestoga College, marking the first summer camps at this venue. The Conestoga College staff, accommodating last-minute gym changes, played a crucial role in the program's success, ensuring the athletes had the best training facilities.

The athletes enjoyed great food, accommodations, and high-quality training under one roof. This unique setting encouraged collaboration and relationship building among the athletes and coaches.

Team Ontario White, consisting of 48 athletes and guided by 9 coaches, dedicated themselves to 10 on-court training sessions and participated in 8 classroom sessions. Their journey culminated in the Team Ontario Cup at Conestoga College,

where they showcased their remarkable skills.

Team Ontario Red, with 32 athletes and 5 coaches, delved into 14 on-court sessions and 17 classroom sessions. Their commitment paid off as they formed two competitive teams, both participating in the Canada Cup in Niagara, where their talent and teamwork shone.

Team Ontario Black, comprising 18 athletes and supported by 3 coaches, demonstrated unwavering dedication through 14 on-court sessions and 18 classroom sessions. The team proudly represented Team Ontario at the Canada Cup hosted at Brock University, a testament to their hard work and determination.

These inaugural summer camps at Conestoga College left a lasting impression on the participants.



Team Ontario White

Ahmad Elbarassi	Mountain Athletic Club	Joshua Lafleche	Maverick
Aiden Vandenheuvel	KW Predators	Lucas McIntosh	Maverick
Alexis Pariseau	Maverick	Matthew MacLeod	KW Predators
Andrew Droppert	KW Predators	Matthew Petersen	Toronto Thunderbolts
Andrew Yang	Toronto Thunderbolts	Maxime Meyer	Pakmen
Antonio Coca	FCVC	Misha Panasiouk	Pakmen
Austin Wilson	Niagara Rapids	Mitchel Watkins	Pakmen
Ben Karmazyn	Pakmen	Nicholas Trikoupis	Mountain Athletic Club
Brendan Lyons	Mountain Athletic Club	Orlando Robinson	Maverick
Cameron Hedderson	Pakmen	Owen Graham	FCVC
Cameron Hutt	KW Predators	Phoenix Wyse	Phoenix
Christian McCallum	FCVC	Reed Fulsom	Milton Edge
Cole Linskill	Phoenix	Robbie MacWilliam	Kinston Rock
Deng Yout	Ottawa Fusion	Rutger Huntley	Durham Attack
Dillon Layne	Pakmen	Seifeldin Shaheen	Maverick
Einstein Menya	41SIX	Sullivan Cofell	Scorpions
Francesco Casilio	Venom	Toby Snider	KW Predators
Gavin Comia	Durham Attack	Troy D'Cunha	Pakmen
George Macgregor	Superior North	Tyson Cassone	Stratford
Grant Haley	Maverick	Vito Forte	Niagara Rapids
Ian McQueen	Niagara Rapids	Will Taylor	FCVC
Jacob Long	Durham Attack	William Gimbert	Maverick
Jason Tran	Titans	Yahia Elsayed	Pakmen
Jasper Thomson	Maverick		
Jonah Ragaisis	Maverick		
Jonathan Chow	Unity		

Coaches: Shayne White, Chris Ling, Lynn Thomson, Kelly McGuire, Gilles Landry, Cole Gordon, Jordan Timpson, William Mousseau, Allison Gray



Team Ontario Red

Aaron Sun	Ancaster Lions	Nikola Bilic	Mountain Athletic Club
Aiden Mckay	Halton Region	Noah Nsolo	Maverick
Alexandre Falardeau-Mercier	Niagara Rapids	Parker Ocampo	Pakmen
Andrew Voorn	REACH	Philip Dahl	Maverick
Ben Warren	Phoenix	Tristan Hassell	Pakmen
Blake Scatcherd	FCVC	William Brewer	Halton Region
Carson Francis	Maverick		
Carter Liu	Maverick		
Christian Patterson	Maverick		
Christopher Hoffman	Durham Attack		
Daniel Lewis	Pakmen		
Edson Cheng	REACH		
Étienne Grenier	Maverick		
Ivan Lin	REACH		
Jakob Curtis	KW Predators		
Jeremie Rainville	Maverick		
Jimmy Gill	Halton Region		
Kevin Li	REACH		
Lucas Bouwers	Ancaster Lions		
Marc-Andre Lihet	Pakmen		
Marcellus Robinson	FCVC		
Matthew McCarthy	Halton Region		
Matthew McCarvell	Pakmen		
Matthias Cooper	Mountain Athletic Club		
Nathan Onlock	REACH		
Nicholas Adams	Maverick		

Coaches: Ian Eibbitt, David Ta, Brad McClure, Jelle Kooijman, Ryan Leknois



Team Ontario Black

Ashton Fox-Kristensen	KW Predators
Ben Franz	NBYVC Lakers
Ben Kuhner	Pakmen
Caleb Huot	Mountain Athletic Club
Carter Sedgewick	Kingston Rock
Chris Tautrimis	Pakmen
Gavin Deep	Pakmen
Iannis Toma	KW Predators
Joshua Chapman	Leaside
Justice Smith	Durham Attack
Kye Young	Pakmen
Lucas Genier	Maverick
Matthew Siebenga	Ancaster Lions
Nolan Reed	Mountain Athletic Club
Quinn Taylor	Mountain Athletic Club
Sasha Thiessen	KW Predators
Seth O'Brien	Kingston Rock
Tian Harcevic	Pakmen
Trent Cherewaty	Barrie Elites

Coaches: Brad Douwes, Tom Ellison, Matt Harris



Canada Cup

Held at the Canada Games Park in the Niagara region, the 2023 Canada Cup unfolded from July 19th to the 23rd. This venue hosted the indoor volleyball competition of the 2022 Canada Summer Games. This time around, it was Volleyball Canada's turn to shine, gathering the nation's brightest high-performance athletes to compete on behalf of their provinces and territories in a highly competitive national championship. The competition was fierce, with athletes driven by their passion for excellence and their pursuit of greatness on the volleyball court.

Team Ontario Red Girls displayed determination, with one team claiming the top spot in the Canada Cup's girls White Division while the other finished 4th.

Team Ontario Black Girls, represented by Team Ontario Maples and Team Ontario Trillium, gave their all in the Girls Red Division, securing the 6th and 8th positions, respectively, through their hard-fought battles.

On the boys' side, Team Ontario Red Boys finished 6th and 7th in the Boys Red Division, demonstrating their mettle, while Team Ontario Black Boys seized the moment, securing a well-deserved bronze medal, much to the pride of local fans.



The OVA is immensely proud of these young athletes. While medals are a source of joy, it's the growth and dedication of every participant that holds the most value. Each athlete, representing Ontario with unwavering pride and competing at their very best, contributes to the legacy of excellence in Ontario's volleyball community. The 2023 Canada Cup celebrated not just medals but also the remarkable journey of these athletes and their relentless pursuit of excellence on the volleyball court.



Team Ontario Elite

In the past year, the Team Ontario Elite program worked with 58 talented athletes, with a mix of 26 male and 32 female players.

The program offered two intense training sessions: one in October at the Toronto Pan Am Center and one in December at the Athlete Institute in Orangeville. In March, 16 athletes per gender were selected to continue training. The boys trained in Gatineau, Quebec, at the Men's National Team Training Centre, while the girls trained at the Olympic Oval in Richmond, BC, where the Canadian Women's National Team practices. The girls group had the opportunity to attend the quarter-finals of the USport Women's Volleyball Championship and cheered on the Ontario representatives from Brock University.

In addition to court training, athletes received personalized strength and conditioning programs to build their physical foundation and nutrition training to fuel their performance.

In this dynamic year, Team Ontario Elite not only provided top-tier training but also adapted to better serve the athletes. An important change was the increased focus on communication with the athletes' club coaches. This ensured a seamless experience for the athletes, allowing them to excel both with their club teams and then with the Team Ontario Elite program. Here are some changes that were made to the program last year:

1. Athletes completed a weekly load management report and this allowed us to see who was training a lot, who wasn't and who was developing some issues;
2. We reached out to clubs the week prior to camp to know about their training load and athletes. We heard from a couple of concerned coaches and we spoke to those athletes at the start of the camp to make sure they were ready to go;
3. Any red flags were addressed by our athletic therapist on the first morning of the camp. She individually spoke to athletes about different situations they reported in their weekly reports;
4. We modified the training of some individuals based on what they reported and how they were doing during the camp;
5. We monitored load through Vert jump count and adjusted training accordingly and invited a few more players per group to help manage volume during camp;
6. We shared what we did with the club coaches and sent a camp report following the camp and we got responses like these (*see adjacent quotes*):

BB

"Thank you so much for providing this update and including all the information. Love that you've connected with the national team program and have been monitoring athlete load. I know you and your staff have worked hard to collect, consider, and apply feedback from the club community; I want you to know that your efforts are greatly appreciated!"

- CLUB COACH

"Just wanted to send an email to thank you all for the hard work, time and dedication that went in to making such a great weekend at Team O Elite. Our daughter had a fantastic time working, learning and playing with Ontario's best (coaches & players)."

- PARENT

Team Ontario Elite

Boys

Will Basilio
Trent Cherewaty
Gavin Deep
Ashton Fox-Kristensen
Lucas Genier
Jason Heidbuurt
Caleb Huot
Andon Kiriakou
Ben Kuhner
Jared Kuiken
Owen Pickering
Michael Rendulic
Carter Sedgewick
Justice Smith
Jack Svendsen
Kye Young
Owen Atherfold
Quinn Foley
Nigel Mason
Matthew McCarvell
Jeremie Rainville
Nolan Reed
Ty Strong
Chris Tautrimis

Girls

Kathryn Beresford
Ava Connelly
Kaity Doyle
Megan Hawkins
Sophia Henson
Victoria Herrington
Elodie Lalonde
Mia Lemay-Evans
Avaya Maga
Sydney McDermott
Charley McDonald
Ella McVittie
Lexi Nicholson-Clarke
Ofure Odigie
Victoria Potvin
Alex Roberge
Ella Piskorz
Leah Burrell
Brea De Souza
Breanna Gordon
Lael Harrison
Anna Marie Horvat
Julia Liu
Lexi Miller
Ana Nastase
Rayanna Ross-Fisher
Madison Seo
Abby Smith
Maddy Vang

Coaches (Boys): Brad Douwes, Thomas Ellison, Jon Orrett, Ryan Leknois, Brad McClure, Chris Ling

Coaches (Girls): Matthew Schnarr, Amy Wilson-Hands, Jennifer Neilson, Gerry DeGirolamo, Larissa Byckalo, Richard Eddy, Brett Hagarty



Beach Super Camp & Tall Maples

In July, Western University hosted two concurrent training camps, fostering athlete and coach development.

The Team Ontario Beach Super Camp, featuring 60 athletes (30 male and 30 female) and 7 coaches, was an intense week of beach volleyball development held at the beginning of the summer used to set the tone for the summer competition season. Each group engaged in 10 beach sessions and 6 classroom sessions. All sessions held are held with the foundation of self-evaluation and the importance of relationships at the core.

Concurrently, the Tall Maples program is an introduction to high performance program that combines indoor and beach volleyball in the same camp. Athletes within the Tall Maples program are athletes who demonstrate the physical characteristics of an international volleyball athlete who may be newer to the sport. These athletes are provided the opportunity to experience a high-performance environment in both disciplines. This year's program featured 28 athletes (11 male, 17 female) and 7 coaches. The program's five indoor sessions and four beach sessions provided a blend of on-court training with off-court development.



Both camps offered a holistic approach to development introducing athletes to areas of control they have over their performance and development. This included areas of nutrition, mindset, and strength & conditioning. As an example, all athletes were provided the opportunity to learn about fueling through navigating a grocery store, reading nutrition labels, and planning/purchasing their daily snacks for the week.

The intention in running these two programs concurrently was to provide the opportunity for athletes and coaches of all developmental levels to work together. Create an environment of inspiration and expose new and upcoming athletes to the Team Ontario environment and philosophies. Beyond the volleyball court, these camps became the stage for personal growth, strong connections, and the pursuit of excellence.

In continual support of coach development, both camps were supported by mentor coaches to create an environment of constant learning as well as to support the connection and integration between the Tall Maples program and Team Ontario Beach.

"I learned so so much about volleyball but also about life and about being a truly good person. I really appreciate you and the other coaches and all that you do for us athletes, Team O has been an amazing experience for me so far and I am beyond excited to continue learning and improving throughout the rest of the summer."

- ATHLETE

Beach Fulltime Training Group


The full-time training group is an OHPSI (Ontario High Performance Sport Initiative) supported program. The program's intention is to create a pathway for Ontario athletes to experience high performance beach volleyball in a highly supported and monitored environment. The goal is for these learnings to lay the foundation for future Olympic podium finishes.

From June to August, Team Ontario Fulltime Training Group offers the opportunity for athletes to train as dedicated beach athletes, maximizing the summer training and competition season. Athletes within the full-time training group train 4-5 days a week on the sand and are monitored by Team Ontario coaches as well as OVA's sport science lead in their physical development through strength & conditioning and nutrition support. The objective of the Team Ontario Beach Fulltime Training Group is to support athletes both in their current development and the seamless transition to the national team through daily training, mindset, and behavioral habits.

A total of 10 weeks of training consisting of 36 on court sessions, 18 in person strength and conditioning sessions, and weekly yoga sessions were held for the 23 female and 21 male athletes in the FTG program, accompanied by the support of 9 coaches. An athletic therapist, a sport dietician, and a performance coach were also dedicated to supporting the athletes with visits to the daily training environment.

With the mandate of supporting Ontario athletes to a future Olympic podium, the Team Ontario Beach Full-time Training program also includes the exposure of athletes to international habits and when possible international level of play. This year with the FIVB Elite 16 held in Montreal, the full-time training group brought their training to Montreal to train with Team Quebec as well as attend the world tour event.





"First off, I just LOVE all the coaches and the coaching styles. I really like how instead of telling us what we did wrong, the coaches asked us what we THOUGHT we did wrong. It really helped me understand better what I was doing wrong and I find that I'm now able to self-assess more during practices and games both on the sand and the court. Not only that, but the coaches are such wonderful and amazing human beings. They're all so understanding and considerate with injuries and personal problems, and they really get that even though we're athletes, we still have an outside life and outside factors that can affect our performance."

- ATHLETE

Montreal FIVB Elite16 Camp

From July 27 to 30, Team Ontario Beach set up a training camp in Montreal to train with Team Quebec as well as attend the Montreal FIVB Elite16. This camp provided the opportunity for both athletes and coaches to be exposed to the current trends of international play at the senior world tour level. To take advantage of the opportunity of observing the top 16 teams in the world, conversations were set up to look past just the technical and tactical differences in their abilities and delve deeper into their performances through how the top athletes handle the relationships with their partners under pressure.

Highlighting the event was **Team Ontario Beach alumni and top Canadian beach duo Melissa Humana-Paredes and Brandie Wilkerson** emerging as the gold medallists of the tournament. Brandie and Melissa entered the tournament ranked 26th, winning against three top-five teams in three-set matches to clinch the tournament. Melissa Humana-Paredes was a Team Ontario/OHPSI (Ontario High Performance Sports Initiative) athlete from 2008-13, Brandie Wilkerson started beach volleyball a bit later and was first exposed to beach through Team Ontario Beach in 2013, the following year she made the national team also supported by OHPSI.

Other Canadian teams who competed in the tournament were Sarah Pavan and Molly McBain as well as Dan Dearing and Sam Schachter. Molly (Team Ontario Beach/OHPSI 2014-17), Dan (OHPSI 2011-16), and Sam (Team Ontario Beach/OHPSI 2008-12) were all athletes who were supported through the Team Ontario/OHPSI developmental pathway.

Beach Ontario Championships & Nationals

The 2023 Team Ontario beach season culminated with the Beach Provincial Championships in August.

41 athletes participated in the first provincial weekend, with 55 in the second week later.

The two provincial weekends were used as competition preparation for nationals as their highlight event. Leading up to nationals, the training week included scrimmages with Team Alberta, and daily training environment visits with the performance coach. As well athletes and coaches had their annual event of watching “Way of the Peaceful Warrior” at the Fox Theatre in Toronto as a final reminder of everyone’s mindset leading into competition.

Nationals results were a great indicator of the quality of relationships built between athletes and coaches and their willingness to work together. Athletes new to the beach improved their performances throughout the summer competitions, returning athletes improved their results from previous years. Team Ontario Beach finished nationals with 6 gold, 6 silver, and 4 bronze medals, spanning the 15U to 20U divisions.



Year-Round & March Break Camps

Over the winter beach season athletes can train year-round with Team Ontario coaches at Volleyball Canada's Beach High Performance Training Centre. Year-round beach athletes either train fulltime dedicated to beach, or as an integrated beach athlete training both indoor and beach in a training program monitoring load. Drop-in beach sessions are also available to athletes who would just like the opportunity to stay connected to the sand during times that suit their schedule.

As part of the year-round beach program, a March break camp is also planned each year to provide the opportunity for outdoor training prior to the summer beach season. For the first time, 2 march break outdoor training camps took place to support the needs of athletes with various levels of development.

Camp #1 took place in Cocles, Costa Rica. This event was created for athletes who were a part of Team Ontario Beach during the previous summer. The objective of this camp was to offer a continuation of their learning from the summer and taking the conversation to training habits internationally. This camp provided opportunity for athletes to learn to schedule their training time, create their own practices, as well as train alongside athletes from Costa Rica as exposure to a piece of the NORCECA continental tour culture.

Camp #2 took place in Port St. Lucie, Florida simultaneously at Sandpiper Bay Resort. This included 32 athletes aged 12-18 years old. Athletes attending this camp were new to Team Ontario's high-performance environment. Athletes were categorized into groups of like needs, working with Team Ontario coaches, and exposed to Team Ontario philosophies and training principles.

Both events allowed parents to attend and enjoy the balance of having both

their own time while athletes were training, and some family time while athletes were on a training break. Sandpiper Bay Resort is home to a sports academy providing many opportunities for different sporting activities such as golf, pickleball, tennis, basketball, and beach volleyball. Cocles, Costa Rica on the other had the perfect mix of a jungle resort with the opportunity to explore local culture right outside the resort doors starting with the ocean and beach courts immediately across the street.

Any opportunities to support athletes are also seen as opportunities for coach mentorship and development. During these two camps 5 coaches were supported by 2 mentor coaches to help build the capacity of coaching effectiveness for each coach personalized to their own needs.

Coaches (Costa Rica): Amanda Harnett, Angie Shen, Eddie Coleman

Coaches (Florida): Cicero Oliveira, Jason Marchant, Oklend Llakaj, Sam Warner



OHPSI Targeted Support Program and OHPSI Team Funding Grant

The OHPSI Teams Program was a program focused on supporting targeted pairs who demonstrated dedication to the development of themselves as a team. Athletes committed to the development of their relationship skills through training in a single partnership were provided with the support of a fully integrated support team with an OHPSI team coach leading the way. The targeted team needed to be at the Train to Compete development level and prepared to transition to international competition. The 2023 OHPSI Targeted Support Team comprised of the pair of Reed Venning and Ben Moffat supported by OHPSI Team coach Eddie Coleman. Reed and Ben also received the OHPSI Team Funding Grant providing them with direct financial support for airfare, accommodations, and registration fees to international events. Through the OHPSI Teams program Reed and Ben were able to create a competition season that included their first international event in Switzerland, as well as a first FIVB Futures event in Halifax. The program also provided support for OHPSI Team coach Eddie Coleman to travel with the team for coaching support.

At the U19 World Championships in September of 2022, the OHPSI Team pair of Emma Glagau and Ruby Sorra won a Bronze medal in Turkey.

While the Targeted Support Program is focused on supporting the transition of athletes to the international stage, the program also provides a platform for coaches to experience international competition. OHPSI Team coaches Angie Shen and Eddie Coleman also act as mentor coaches at these events for mentee coaches to take part in international coaching opportunities. This past year, five Team Ontario Beach coaches were exposed their first international beach tournaments and four Team Ontario Beach coaches were supported in direct coaching in international competition.



Tall Maples Roster

Akela Russell	Durham Rebels
Alexander Szarka	Scorpions
Ania Nesti	Region 1
Anne-Laure Makoundi	Maverick
Camille Falconer	Titans
Cate Verlaan	Northern Chill
Charlie Wang	REACH
Clark Misner	Mountain Athletic Club
Connor McCaffrey	Scorpions
Emery Stapleton	South County Bandits
Ethan Baxter	Durham Attack
Ezrie Burke	Barrie Elites
Gavin Goodwin	KW Predators
Griffin Brown	Maverick
Jessica Muir	Scorpions
Joshua Fraser	Scorpions
Julia Bingeman	KW Predators
Leah Mcconnell	Lakeside
Liam Reed	Mountain Athletic Club
Lucy Thomas	Waterloo Tigers
Macie Barlow	Northern Chill
Norah Dingman	Unity
Nya Pollmann	Durham Rebels
Samuel Young	Maverick
Sebastiano Savio	SKY Volley
Sophie Butler	41SIX
Zaharah Edwards-Wyllie	Titans



Coaches: Jason Marchant, Tammy Dibbitts, Marko Milenkovic, Megan Suddergaard, Tony Hage, Denny Le Ma, Ariel Castromayor

Beach Camp-Based Roster

Girls

Anna Minyaylo
Cassidy Frost
Elisabeth Spence
Kailie Sutherland
Kate Mathieu
Marina Slapnicar
Sienna Spence
Virginia Will

Boys

Andrew Droppert
Andrew Wisco
Ben Clark
Ben Warren
Ian Johnson
Jack Egan
Kian Khademi
Nicholas Worthing
Noah Nsolo
Ross Buchanan

Coaches: Angie Shen,
Ashley Nixon, Kelly McGuire,
Nolan Shapcott, Sam Warner

Fulltime Training Group

Girls

Addison Hannivan
Ally Hannivan
Autumn Mikel
Autumn Willmott
Brooke Woolley
Claire Simmonds
Dana Sloan
Emma-Joy Cudmore
Hannah Schad
Julia Istratescu
Kate Chipman
Kennedy Llewellyn
Leah Moore
Maddie Law-Heese
Makenna Gillick
Maya Boutanos
Melia Piercey
Mikaela Dioso-Lopez
Olivia Woolley
Renee Shaw
Sophie Hancock
Tatiana Drozd
Zile Eglitis

Coaches: Angie Shen, Becky Dorsey,
Cicero Oliveira, Eddie Coleman,
Jason Marchant, Laura Condotta,
Matt Golas, Oklend Llakaj

Boys

Aaron Sun
Aiden Hilkowitz
Alex Carmichael
Benjamin Woodfield
Chris Tautrimis
Cole Linskill
Connor Dorsey
Eric McClean
Gavin Deep
Hank Heider
Jack Barrett
Joshua Chapman
Kai Glaisek
Matt Mowbray
Matthew McCarvell
Michael Korman
Oliver McLean
Rennick Koskela
Rutger Huntley
Simon Hubbard
Zachary Lechem

Targeted Support Athletes

Girls

Alisa Gavva
Cameron Knifton
Emma Kunaus
Maya McNabney
Teona Treskounov

Boys

Ben Moffat
Reed Venning

Committed Partnerships

Girls

A.Hannivan/A.Hannivan
C.Simmonds/K.Llewellyn
D.Sloan/M.Piercey
E.Cudmore/A.Mikel
H.Schad/O.Woolley
M.Boutanos/K.Chipman
M.Dioso-Lopez/M.Gillick
R.Shaw/T.Drozd

Boys

A.Carmichael/K.Glaisek
A.Sun/B.Woodfield
B.Moffat/R.Venning
C.Dorsey/A.Hilkowitz
C.Linskill/R.Huntley
E.McClean/G.Deep
N.Nsolo/B.Warren
O.McLean/J.Chapman

U19 World Championships

Girls

C.Kok/K.Drozd
R.Sorra/E.Glagau

Boys

A.Kiriakou/J.Svendsen
C.Winser/C.McGregor

Coaches: Angie Shen, Heather Bansley,
Eddie Coleman, Jason Marchant,
Oklend Llakaj



National Rosters

Indoor

Senior Men

Arthur Szwarc, Danny Demyanenko, Justin Lui, Samuel Cooper, Stephen Maar

Senior Women

Andrea Mitrovic, Arielle Palermo, Jazmine White, Jennifer Cross, Julia Murmann, Layne Van Buskirk, Shaïnah Joseph

NextGen Men

Evan Falardeau, Isaac Heslinga, Jackson Young, Jordan Canham, Logan House

NextGen Women

Jasmine Rivest

U21 Men

Brendan Mills, Cory Schoenherr, Daniil Hershtynovich, Dennis Cota, Devin Cooney, Kaden Schmidt, Matthew Rugosi

Women's National Excellence Program (2022)

Calinda Kok, Delaney Watson, Kaiya Tyson, Lauren Perugini, Logan King

U19 Women

Delaney Watson, Ella Piskorz, Isabella Tehrani, Kaiya Tyson, Logan King, Megan Hawkins, Trinity Shadd-Ceres

Team Canada Red & White (Youth Women)

Sol Henson, Ella Hope, Faith Hughes, Megan Hunter, Eva Lin, Avaya Maga, Kylie Savin, Ana Stojanovic, Sofia Zabjek

Beach

Senior Women

Brandie Wilkerson, Melissa Humana-Paredes, Sarah Pavan, Sophie Bukovec

Men's Fulltime Beach Training Program

Arran Chambers, Dan Dearing, Eric Girard, Jake MacNeil, Sam Schachter, Trent Ketrzynski

Women's Fulltime Beach Training Program

Anna Licht, Lea Monkhouse, Molly McBain

Summer NextGen Men

Ben Kerkhoff, Cameron Chadwick, Julien Jouan, Markus Law-Heese, Martin Licht, Mateusz Wlodarski, Max Losier, Steven Abrams, Yaroslav Svidritskiy

Summer NextGen Women

Calinda Kok, Dana Roskic, Emma Braticevic, Emma Glagau, Grace Pyatt, Jamie Santer, Josephine Sek, Kaylee Glagau, Mikayla Law-Heese, Ruby Sorra, Sophia Hladyniuk

Sitting

Men

Nasif Chowdhury, Bryce Foster, Andrew Tucker, Nicholas Aldrich, Jesse Buckingham

Women

Anne Fergusson





Ontario on the Podium

ONTARIO VOLLEYBALL WORLD BEACH PRO TOUR ONTARIO



Gold

Dearing/Schachter

Men's NORCECA Beach Tour Final - Punta Cana

Kiriakou/Toomes

Youth Commonwealth Games - Trinidad & Tobago

Kok/Droz

Youth Commonwealth Games - Trinidad & Tobago

Humana-Paredes/Wilkerson

FIVB Beach Pro Tour Elite16 - Montreal

FIVB Beach Pro Tour Challenge - Jurmala

McBain/Monkhouse

NORCECA Continental Tour - Punta Cana

Harnett/Bélanger

NORCECA Continental Tour - Managua

Silver



Bronze

Sorra/Glagau

FIVB U19 World Championships - Turkiye

MacNeil/Russell

NORCECA Continental Tour - Punta Cana

Kopp/Chambers

NORCECA Continental Tour - Cayman Islands

NORCECA Continental Tour - Aguascalientes

Monkhouse/Marcelle

FIVB Beach Pro Tour Futures - Mt. Maunganui

Monkhouse/Sorra

NORCECA - Cayman Islands

Harnett/Bélanger

NORCECA Continental Tour - Punta Cana

NORCECA Continental Tour - Hato Mayor

NORCECA Continental Tour - Cayman Islands

NORCECA Beach Tour Final - Punta Cana

Humana-Paredes/Wilkerson

FIVB Beach Pro Tour Elite16 - Ostrava

Schachter/Dearing

NORCECA World Championship Qualifiers

Bukovec/Marcelle

NORCECA World Championship Qualifiers



Double Gold for Ontario Athletes at Youth Commonwealth Games

The seventh Commonwealth Youth Games, held on the Islands of Trinidad and Tobago from August 4th to 11th, 2023, witnessed a spectacular display of sporting talent, with Canadian athletes making waves in the Beach Volleyball world.

Canada emerged as the undisputed champions in both the Men's and Women's categories, showcasing their dominance on the sand. The standout performers of the event were four young Team Ontario Alumni athletes hailing from Ontario: Calinda Kok, Kiki Drozd, Andon Kiriakou, and Oliver Toomes, who etched their names in history by clinching gold medals under the guidance of Team Lead Andrew Kos.

In the Women's division, the partnership of Kok and Drozd delivered a commanding performance, never dropping a set throughout their campaign, culminating in a resounding victory over Australia (21-14, 21-14) that secured them the gold medal.

On the men's side, Andon Kiriakou and Oliver Toomes showcased their mettle by conquering the Beach Volleyball bracket. Despite a minor setback against England in their opening match where they dropped their only set of the tournament, they came back with a vengeance, defeating their English counterparts in the finals (21-16, 21-14) to claim the gold. The chemistry between Kiriakou and Toomes was evident, and their determination was a source of inspiration for budding athletes back home in Ontario.

The journey for both teams to the Commonwealth Youth Games began with a trial process that took place at Ashbridges Bay, Toronto in June 2023, where these athletes earned their spots to represent Canada.

This triumph in Trinidad and Tobago marked the second time on the international stage for Kok and Drozd, who had previously showcased their talent at the 2022 FIVB Beach U19 World Championships in Turkiye. Andon Kiriakou had also displayed his prowess at the same event, partnering with fellow Ontario athlete Jack Svendsen.

With a history of podium finishes at provincial and national levels, these four athletes have truly established themselves as dominant forces in Beach Volleyball. Their story of perseverance, teamwork, and triumph will undoubtedly inspire the next generation of aspiring athletes to chase their dreams.





Volleyball Nation's League in Ontario

VNL Returns to Ottawa and Region 6

Ottawa, Ontario, was buzzing with excitement in the summer as international volleyball made its triumphant return to the city. The Volleyball Nations League (VNL) had descended upon Canada's capital, and the heart of the volleyball community in region 6 was ready to play host once again to the men's division. It was a special year, as the VNL features the best 16 women's and 16 men's teams from around the world, and Ottawa was chosen as one of the host cities.

The maple leaf flags waved proudly, and chants of "Go Canada!" echoed through the arena as the Canadian team prepared for their debut game under the guidance of the new head coach, Tuomas Sammelvuo.

The roster for the first weekend of VNL included four homegrown athletes from Ontario, adding to the sense of pride and excitement for the local fans. As the VNL tournament kicked off, Danny Demyanenko, Justin Lui, Stephen Maar and Arthur Szwarc and the rest of team Canada, found themselves in a challenging group. They were pitted against strong competitors from the USA, Argentina, Italy, Cuba, Germany, Netherlands, and Brazil.

Despite the formidable competition, Canada displayed remarkable spirit and resilience.

As the tournament came to a close, Canada finished with a record of 3-9, securing the 12th place in the VNL standings.

In addition to the Men's FIVB Volleyball Nations League event in Ottawa, an International Coaching Symposium took place. It featured a star-studded lineup of coaches who shared their expertise and knowledge. Held from June 9 to 12, the symposium provided a valuable opportunity for coaches and enthusiasts to learn from the best in the business, further nurturing the passion and expertise for the sport. This marked a significant return to in-person volleyball coaching education in Canada, with 117 local coaches participating.

Simultaneously, the event revived The School Program initiative, aiming to introduce and promote volleyball in elementary and intermediate/junior high schools in the Ottawa area. With a target audience of students aged 6 to 12, the program gained support from 51 schools, registering a total of 3,521 enthusiastic participants. As part of this initiative, teachers were also equipped with Volleyball Canada's Smashball Trainer App.

The success of this event was made possible through the dedication of over 200 volunteers from Region 6. This strong legacy of community engagement will continue to benefit future VNL and other major sporting events in the Ottawa area, enriching the local sports scene for years to come.



Seven Ontario Athletes Named to Women's VNL Roster

In the summer of 2023, seven talented Ontario athletes were proud to don the red and white jerseys of Canada's Women's National Volleyball Team in the fifth edition of the annual Volleyball Nations League (VNL). The Canadian Women's National Team had its eyes on the prize, determined to make a mark in the competition.

Andrea Mitrovic, Arielle Palermo, Jazmine White, Jennifer Cross, Julia Murmann, Layne Van Buskirk, and Shainah Joseph were eager to represent their country on the international stage and they were ready for the challenge.

The VNL's 2023 edition commenced on May 30th, and the Canadian squad aimed for a compelling start. Their opening match was nothing short of a thrilling spectacle, a nail-biting showdown against Poland. The encounter pushed the boundaries of excitement, stretching into a tense fifth set. In the end, the victory eluded Canada by a hair's breadth, but their spirits remained undaunted.

Canada's turning point materialized in a dominant performance against Korea, with Layne Van Buskirk, a product of Windsor, Ontario, emerging as the linchpin of their success. In a resounding 3-0 triumph (25-17, 25-16, 25-18), Layne's 18-point contribution propelled the team to victory and infused them with the much-needed momentum.

One of the most exhilarating moments for the Canadian team was when they faced off against Serbia, the reigning World Champion team and 2020 Olympic bronze medalists. In an astonishing turn of events, Canada managed to defeat the powerhouse, marking a historic moment in their VNL journey.

Their triumphs continued when they engaged in a thrilling five-set battle with volleyball powerhouse Brazil during the third phase of the tournament. The intense match left the crowd in awe, and Canada emerged victorious, further solidifying their presence on the international stage.

As the tournament progressed, Canada faced tough competitors and challenges, but they never wavered in their determination. In their last match, they secured a hard-fought 3-2 win over the Netherlands. Their journey in the 2023 VNL was filled with intense battles, incredible comebacks, and unforgettable moments.

When the dust settled, Canada ended the tournament with a record of 6 wins and 6 losses. While they narrowly missed out on a spot in the top 8 that qualified for the final round, they had successfully avoided relegation from the VNL by being one of the challenger teams that didn't finish at the bottom of the category.

The Canadian athletes from Ontario had given their all and made their nation proud. The VNL had showcased their talent and tenacity, and they knew that the future held even more opportunities for success. The athletes returned home with heads held high, poised to continue their journey towards securing a berth for Canada at the 2024 Summer Olympics.



Sitting Volleyball Back in Action



After nearly three years of dormancy, the spark of programming for children aged 8-16 with disabilities has been reignited through expanded sitting volleyball activities across the province. Through various partnerships, sitting volleyball was delivered in school programs, tournaments, try it sessions and trade shows. In total, **2,475 children, youth and adults** participated in sitting volleyball over the 2022/23 season.

Integrated Physical Education Curriculum

Children's rehab centers and public schools in Toronto and the Durham Regions opened their doors to inclusive programming, allowing these remarkable young individuals to explore their potential in our sport. Through collaboration with the OVA, these schools have integrated sitting volleyball into their physical education curriculum which allows children and youth to embark on a journey of empowerment and skill development through the sport. The school sitting volleyball sessions took place weekly throughout the Fall 2022 and Winter 2023, engaging **131 participants** every week.

Community Programming

Weekly Community Programs in Toronto, Durham, and Niagara blossomed, and we're thrilled to announce that programming expanded with sessions in Thunder Bay and Ottawa Valley, bringing the total weekly sitting athlete participants to an average of **99 people**. A heartfelt thank you goes out to our dedicated partners and supporters, including Jolene Wong and Bryce Foster (National Sitting Volleyball Team Members) the Ottawa Valley Vikings; and Durham Attack, whose unwavering commitment has played a pivotal role in expanding these community programs.

Partnerships

In a collective effort to remove financial barriers to participation, the OVA is deeply grateful to Variety Village, Brock University, and

the Abilities Centre. Their generous gesture of reducing facility rental fees for our programs and tournaments has allowed us to provide a higher quality and additional programming for Ontario athletes.

Parasport Ontario Championships

Our steadfast partnership with ParaSport Ontario remains a driving force behind our mission of providing volleyball for all. The invaluable guidance provided by Joe Millage in leading the groundwork for sitting volleyball growth and coordinating ParaSport Ontario's Festivals in the Niagara and Durham regions has exposed **over 600 children with disabilities** to the sport through "Try-It" sessions.

International Day for Persons with Disabilities

A new addition to our repertoire this year was the celebration of the International Day for Persons with Disabilities. This initiative was spearheaded by the University of Waterloo and has paved the way for students and staff with disabilities to become active and social in team sport. Similar exhibitions have also taken place with Humber College and Sheridan College, thanks to the dedicated Student Services staff and the respective Athletic Directors of these institutions who have worked with the OVA to make these programs a success. **We've witnessed 103 new adults embracing the sport of sitting volleyball!**

Try it Sessions

This year, we were honored to support Variety Village's 5th Annual Lieutenant Governor Games, offering special needs children the opportunity to experience sitting volleyball. A staggering **840 children with disabilities participated**, and we owe this success to the

selfless volunteer work of adult participants from the OVA's weekly Variety Village program.

Tournament Play

Tournaments have become a prominent aspect of our journey to bring sitting volleyball into a mainstay program at the OVA. Through the leadership at the Brock Niagara Penguins, they delivered their 2nd Annual Niagara Sitting Volleyball Classic that featured six teams with a mix of adults and youth which was made possible through the tremendous support from 20 volunteers from Brock University, and the Penguins themselves. Team Durham Attack emerged victorious, with three participating teams hailing from the Niagara region thanks to the support of the Niagara Rapids Volleyball Club.

Parasport Games

The pinnacle of sitting competition was reached at the 2023 Ontario ParaSport Games, which was held at the Abilities Centre in Durham in February 2023. Six teams participated, comprising of 35 athletes from across the province, including Ottawa, Thunder Bay, and Windsor. Remarkably, seven of these players had international experience, representing the sitting volleyball National team. Their presence added excitement and professionalism to the competition with each team included at least two current or former National Team players, making it the highest level of competition we've ever hosted.

The final standings of the 2023 ParaSport Games were as follows:

1. Team DS
2. Team Golden Eagles
3. Team Variety Village
4. Team Durham Attack
5. Team Niagara
6. Team Dorset Park

The Games celebrated the love of sport and the talent within the parasport community, showcasing the power of sport to unite athletes of all abilities. It served as a powerful reminder that, with determination and teamwork, the human spirit knows no bounds.

Resource Support

One of the most significant obstacles facing individuals with disabilities in their pursuit of team sport is financial. This year, we were fortunate to receive support from various agencies and organizations dedicated to making participation more affordable. The Canadian Tire Jumpstart Community Grant, amounting to \$13,000, played a pivotal role in enabling inclusivity. Mydoh also contributed \$5,000 of their proposed sponsorship to bolster Sitting Volleyball as part of their broader OVA sponsorship. Variety Village, Brock University, and the Abilities Centre further demonstrated their commitment by reducing rental fees for our programs and tournaments. ParaSport Ontario generously assisted in covering some of the clinician costs for exhibition sessions.

While these agencies have been instrumental, we also want to extend our heartfelt appreciation to the incredible individuals who have made this all possible. Joe Millage (ParaSport Ontario), Chris Williamson (Durham Attack), Loretta Davis (Brock Niagara Penguins), Archie Allison (Variety Village), and National Men's sitting Team Members Darek Symonowicz, Nasif Chowdhry, and Jesse Buckingham have been our unwavering pillars of support. Together, we've reached **nearly 2,500 participants** this year, and our journey continues with renewed determination and boundless possibilities.



Canadian Women Secure Silver at Sitting World Championships

In an electrifying display of athleticism and sportsmanship, Canada achieved a remarkable milestone at the 2022 Sitting Volleyball World Championship held in Sarajevo, Bosnia and Herzegovina. On November 11, 2022, our women's sitting volleyball team clinched their first-ever World Championship medal, a well-deserved silver. The finals witnessed an intense battle against the formidable Brazilian team, with the victory narrowly slipping from our grasp in a breathtaking five-set match (25-23, 18-25, 21-25, 25-17, 15-6).

Throughout the match, Canada maintained the upper hand until Brazil initiated a stunning comeback in the fourth set, eventually securing the championship in a tie-breaker. Danielle Ellis, an experienced member of the Canadian team and its captain, reflected on this thrilling journey, stating, "We knew Brazil was going to be a tough opponent, and we came out fighting during the first three sets. We played our game and scored big. We couldn't do the same in the last two, but Brazil kept up the fight. We're proud to bring home a silver medal to Canada, but it also fuels our fire for gold at our next competition."



The 2022 Sitting Volleyball World Championship marked a historic moment for Canada as the women's team secured its first-ever World Championship medal, earning a coveted berth to the Paris 2024 Paralympic Games.

Although the Women's Sitting National Roster only has one Ontario athlete, Anne Fergusson from Carleton Place, we couldn't be prouder of the results of the women's team and hope their results inspires female athletes to pick up the ball and try sitting volleyball.

In a separate journey, the Canadian men's sitting volleyball team wrapped up their campaign at the 2022 Worlds with an exhilarating showdown for the 11-12 ranking. The match saw Poland taking an early lead by securing the first two sets. Still, the Canadian men's team displayed remarkable resilience and determination to stage a spectacular comeback, winning the match with a reverse sweep (2-3: 26-24, 26-24, 14-25, 17-25, 14-16) and securing 11th place overall. This achievement represents significant progress for Canada's men's sitting volleyball team, which last competed in a World Championship in 2010.

Final Standings: Women's World Championship

1. Brazil
2. **Canada**
3. USA
4. Slovenia
5. Italy
6. Germany
7. Ukraine
8. Rwanda
9. Iran
10. Finland

Final Standings: Men's World Championship

1. Iran
2. Bosnia & Herzegovina
3. Brazil
4. Egypt
5. Germany
6. United States
7. Kazakhstan
8. Ukraine
9. Iraq
10. Croatia
11. **Canada**
12. Poland
13. Rwanda
14. Netherlands
15. Serbia
16. Japan



Inclusion, Diversity & Equity Advisory Committee Report

In the past year, the Inclusion, Diversity & Equity Advisory Committee (IDEAC) initiated a mission to secure a consultant for a comprehensive evaluation of our organization's policies, procedures, and Diversity, Equity, and Inclusion (DEI) framework. After an unsuccessful RFP process due to budget constraints, IDEAC plans to restart the search following an assessment by the Office of Canada's Sport Integrity Commissioner.

Our commitment to the Universal Code of Conduct to Prevent and Address Maltreatment in Sport (UCCMS), overseen by the Office of Canada's Sport Integrity Commissioner (OSIC), prompted a thorough system review. We await the findings. The OVA will implement the recommendations which will not only guide IDEAC's future but will impact our organization's operations for the benefit of our members. This assessment will lay the groundwork for the subsequent DEI evaluation. Throughout, IDEAC has remained actively involved in providing essential policy advice as directed by the Board.

As part of the actions recommended by IDEAC in 2022, the Ontario Volleyball Association (OVA) has wholeheartedly supported and extended its reach to various volleyball communities in Ontario. These communities, while not officially OVA members, play a pivotal and dynamic role in the growth and development of volleyball within our province, especially in traditionally underserved areas. Our support takes various forms, including marketing initiatives, the provision of equipment at no cost, and invaluable assistance in tournament management. Prominent programs and organizations that have benefited from our collaboration include the Boys and Girls Club of London, the YMCA Hamilton/Burlington, the All Community Games, the Asian Games, the Toronto and Mississauga Nepalese Volleyball Associations, and the Indigenous Sport and Wellness Association of Ontario. These partnerships have allowed us to support essential programming for underserved youth, newcomers, and racial minority populations, while also empower-

ing lower-income youth. The connections formed during this time have proven mutually enriching and have become a valuable source of education for OVA. We eagerly anticipate the continued growth and enhancement of these partnerships across the province.

In conclusion, we extend our heartfelt appreciation to the dedicated members who have played an instrumental role in fostering these crucial connections. Your contributions, whether in the form of sharing news articles, stories, or causes to amplify, have been indispensable in our year-round efforts. Together, we are making significant strides towards a more inclusive, diverse, and equitable future for all."

Join the Ontario Volleyball Inclusion, Diversity & Equity Advisory Committee (IDEAC) and help shape a more welcoming and diverse volleyball community. Apply now via the application form on www.ontariovolleyball.org/dei

Community Engagement

Town Hall Participation

Four Town Halls delivered for Club Leaders Regarding Indoor Competitions to keep engagement up between the staff and community club members.

July 7, 2022

The 2023 Tryout Window Policy delivery in preparation for the fall 2022 season. There were 154 Club leaders on the Call and an additional 335 watched the recording after on YouTube.

July 25, 2022

The OVA staff delivered an Indoor Competitions, What's New, Calendar Review and Club Admin Q&A Session in preparation for the fall to 58 Club Presidents. An additional 525 members watched the recording after the presentation.

August 21, 2023

The Regional Council and OVA staff presented to 57 Club Leaders on the Regional Council Presentation on Survey Findings & Next Steps as well as upcoming important reminders for the 2023/24 season regarding administration, fees and Club Resources. Post Town Hall, an additional 125 Club Leaders viewed the recorded presentation.

August 28, 2023

Jennifer Harkness presented on the MRS training and Safe Sport initiatives through the Person in Authority (PIA) Eligibility checks in MRS. 43 Club Leaders attended in person and 325 people viewed the recording post Town Hall.

Strategic Planning Working Sessions & Town Hall

The OVA contracted Ron Wuotila from RW Sport Performance Consulting to engage the volleyball community in its Strategy Enhancement Project. With the intent to extend the current 5-year strategic plan from 2025 to 2027, the project focused on collecting feedback at sessions held in February 2023 from the community (referees, coaches, athletes and board members).

Attendance was smaller than expected but those that did attend were engaged and shared several strategic principles for OVA leadership to consider. The outcome of the Strategic Enhancement Project is a focused list of priorities and a thorough outline of how the OVA may go about both building up and improving in these key areas. More importantly, it is the committed engagement with key stakeholders and staff.

The message is, "we do this work together, because the quality of our strategic plan is enhanced by a diverse set of opinions".

Community Outreach

The OVA has been engaged in a series of noteworthy initiatives and collaborations that have undoubtedly left an indelible mark. Here's a succinct overview of these significant endeavors:

Celebrating the All Chinese Games

The OVA played a pivotal role in promoting the Council of Newcomers Organizations (CONCO) for orchestrating a triumphant return of the annual All Chinese Games, the largest Volleyball Tournament within the Chinese Community in Canada. This grand event unfolded on October 15-16 at the Markham Pan Am Centre.

Fostering Adult Participation

The OVA actively assisted with providing equipment and promoted the Good Games (formally the Guelph Games) for their grass and beach volleyball adult tournaments as part of the larger annual multi-sport event. The event organizers are working towards including Sitting Volleyball in the 2024 tournament! Similarly, we promoted the return of the All Community Games (formally the Asian Games) in Toronto that saw an 8-team adult tournament.

McMaster University Collaboration

OVA lent its expertise to collaborate with representatives from McMaster University in crafting a community outreach program for the U-Sports Volleyball Finals slated for 2023 and 2024. This partnership aligns seamlessly with the Downtown Hamilton YMCA's Newcomers Program.

Active Participation in ParaSport Events

Virtually attending the ongoing Ontario ParaSport Collective and ONPara Network's information-sharing events underscored OVA's commitment to staying informed and engaged in the para-sport community and sharing of our best practices without Provincial Sport Groups looking to add in inclusive programming.

Inclusivity in Sitting Volleyball

At the request of the Ontario Soccer Equity, Inclusion and Diversity Committee, we shared our journey of developing Sitting Volleyball through an inclusive lens. This undertaking garnered recognition from Ontario Soccer, solidifying OVA's standing as a beacon of best practices.

Nurturing Cultural Connections

The OVA continued its unwavering support for the annual Nepalese volleyball tournaments, extending promotional efforts and loaning equipment for these cultural events in Toronto and Mississauga for the second consecutive year.



Communiti Sport App Partnership

In a groundbreaking development, OVA officially launched its partnership with [Communiti Sport App](#), offering invaluable support to clubs and coaches by empowering them to enhance program promotion, websites, and registration, all at no cost.

Supporting Indigenous and Filipino Communities

This past year we fulfilled requests for equipment and SWAG, fortifying volleyball programs within the Indigenous community at the Six Nations of the Grand River Reserve and the Filipino community of newcomers. In addition, the OVA loaned equipment for the Masters Indigenous Games in Ottawa

Empowering New Sing Fai Sports Club

The OVA played a pivotal role in setting up a program for the New Sing Fai Sports Club, which emerged from the success of volleyball at the All Community Games 2023, facilitating weekly sessions at the Reesor Park Primary School.

Inclusivity in Physical Education

Collaborating with representatives from OPHEA, the OVA ensured the inclusion of sitting volleyball as part of their Disability-Centred Movement initiative, thereby championing inclusive physical education by providing sitting volleyball lesson plans to include in their curriculum.

Championing She Can Play Too

The OVA endorsed the She Can Play Too and Next Level Sport volleyball programs in London, championed by dedicated coaches Erin Carter and Noor Qureshi, empowering young girls in the realm of sports. Both Erin and Noor are former OVA youth athletes.

The Community Outreach endeavors encapsulate the steadfast commitment of the Ontario Volleyball Association to foster inclusivity, engagement, and a profound sense of community within the realm of volleyball, transcending boundaries and touching countless lives.

If you belong to or are aware of more community driven volleyball initiatives like these in Ontario, please contact Kerish Maharaj: (kmaharaj@ontariovolleyball.org) to share your story and find ways that we can support each other, reduce barriers to play and provide more opportunities for our sport to grow.

Grassroots Growth

In the aftermath of the global challenges due to COVID-19, grassroots programs have made an incredible comeback this past year. The OVA has seen a **46.83% increase in participants** and a staggering **384.78% rise in dedicated coaches**. This resurgence is fueled by a surge in indoor program involvement, while beach programs hold steady.

Grassroots coaching is on the rise, with the number of coaches increasing from **46 in 2022 to 223 in 2023**. One significant stride in the realm of coaching within grassroots programs is the evolving trend of employing seasoned athletes with a rich background in competitive sports. These changes bode well for the future of community development and sports engagement.

Message from the Athlete Council

As the Co-Chairs of the Athlete Council, we are pleased to present our annual report for the year 2023. This report outlines the key initiatives, achievements, and contributions of the Athlete Council throughout the year.

Council Formation

In 2022, the Athlete Council was established, comprising 23 dedicated members. The council is chaired by Victoria Altomare and Oklend Llakaj.

Governance & Meetings

The council was formed through an application process, ensuring a diverse and representative group of athletes. Throughout the year, the council convened for two critical meetings to discuss various matters related to the Ontario Volleyball Association (OVA).

Improved Communication

One of our primary objectives was to enhance communication between the OVA and its athletes. To achieve this, we established direct lines of communication for current OVA athletes with their respective regional athlete council representatives. Email addresses were created for each region to facilitate efficient communication. We are currently reviewing this system to streamline and improve its functionality.

Strategic Planning

Members of the Athlete Council actively contributed to the OVA's strategic planning process. They participated in sessions with a consultant, providing valuable insights to better align OVA's mission and values with the athletes' needs and aspirations.

Community Engagement

The council engaged in discussions addressing concerns within the athlete community. These discussions led to the creation of resources aimed at assisting OVA athletes in several crucial areas:

Performance: Strategies to enhance athletic performance.

Mindset: Developing a resilient and positive mindset.

Nutrition: Guidance on maintaining a healthy diet.

Injury Prevention and Recovery: Tips for avoiding injuries and promoting recovery.

Safe Sport: Promoting a safe and healthy sporting environment.

Policy Feedback

Our council members actively provided feedback on current OVA policies, with a particular focus on the Team Ontario selection process. Their insights have been invaluable in shaping these policies to better meet the athletes' needs.

Program Clarification

The Athlete Council identified certain programs that require more clarification for OVA athletes:

Participation in Canada Summer Games: Clarifying the criteria and expectations.
Provincial Teams: Defining the distinctions between various levels of provincial teams.

Supporting OVA Members

To empower current OVA members, the council identified key areas for support:

Recruitment for Post-Secondary Participation: Providing guidance on the process of recruitment for potential post-secondary participation.

Raising Awareness: Developing strategies to raise awareness about how athletes can access available resources.

Empowering Athletes: Exploring ways to empower athletes, providing them with a voice and appropriate outlets to express their concerns and suggestions.

Conclusion

The Athlete Council's dedication and commitment have been instrumental in driving positive change and improvements within the OVA. We look forward to continued collaboration and progress in the years to come.

Sincerely,

Victoria Altomare and Oklend Llakaj
Co-Chairs, OVA Athlete Council



I am pleased to provide an update on the activities and initiatives carried out by the Regional Council over the past year. Our primary goal has been to enhance the support provided to club leaders throughout Ontario and be the voice of the regional members to OVA staff and Board of Directors. We've also been actively involved in several other critical matters, and I'd like to outline them as follows:

Regional Council Survey

We initiated a Regional Council Survey to gather feedback from Club leaders on how the OVA can better support its clubs before, during, and after the season. The survey allowed us to gain valuable insights into their needs and concerns. Since receiving this feedback, the staff have taken several actionable steps to improve our support, including:

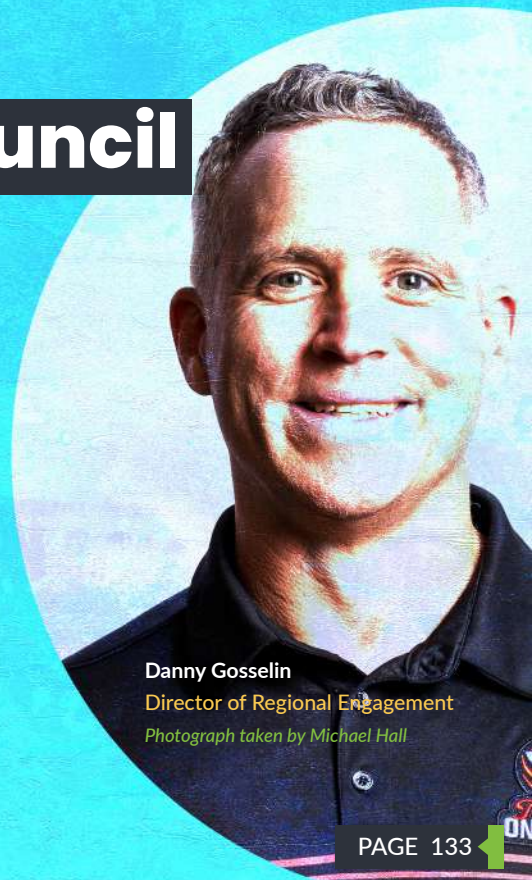
Enhanced Communication: We have streamlined communication processes and introduced regular updates to keep club leaders informed about important updates, policies, and changes via direct email blasts. We have brought back the monthly Town Hall Sessions to inform Club Leaders of changes and offer educational opportunities on insurance, safe sport and more.

Message from the OVA

Regional Council

Resource Hub: We are in the process of creating a centralized resource hub on the OVA website under "Club Resources" to provide club leaders with easy access to useful materials and information. New materials were created and added including a Season Plan Checklist for Club Leaders that outline registration dates, Ontario Championships reminders, administration deadlines for Respect in Sport, Club forms and more.

Feedback Channels: We have established more accessible channels for club leaders to voice their concerns, ask questions, and seek assistance. This includes encouraging them to reach out to regional presidents with any issues or concerns they may have or to ask questions at any of the monthly Town Hall Meetings.



Danny Gosselin
Director of Regional Engagement

Photograph taken by Michael Hall

2023 Tryout Window: We worked with the staff on the 2023 tryout window policy and providing feedback on the fall process. This collaboration aims to ensure a smooth and efficient tryout process, making it easier for both clubs and players to participate.

2023 Travel Rebate Policy for Fiscal 2024

Our team was engaged in discussions with staff to finalize the 2023 travel rebate policy for the 2024 season. We were committed to ensuring that the policy is fair and supports clubs, especially considering the challenges posed by costly travel in recent times.

Review of What's New and Competition Changes

In preparation for the release to the membership, we collaborated with staff to review "What's New" and competition changes. We aim to ensure that the information is communicated clearly to all members, minimizing any potential confusion.

Call to Action

We actively sought applications for the IVDC (Indoor Volleyball Development Committee) and Coach Subcommittees of the Regional Council. Members interested in contributing to these important areas were encouraged to step forward and apply and the selections will take place in September 2023.

Communications to Club Leaders

We have also initiated a communication campaign targeted at all club leaders. The purpose is to inform them about the improved commu-

nication processes and to encourage them to reach out if they have any questions, issues, or concerns. This is done through OVA front page news articles, reiterated on Town Hall Sessions and included in OVA e-newsletters.

We believe these efforts will strengthen our support to clubs leaders and enhance the overall experience of our members by providing the voice of the Regions to OVA staff. The Regional Council team remains dedicated to these initiatives and will continue to work closely with staff, club leaders, and the membership to ensure a successful 2023/24 season.

Thank you for your support, and please do not hesitate to contact me should you have any questions or require additional information.

Sincerely,

Danny Gosselin
Director of Regional Engagement





OVA Hall of Fame Class of 2023

Linda Melnick	Furlani Legend
Russ Woloshyn	Builder
Barry Brownlee	Builder
Sandy Beedham	Builder
Renzo Milan	Referee
David Preston	Coach
Kai Heinar	Athlete

Hall of Fame & OVAtion Awards

The 2023 Awards Banquet returned to an in-person gathering at Bingemans Centre. The event celebrated the induction of the year's Service Award winners, ushered in the 2023 Hall of Fame class and formally honoured the 2021 & 2022 Hall of Fame inductees in attendance.



OVation Service Awards

Doug Robbie Volunteer of the Year

Shaun Illingworth

Diane Wood Special Achievement Award

Mark Sutton, Hoi Leung, Rick Beedham

Achievement Award

Derek Kokkinen, Gerry De Girolamo

Recognition Award

Andrew Advincula, Brian Maxfield, Dave Perron, Dave Williams, David Reed, Ed Bosveld, Hailey Wort, Holly Van Der Marel, Jamie Huot, Justin Kusloff, Kathie Sharkey, Katie Irons, Kelvin Yee, Khan Vu, Rob Stimers, Adam Pelton, Melonie Allin, Tony Kiriakou, Dwayne Cochrane, Jason Stanat, Kennedy Ramsden, Ryan McDoom, Brittany Saunders, Brad Girardo, Ryan Olmstead, Adam Svendsen, Hoi Leung, Stephanie Wares, Melissa Cook, Kate Pelton, Mark Sampson

Mike Bugarski Coach of the Year

Matthew Schnarr

Sandy Silver Coach of the Year

Ashley Nixon

Male Junior Development Coach of the Year

Rod Humana

Female Junior Development Coach of the Year

Hailey Wort

Official's Award of Merit

Ed Yu

Scarborough Solars Award

Delaney Watson, Mateusz Wlodarski



Canuckstuff & OVA: Serving up a Strong Partnership

In the realm of Ontario's vibrant volleyball landscape, a remarkable trio has long stood as the embodiment of unity and purpose—Overkill, CanuckStuff, and the Ontario Volleyball Association (OVA). Their enduring partnership is a testament to the power of shared vision and dedication to the sport.

The seeds of collaboration between Overkill and the OVA were sown back in 1994. Founder Fred Koops fondly reminisces about those formative years, recalling the sense of honor that came with being recognized provincially for their contributions to the world of sports. "We had no idea then that this partnership would endure for decades," Koops reflects with pride. What began as a humble endeavor,

designing logos for his university's volleyball team, swiftly evolved into Overkill's pivotal role as the standard-bearer for a 'sense of community' within the volleyball fraternity, not just in Ontario but across the global volleyball landscape.

A significant milestone was reached in 2010 when Overkill and CanuckStuff came together. The indomitable spirit of beach volleyball underpinned by OKVB found common cause with CanuckStuff, effectively expanding the brand's reach. CanuckStuff assumed the role of a premier merchandiser, catering to the needs of both budding youth athletes and seasoned professionals alike.

The narrative comes full circle with the entry of Mark Heese through the doors of CanuckStuff in 2009. Mark's journey with Ontario Volleyball began in his high school years, playing for the Scarborough Solars—a club that counted Ching Yang (Canuck Founder/Owner), Freddy, and Jo-Anne Ljubicic (OVA Executive Director) among its luminaries. It's a testament to the organic and enduring connections born out of a profound love for the sport. "OVA became my gateway into volleyball which quickly developed into a passion. After a stint in university-level volleyball, Heese found his way back to the OVA, this time as a participant in the adult league with the Solars before he moved over to the sand and his focus on beach volleyball.

Over the years, Mark Heese has worn many hats in his association with the OVA—parent, club coach, and through his role at CanuckStuff. The culmination of this journey materialized in the unforgettable Provincial Championships held at the Enercare Centre last year. "It was a landmark event for us, where all the moving parts came together seamlessly. It mirrored our relationship—mutually supportive of each other and sharing a

passion for the sport.

The commitment to serve and contribute positively to the volleyball community remains the driving force for CanuckStuff. "Our partnership with Ontario Volleyball has thrived through the years, and we firmly believe that our collective teamwork will continue to shape a promising future for the sport.

In the world of Ontario volleyball, this trinity—Overkill, CanuckStuff, and OVA—symbolizes not just a collaboration but a shared journey, marked by unwavering dedication to the sport and a boundless commitment to community.





Empowering Youth Athletes and Families: The Mydoh and Ontario Volleyball Partnership

In a significant development aimed at nurturing financial literacy and the well-being of young athletes, the Ontario Volleyball Association (OVA) has joined hands with Mydoh, a comprehensive money management app tailor-made for parents, kids, and teenagers. This innovative partnership is poised to revolutionize how youth athletes and their families manage finances, while simultaneously bolstering their financial acumen.

According to Kerish Maharaj, Manager of Marketing and Communications at the OVA, "Sport and the volleyball environment in particular, is the classroom for the lessons of life. Our partnership with Mydoh is a step for our young athletes to benefit from building strong, positive financial habits that carry on beyond their OVA involvement."

Mydoh, an app designed to inculcate smart money habits from an early age, brings to the table a plethora of features. At its core, it empowers parents to effortlessly transfer funds to their children, establish allowances, and assign tasks, all the while keeping a watchful eye on their spending patterns. However, Mydoh is not just about financial transactions; it is about instilling valuable financial skills that will serve kids and teenagers well into adulthood.

One of Mydoh's standout features is the issuance of a Smart Cash Card to young users. This card opens up a world of possibilities, allowing kids to make purchases both online and in physical stores, all while remaining under the vigilant eye of their parents. The Smart Cash Card not only grants children a sense of financial independence but also promotes responsible spending.

Additionally, Mydoh introduces a Savings Goals feature, providing young users with a tangible way to save for their aspirations. Whether it's their first bicycle, a new pair of sneakers, or even their college fund, this feature empowers kids to set achievable financial goals. It's a valuable lesson in delayed gratification and financial responsibility that can shape their fiscal discipline.

But Mydoh goes even further by offering educational resources that encourage the entire family to embark on a financial literacy journey together. This inclusive approach ensures that parents, children, and teenagers all benefit from valuable insights into managing money wisely. In a world where financial literacy is becoming increasingly critical, these resources are a game-changer, instilling crucial skills for life.

Now, in partnership with the Ontario Volleyball Association, Mydoh's mission to empower young athletes and their families takes a leap forward. The collaboration promises to make financial education an integral part of the youth athlete's development journey. The OVA recognizes the significance of holistic development, and this partnership represents a stride towards nurturing not just athletic talent but also financial responsibility.

Beyond their sponsorship, Mydoh has made contributions to our Athlete Assistance Fund, further solidifying their commitment to our mission. Additionally, they have assumed the title partnership for our sitting volleyball community programs, aimed at individuals with disabilities. This aligns seamlessly with the core values of the OVA, which prioritize breaking down barriers for underserved populations, ensuring that the sport is truly inclusive.



Committees

Through the collaboration with the Board and Operational Committees of the OVA, the staff work with dedicated volunteers to ensure they are gathering feedback from the community to utilize when making changes.

Thank you to the following committee members for all of your hard work over the 2022-23 season!

Standing Committees of the Board

Finance & Audit Committee

Christine Cook, CPA, CA	Chair
John Nguyen, CPA, CA	Member at Large
David Woods, CPA, CA	Member at Large
Jennifer Harkness, MBA	OVA Staff

Regional Council

Danny Gosselin	Regional Council Chair
Tony Curciarello	Region 1 rep.
Bryan Welsh	Region 2 rep.
Tauri Caputo	Region 3 rep.
Dwayne Cochrane	Region 4 rep.
Katie Hutchinson	Region 5 rep.
Shaun Illingworth	Region 6 rep.
Alishia Lidums	OVA Staff
Jessie Nairn	OVA Staff
Jo-Anne Ljubicic	OVA Staff

Athlete Council

Victoria Altomare	Chair	Kaiya Nesti
Oklend Llakaj	OVA Staff	Aidan Schwarz
Jessie Nairn	OVA Staff	Christopher Tautrimis
Jessica Andrews		Delaney Watson
Caleb Bosveld		Zhifan Ye
Chelsea Chew		Izaak Zabjek
Nasif Chowdhury		
Sarah Clarke		
Caroline Dubrovski		
Catherine Emer		
Esther Han		
Amanda Harnett		
Cooper Jones		
David Kiswa		
Cameron Knifton		
Owen Law		
Asia Lucas		
Julia Marks		
Matthew McCarvell		
Isabella Melchiorre		

Governance Committee

Daphnie Choi	Chair
Danny Gosselin	Director of Regional Engagement
Anthony Fong	Member
Paul Bonfigli	Member

Nominations Committee

Corinne Williams	Chair
Cathy O'Doherty	Member
Eric McLoughlin	Member

Board Committees

Human Resources Committee

Katie Hutchinson	Chair
Christine Cook	Member
Kelsey Orth	Member

Ethics Committee

Daphnie Choi	Chair
Kelsy Orth	Member
Katie Hutchinson	Member

Operational Committees

Awards & History Committee

TBD	Chair (appointed by the Board)
Danny Gosselin	Board Member (appointed by the Board)
Tauri Caputo	Regional Rep (appointed by the Board)
Samara Sevor	Referee Rep (appointed by Referee Chair)
Brenda Willis	Honorary Life Member
Kristine Drakich	Member at Large
John Nelson	Member at Large
Joely Christian-Macfarlane	Member at Large
Jo-Anne Ljubicic	OVA Executive Director
Mylene Andrade	OVA Staff
George Huffman	OVA Staff

Inclusion, Diversity & Equity Advisory Committee

Kerish Maharaj	Co-Chair
Michael Amoroso	Co-Chair / OVA Board of Directors
Andrew Robb	Member / OVA Regional Referee Chair
Bryan Fautley	Member / Sobey's Olympic Support Program
Ally Fast	Member / Niagara Penguins-Brock University
Jessy Satti	Member / Pakmen Volleyball Club
Shanice Marcelle	Member / Team Canada Professional Athlete
Jen Neilson	Member / York University
Samara Sevor	Parent rep.
Hilary McGregor	Member
Alishia Lidums	OVA Staff

Referee Committee

Andrew Robb	Ontario Regional Referee Chair (ORRC)
Andy Cameron	Operations Chair
Jason Dodd	Programs Chair
Bob Rocque	Quality Assurance Chair
Kelvin Yee	Beach Referees Chair
Al Tkachuk	Region 1 (West) rep.
Tony Curciarello	Region 1 (East) rep.
Brian Rancourt	Region 2 rep.
Samara Sevor	Region 3 rep.
Lynn Watkins	Region 4 rep.
Jennifer Adams	Region 5 rep.
Irena Zamboni	Region 6 rep.
Alishia Lidums	OVA Staff
Kelvin Cheng	OVA Staff

High Performance Committee

Shayne White	Member
Ian Eibbitt	Member
Corinne Williams	Member
Brian O'Reilly	Member
LP Mainville	OVA Staff
Angie Shen	OVA Staff

Partners & Sponsors



Thank you to all of the organizations who help the OVA promote the sport of volleyball!

Financials

Statement of Financial Position
August 31, 2023

	2023	2022 (Restated)
ASSETS		
CURRENT		
Cash	1,607,664	1,218,075
Accounts Receivable	478,907	274,315
Interest Receivable	6,179	6,179
Harmonized Sales Tax Recoverable	61,657	115,292
Prepaid Expenses	296,943	224,032
	<hr/>	<hr/>
	2,451,350	1,837,893
CAPITAL ASSETS		
	326,450	133,930
LONG TERM INVESTMENTS		
	498,203	495,479
DEPOSITS		
	22,024	366,785
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	3,298,027	2,834,087
LIABILITIES AND NET ASSETS		
CURRENT		
Accounts Payable and Accrued Liabilities	791,244	647,933
Deferred Revenue	286,604	252,789
Payable to Members	197,464	131,774
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	1,275,312	1,032,496
DEFERRED REVENUE		
	6,202	8,202
	<hr/>	<hr/>
	1,281,514	1,040,698
NET ASSETS		
Contingency Reserve Fund	1,696,684	1,505,530
Regional Reserve Fund	319,829	287,859
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	2,016,513	1,793,389
	<hr/>	<hr/>
	3,298,027	2,834,087

Financials

Statement of Revenues & Expenditures
Year Ended August 31, 2023

	2023	2022 (Restated)
REVENUE		
Programs - Tournaments, fees & other	6,478,900	4,142,506
Memberships	708,112	554,487
Grants - Government of Ontario	470,290	1,126,582
Sponsorships	168,721	110,433
Grants - Other	141,967	225,185
Investment Income (Loss)	111,578	(51,105)
Other Income	29,803	57,518
Grants - Trillium Fund	22,619	-
Fundraising	4,258	2,866
Publication Sales	1,268	3,313
Canada Emergency Wage Subsidy	-	15,079
Canada Emergency Rent Subsidy	-	1,408
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	8,137,789	6,188,292
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EXPENDITURES		
Programs	7,037,481	5,050,247
Administrative Salaries & Benefits	404,292	328,778
Other Administrative Costs	248,236	773,036
Communications	70,011	43,617
Special Events	68,946	23,213
Amortization of Capital Assets	66,433	41,551
Meetings	43,547	16,696
Publication Costs	7,686	6,578
	<hr/>	
	7,946,632	6,283,716
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EXCESS (DEFICIENCY) OF REVENUE OVER EXPENDITURES FROM OPERATIONS	191,154	(95,424)
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REGIONAL RESERVE FUND		
Memberships	43,491	45,870
Regional Expenses	(11,521)	(10,266)
	<hr/>	
	31,970	35,604
	<hr/>	
EXCESS (DEFICIENCY) OF REVENUE OVER EXPENDITURES	223,124	(59,820)
	<hr/>	



ONTARIO
Volleyball

ONTARIO VOLLEYBALL ASSOCIATION

60 SCARSDALE RD #111
NORTH YORK, ON M3B 2R7, CANADA
INFO@ONTARIOVOLLEYBALL.ORG
WWW.ONTARIOVOLLEYBALL.ORG

FOLLOW THE OVA ON THESE CHANNELS

