



Frequently Asked Questions

Q: Why is it important to include Strength & Conditioning into my season plan?

A: A well-structured program can improve on-court performance (think speed, agility, jump height, stamina) and reduce the risk of injury throughout the season. A good program helps you build the physical foundation to keep you playing at your best.

Q: Which program is best for me?

A: Both programs will be great choices as they are both built for volleyball athletes. The DB & Bands program is best suited for beginners, younger athletes, or athletes who may not have gym access for various reasons.

Q: What equipment do I need?

A: In the DB & Bands program you will need to purchase a few inexpensive bands and some dumbbells. The rest of the equipment you will most likely have around the house (Chairs, stairs, backpack, textbooks, water bottles, towels, etc). In the Gym access program, most facilities will have everything you need to participate fully (Barbells, dumbbells, cable machines, squat rack, bench, etc). Once you sign up for the program, you will have access to resources to guide you, provide equipment suggestions, and where to purchase them if needed.

Q: How long is the program?

A: The program will run from October 1st – May 31st. The program will update monthly for a total of 8 months.

Q: How do I sign up?

A: On October 1st, you'll be able to click the links next to the two program options that will take you to a landing page for more information. From there, you will be able to buy now and checkout. A credit card is required.

Q: Can I sign up as an individual or do I need to sign up with my team?

A: You do not need to sign up with your team. The program is available to everyone and serves the purpose of having accessible strength & conditioning training for all OVA members.



Q: Can I sign up at any point during the season?

A: Yes. The program is a month-to-month subscription. Once you sign up, you will join everyone else in the current phase. Keep in mind the program is based around the indoor competition calendar. This means that the phases will have a different purpose at the start of the season vs the end. For optimal results, it is best to complete the entire season's programming from October – May.

Q: How do I access my program?

A: Once you click “Buy now”, you will be prompted to create an account. Once you create it, you will be prompted to input your credit card information to purchase the program subscription.

Q: will I get my program right away?

A: Yes. As soon as you purchase the program and download the Teambuildr mobile app, you will have access to your workouts.

Q: What If I have a question about the program?

A: Teambuildr has in-app messaging. You can message S&C coach Matt for assistance.

Q: What If I don't know how to do an exercise?

A: Each exercise comes with a text description and a video of how to perform the exercise. If you are still unsure, you can send S&C coach Matt a message in the app.

Q: I am missing a piece of equipment, what do I do?

A: If you are choosing to participate in the DB & Bands program, it is important that you purchase the required equipment. This will be found in the “documents” section in the Teambuildr app once you sign up for the program. If you are participating in the gym access program and the facility you are in doesn't have the equipment, try to replicate the exercise with another piece of equipment (i.e A cable chop can turn into a dumbbell or medicine ball chop). There will be resources in the “documents” section in Teambuildr to help you with those quick changes. If you are still unsure, you can ask S&C coach Matt a question in chat.



Q: How do I log my exercises?

A: As you open up the workout calendar in the app and click on the first exercise, you will see a video, a text description, and empty fields that you will fill in with your mobile keyboard for each set. Some exercises will require different inputs (reps, weight, seconds, etc). Those will be indicated in the app.

Q: How do I view my progress?

A: Within the app, you will have a “Maxes/PR’s” section in which you can type in the exercise you want to search up to see your results for. If you ever have a question about what weight to choose or what weight you performed in your last workout, you’ll be able to find that during your workout. There will be a button located in the bottom right corner of the page that will show you your history on something like a Barbell Back Squat so that you can stay on track!

Q: When should I do my workouts?

A: The workouts are programmed into a calendar on specific days but that doesn’t mean you need to do them on those days. You can complete days that have passed already. It is better to complete your training early in the week, as you will be competing many weekends throughout the year.

Example 1: If the workouts are set to Monday and Wednesday in the calendar, but you prefer to do them on Tuesday and Thursday due to your practice schedule...that is OK!

Example 2: If you have a tournament on Saturday and you choose to do both of your workouts on Thursday and Friday, you may be tired and sore when it comes to competition. What could be a better option is that you complete Thursday’s workout and take a rest day on Friday.

The time of day that you complete your workout is really up to you and your own personal schedule. Figuring out what is best for you in balancing all of your other activities with school will be an important task.

Q: How long are the workouts?

A: The workouts will be structured to be anywhere from 45 – 75 minutes in length depending on the time of season, how long the rest periods are, and possibly how busy your facility is.



Q: What do I do if I miss a workout?

A: Continue with the next workout in the calendar.

Q: Can I still workout if I am injured?

A: Yes! There are many exercises you can modify or omit from the workout so that you can still progress in other areas. If you are unsure of how to modify an exercise, you can send coach Matt a message. It is best to also consult a registered health professional in person for an assessment before continuing.

Q: I already have a Teambuildr account, what do I do?

A: Teambuildr account's can only be associated with one organization. There are 3 options.

Option 1: You will have to contact the organization you were with to “free” up and delete your account from that organization or contact Teambuildr support.

Option 2: You can simply use a different email to sign up.

Option 3: You can use the +1 method to use the same email to sign up. This will use the same email but create another “version” of your account. This is to be treated as a new account, and you must login with the +1 in your email. You will still have access to your other account using your normal email.

Example: if mgolas@ontariovolleyball.org is already being used with another organization and I am trying to sign up, I can type in mgolas+1@ontariovolleyball.org to create a new account in Teambuildr. All information from both organizations will be sent to the same email. I will ultimately have two accounts using this method.

If you were a Team Ontario athlete in 2024 and you are having trouble with your account, please contact mgolas@ontariovolleyball.org

Q: Can I cancel my subscription?

A: Yes. Send an email to mgolas@ontariovolleyball.org to start the cancellation process.