



Volleyball Winnipeg  
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## **REALIZE YOUR POTENTIAL!**

### **INTRODUCTION**

Based in Winnipeg, Manitoba, VISION Elite Volleyball Club is a partnership of volunteers, coaches, athletes, and their parents. VISION coaches are committed to the pursuit of excellence while providing young athletes the opportunity to perform at their very best. The program strives to develop enhanced confidence, increased skill levels, genuine competitiveness and a positive self-image for all participating athletes. VISION Elite will also stress the need for a positive attitude during play, the importance of mental preparation before competition, the benefits of team work and the value of sport.

VISION Elite Volleyball Club is the high-performance program of Volleyball Winnipeg and was formed to provide young athletes the opportunity to play in a highly competitive environment. Originally launched in 2002 as the Titans Volleyball Club, Volleyball Winnipeg Clubs have earned 41 Provincial Championship medals: 11 Gold; 18 Silver; 12 Bronze. This is the most of any other girls' program in the province.

Finally, the VISION Volleyball Head Coach has earned a reputation for producing technically sound athletes ready to compete at the National level. In fact, past athletes can be found at Colleges and Universities across North America. ***The strength of the VISION Elite program is its ability to consistently produce fundamentally proficient athletes, well-trained in all aspects of the game.***

### **STANDARDIZED TRAINING**

All VISION teams will be trained under the direct supervision of Luc Tremblay, VISION Head Coach. Athletes will learn the fundamentals of the game through sound coaching, utilizing various skill-specific drills developed by the head coach over the years. Athletes will also be exposed to physical conditioning requirements and mental training principles. All Vision coaches have worked hard to ensure athletes get the most out of their playing experience.

VISION Elite Volleyball Club has developed a training program that is unique in Manitoba. Introduced and developed by the head coach, the development of all VISION Elite athletes is monitored to achieve age-specific results. Therefore, all VISION teams follow the same training principles and systems of play. These are progressive techniques that increase in complexity as athletes return from year to year.

***Positional Training...*** Starting at the U14 age class, all VISION Elite teams will participate in positional training once a week. This will provide every athlete with the unique opportunity to experience effective positional training that will take their game to the next level.

***VISION Program extras...*** VISION Elite offers a two-day Christmas Camp and a two-day Spring Break Camp. These camps are available Free to all VISION Elite athletes.

***Make-up sessions...*** VISION Elite athletes are permitted to join the training session of other VISION Elite teams when they have a conflict with one of their own practices. This is permitted until spring break, after which they must report to their team practices exclusively.

## **VISION ELITE VOLLEYBALL GOALS**

The mission of VISION Elite Volleyball is to be a leader in teaching, coaching and training young volleyball athletes in all aspects of the sport including strong fundamentals, a strong understanding of team tactics, exposure to physical conditioning, and an introduction to mental preparation. This competitive athletic experience is designed to enhance the athlete's social development, contribute to their mental and physical health, and teach the values of teamwork, responsibility, self-discipline, & self-motivation.

VISION Elite coaches will focus on improving and developing the technical skills of athletes through fast-paced training sessions and individualized teaching. Coaches are expected to provide correction and error detection with positive feedback while having fun and working hard as a team. Winning is not the only focus, especially with younger athletes. The program also delivers basic principles of nutrition, mental preparation, and strength & conditioning.

**Expectations of the Athlete...** Athletes are expected to attend all practices and competitions while giving their best effort. Excused absences are accepted for family, school and religious matters. These excused absences should be the exception, not the rule. They should be communicated to the coach by the athlete at least 24-hours prior to a training session and a week prior to a tournament.

**Athlete Communication...** Communication is important between players, coaches and parents. VISION Elite emphasizes coach/player communication. Players are encouraged to ask questions and resolve problems with their coach. Parents should not address coaches unless the situation cannot be settled between the player and coach. This helps develop real-life skills for application in the real world.

Athletic achievement is important to VISION Elite; However, the program also strives to develop the athlete as a person. When approached positively, sport teaches important life skills.

### **Our athletes learn...**

- The lessons of winning and losing: Winning with grace and without false pride that may cause future failure; and losing with honor and respect for the opponent.
- How to deal with pressure. The need to prepare mentally before competition.
- Respect for teamwork. The best player on any team cannot succeed by themselves.
- The importance of goal setting and how preparation with hard work leads to success.

**VISION Elite Families...** While hard work, determination and a commitment to be the best are core ingredients in any successful sport program, it is often participating families who allow a program to rise to the top or struggle with friction and bitterness. VISION Elite has adopted the use of a Parent/Athlete Code of Conduct to supplement the Coach's Code of Conduct. All are held to the same standard. Furthermore, no team can enjoy a successful season without the help of volunteers from Team Managers to Fundraising Coordinators and Team Chaperons. Over the years we have been blessed to enjoy the support of strong athletes with supportive families, all of which has contributed greatly to the success of the program.

***The VISION Elite coaching was the best I have ever had! All the coaches were very willing to give you great advice! Playing with VISION has been the best time for me to improve.*** - A.E.

***I learned a lot this season thanks to the help of my coaches. I couldn't have asked for a better team because I truly made best friends on this team!*** - K.B.

**READ OUR [VISION REVIEWS](http://volleyballwinnipeg.ca) ONLINE AT [volleyballwinnipeg.ca](http://volleyballwinnipeg.ca)!!!**