CLUB HISTORY
The Toronto Volleyball Club first began in 1991 as part of the University of Toronto Women’s Volleyball Program. The club was in existence from 1991-1994 with Junior (20U) and Juvenile teams (18U), and then returned in 2001 with a 20 & under team and in 2004 offered a team for 18 & under and 20 & under. In 2006 there will be a 16U team along with an 18U and 21U team.

The Toronto Volleyball Club is a strong supporter of Ontario (OVA, OUA, OCAA, OFSAA) and Canadian volleyball (VC, National Teams). All of the athletes are members of the Ontario Volleyball Association and Volleyball Canada.

Our club is also a program supported by the University of Toronto. While this relationship with the university affords us some privileges and opportunities it also limits us in some regards. Training in a facility located within the University of Toronto allows us the access to facilities and equipment. On the other hand, running the program within the University’s Athletic Centre means sharing the facility with other programs offered such as intercollegiate sport, recreational, instructional and intramural sport. For this reason we also rent the gym at local high schools.

KRISTINE DRAKICH, Founder Toronto Volleyball

Title: Toronto Volleyball Supervisor and Coach
Telephone: 416-978-4677
E-mail: kristine.drakich@utoronto.ca

Kristine began the Toronto Volleyball program in 1991 and in 2004 it became part of the University of Toronto's Junior Development program in volleyball.

Kristine is entering her 18th year as full-time head coach of the women’s volleyball program at U of T, Kristine Drakich has developed the team to its highest level of competition both on and off the court. The Varsity Blues have won four OUA Championships in a row (2001, 2002, 2003, 2004) and since 1989 they have won 6 OUA titles and have had one ‘Final Four’ appearance at the National Championships.

Kristine was awarded the OUA Coach of the Year award in 1990, '92, '94, '97, '01, and '04 as well as being named the Canadian High Performance 3M Coach of the Year in 1998. Kristine has been Provincial Team coach for both indoor and beach volleyball and was a Canada Games head coach in 1993 and 2001. She was the 2000 recipient of the Canadian Association for the Advancement of Women in Sport (CAAWS) “Breakthrough Award - Individual Category”, for her leadership in the area of women and sport. In 2001, Kristine was an assistant coach with the Junior National Team and in 2005 she was recognized by the OVA with a “Special Achievement” Award for 15 years of volunteer service.

In the summer Kristine focuses her time on coaching and training a number of beach volleyball players and teams of all ages and from youth to international levels.

A member of Canada’s national indoor volleyball team from 1986 to 1989, Kristine is a U of T graduate and former captain of the volleyball Blues, and a two-time All-Canadian. She has competed successfully in beach volleyball, competing on the World Tour from 1995-2000. She is a 3-time Canadian Beach Volleyball Champion, representing Canada at the 1997 and 1999 World Beach Volleyball Championships and competing in over 36 FIVB tournaments.

Kristine is a fully certified NCCP Level 4 coach with a diploma in High Performance Coaching from the National Coaching Institute who is also an active volunteer in the sport. She is a former member of the World Council (FIVB) of Beach Volleyball and former Director of Volleyball Canada (VC) and currently serves as a Director for the Ontario Volleyball Association (OVA) and is currently Vice-President (Beach) of the OVA.
Welcome to the Toronto Volleyball! As a participant and/or parent entering the 2006-2007 season of competitive Volleyball with our volleyball club, I am sure you have many questions. This is an attempt to provide you with some of the answers to your questions.

**Philosophy**
Toronto Volleyball is an athlete-centered program. We are concerned first and foremost with our athletes being well-rounded individuals and contributing team members. While our coaches strive to help each athlete develop and improve volleyball skills, leadership skills, physical fitness and a healthy competitive spirit, we also hope that the athlete’s involvement and training in the sport will teach them life skills that will be with them forever. Our aim is to encourage young women to develop a genuine love for the game of volleyball and a better understanding of how to be an effective member of any community. It is also hoped that through hard work, determination and perseverance in their training they will be rewarded with many successes both on and off the court; a strong work ethic, increased self-esteem and a greater sense of confidence.

**Partnership**
The Toronto Volleyball club is run as part of the University of Toronto’s Junior Development Volleyball program. U of T offers two types of volleyball programs – a general volleyball program for children and youth and a beach volleyball camp run in partnership with Beach Blast and a competitive program.

**I  TORONTO VOLLEYBALL COMPETITIVE PROGRAM**
Competitive Volleyball Program through the TORONTO VOLLEYBALL CLUB
- 16 & Under (female athletes born 1991 or later)
  - Expectation of individual stability activities done daily on their own.
- 18 & Under (female athletes born 1989 or later)
  - Expectation of individual stability activities done daily on their own.

This 10-month program (October - May) requires a greater level of commitment from athletes and their families than U of T’s March Break camps and the Play and Learn Series. Athletes in the competitive program train a minimum of 2 days a week, 4-6 hours every week plus competitions which could be held anywhere in southern Ontario. The responsibility of travel and costs associated with travel to these competitions is the athletes and/or their families.

**II  GENERAL VOLLEYBALL PROGRAMS FOR CHILDREN AND YOUTH**
Volleyball programs offered as part of the University of Toronto’s Junior Blues program:

- **U of T March Break Beach Volleyball Camp** Hosted at BEACH BLAST
  - March 12 - 16, 2007 (cost: TBA)
  - **Beach Volleyball Camp** for boys & girls: 8-11 & 12-14 years of age
  - **Beach Volleyball Academy** for boys & girls 15-17 years of age
    - Application process required for Beach Volleyball Academy.

- **U of T Play & Learn Series (boys and girls in grades 5,6,7,&8)**
  - Sundays 10-12noon (in March 25 – May 6, 2007) cost: $75
COMMUNICATION: Between the Club, Athletes and Families

*Distribution of general information:*
  a) Coaches will distribute as much information as possible in writing, either by e-mail and/or by distributing it to athletes at training or competitive sessions. For this reason, it is important that the coaches have an e-mail address that is reliable.

  b) Parent or guardians of athletes - if you are interested in being copied on all club e-mails please indicate this to Joely, Bo and Kristine.

  c) A website is under construction.

*Problem Solving*

The ‘Chain of Authority’ for resolution of problems within the program is as follows:

a) Problem is first brought to the athlete’s primary coach by the parent/athlete.

b) If unresolved, the problem is then discussed at a meeting with the parent (if athlete is over 18) and athlete, if athlete is over 18 and if deemed appropriate, as well as the athlete’s head coach and one other member of the coaching staff.

c) If still unresolved the problem would then be discussed at a meeting of the parent, athlete and the two coaches.

Please understand that any problems MUST be discussed with the athlete’s coach first. These discussions should be at the coach’s convenience. Please contact the coach to arrange a suitable meeting time. Do not approach the coach at the beginning of practice to discuss problems. As well it is unacceptable to disrupt a practice or expect a coach to remain after the conclusion of a practice unless this has been previously agreed upon.

*GENERAL RULES AND POLICIES*

1. All workouts are open. Parents are welcome to remain in the gym during practices, as long as there is space, however providing opportunities for your daughter to train independently is also supported.

2. Athletes are expected to attend ALL training sessions as scheduled. If the athlete will be absent for any reason, please contact coaches prior to practice.

3. All forms and payments for training fees must be received in a timely manner or athletes will not be allowed to train until fees are up-to-date.

4. Each coach has the authority to request that an athlete sit out for the duration of a session or to notify the parent and send the athlete home for the balance of the day’s training, if the athlete is injured, sick or not fulfilling their expectations.
EXPECTATIONS OF ATHLETES, PARENTS AND COACHES

I. EXPECTATIONS OF ATHLETES

Athletes, many with the assistance of their guardian/parent(s), who are selected for the teams will be expected to make a positive contribution to the team(s) they are selected for; the Toronto Volleyball Club; the Ontario Volleyball Association and Volleyball Canada.

1. To make choices that show that you are a responsible athlete and team member:
   - Take responsibility for your own development as a player.
   - Take responsibility for fulfilling commitments made – if you are participating in multiple activities, map out your year and clearly identify and communicate your conflicts to the coach as soon as possible.
2. To have a serious attitude with respect to training and a strong commitment to developing in all aspects of volleyball and being a competitive athlete.
3. To find a way to enjoy the success of the team and your teammates, regardless of personal success or disappointment. To believe in the team during difficult times and able to see opportunities in all challenges, regardless of your personal success or disappointment. This helps to develop group cohesion and team spirit.
4. Treat ALL coaches, athletes, officials and competitors with courtesy and respect.
5. To always do YOUR best, even when it’s hard to do it – choosing to find a way to make a useful contribution to the team in whatever role you have.
6. All athletes must be punctual and be properly attired for training sessions (gym wear, knee pads and no jewellery).
7. Athletes should come to the gym prepared to train – both mentally and physically. Tell your coach if you are sick, on medication, injured or have not had sufficient food or sleep.
8. Demonstrate respect for the Ontario Volleyball Association (www.ontariovolleyball.org) Volleyball Canada (www.volleyball.ca) by abiding by their rules and regulations.
9. Show respect for your safety and the safety of others by playing within the rules of volleyball and refraining from using any equipment not suited for volleyball without the specific permission and supervision of a coach.
10. Take care of the gym and the equipment like it is your own.
11. Travel to practices and competitions and arrive on time.
12. Pass along any information to parents/guardians.
13. Hopefully enjoy the challenge of playing and competing!!
II. EXPECTATIONS OF COACHES

As a coach in the Toronto Volleyball Club you are expected to make a positive contribution to this Toronto Volleyball Club, the OVA, VC, OUA and CIS and to always commit to playing fairly – that is following all the rules and never seeking to deliberately break a rule; refusing to win by cheating; respecting the officials (e.g. not yelling at them or harassing them in any way); demonstrating self-control and respect for all participants.

1. Treat all athletes, parents, colleagues and officials with courtesy and respect.
2. Maintain and upgrade technical knowledge and general coaching/teaching knowledge.
3. Endeavour to remember that any decisions made will affect not only the athlete in question but indeed the entire family.
4. Work towards developing and maintaining coach-athlete bond of trust and respect, to promote a safe and supportive training and competitive environment.
5. Take care of the gym, facilities and equipment like it is your own.
6. To always use language that is inclusive and that respects diversity.
7. Accept responsibility for athlete’s well-being in club training and competitions – both physically and emotionally.
8. Be patient and work with each athlete regardless of ability or potential and provide athletes with periodic feedback on physical, technical, tactical and emotional skills.
9. To support the athletes’ involvement in other sports or activities.
10. Allow and encourage all athletes to voice opinions openly, at an appropriate time, and without repercussions
11. Document and report all injuries or incidents during any training or competitive activities to the Club Supervisor (or to Joely, if Kristine is the head coach).
12. To encourage and support involvement in the athlete’s school activities, the Ontario Volleyball Association and Volleyball Canada programs.
13. To ensure that each athlete has the opportunity to compete during tournaments.

CLARIFICATION OF PLAYING TIME:
All athletes will receive playing time during competitions. The amount may vary from tournament to tournament and throughout a single tournament (pool play may be different than play-offs). As the season progresses and as the tournaments progress playing time will be based on a variety of factors including, but not limited to, and in no particular order, such things as:
- Level of volleyball skill base and/or demonstrated ability to develop and/or improve skill base.
- Positional considerations.
- Physical attributes such as height, speed, strength, etc.
- Demonstration of “habits of champions” – hard worker, attention to detail, adaptable.
- Fits with the needs of the team.
- Who contributes to competitive training sessions
- Who has strong communication skills and can function well in a team environment
III. EXPECTATIONS OF PARENTS
As a parent and supporter of the Toronto Volleyball Club you are expected to commit to spectating in a manner that reflects fair play – that is following all the rules and never seeking to deliberately break a rule; refusing to win by cheating; respecting the officials (e.g. not yelling at them or harassing them in any way); demonstrating self-control and respect for all participants.

1. Keep lines of communication open by freely expressing opinions in an appropriate manner, to appropriate people, at appropriate times. If you have a problem or concern, please go to your athlete’s coach first.
2. Recognize that the season is long and that every player and the team as a whole will improve over the entire season. Therefore understand that one tournament or one match will never define the team or your daughter’s play.
3. Provide a support system for your daughter. All athletes need a support system – someone backing them when things are tough. Be someone they can talk to and please do not coach them or judge them
4. Feel free to encourage your child to practice basic volleyball skills on their own – help them by buying a volleyball for them to volley with!
5. Demonstrate respect for the Ontario Volleyball Association (www.ontariovolleyball.org) Volleyball Canada (www.volleyball.ca) by abiding by their rules and regulations.
6. Allow your child to explore a variety of activities, even outside of volleyball.
7. Parents of children under 18 must ensure that athletes travel to competitions and practices on time.

THE PARENT NETWORK: The ‘behind the scenes’ work
Parents are invited to develop support by assisting each other with the following:

1 Transportation assistance - for car pooling & general transportation. Please feel free to develop this network on your own.

2. Accommodations co-ordinator – for out of town hotel booking/planning…and any other role as deemed appropriate. Please contact Kristine if you are interested in helping with this.
TORONTO VOLLEYBALL FEES PAYMENT INFORMATION

POST DATED CHEQUES ARE NOT PAYMENT OPTIONS

FIRST PAYMENT DUE OCTOBER 11, 2007

TORONTO VOLLEYBALL EXPENSES & CLUB FEES 2006-07: TBD (approximately $750)

PAYMENT OPTIONS : (Cheque, Visa, MC, Cash)

(Pay in person at U of T Athletic Centre or by filling out the form attached and giving to Kristine)

1. Full payment due: October 11, 2006
2. 50% of payment due on October 12, 2006 & 50% due on December 1, 2006
***make cheque payable to UNIVERSITY OF TORONTO.

ADDITIONAL FEES
- Fees for any additional tournaments (non-OVA events, OVA adult events or 17U events, including National Championship fees - approx $60/player for registration fees). Additional payment (for additional tournaments) to be received prior to registration for these events.
- ALL travel expenses to and from tournaments.

ATHLETES WILL NOT BE ALLOWED TO TRAIN IF THEIR FEES HAVE NOT BEEN RECEIVED BY THE DEADLINE DATES

1. Any NSF cheques will require a $30 fee.
2. Athletes registering later in the year can have their fees pro-rated until December 1, 2005.
3. There are no make-ups or refunds for missed practices or competitions.
4. Reimbursements/refund will be given only for physician documented injuries/sicknesses or if the athlete is requesting a transfer within 60 days of joining the club.

The amount refunded will be the fees paid up to that date minus the OVA individual registration fee ($60) along with a cancellation fee of 10% of the registration fee.

NO FEES REFUNDS WILL BE CONSIDERED AFTER December 1, 2006, FOR ANY REASON.

5. In the case where an athlete is discharged from the club refunds will NOT be made:
   • In order for an athlete to be discharged they will have received a minimum of TWO (2) letters: 1st: an outline of events with a warning to change behaviour/actions/etc along with consequences. 2nd: a final warning with consequences.

6. All additional costs are the responsibility of the individual (training clothes, travel, food and accommodation costs).

7. Any athlete requesting a release from the Toronto Volleyball Club will always be granted that request.
ISSUES OF HEALTH AND SAFETY

By the very nature of the sport, Volleyball carries a certain risk of physical injury. Speed, motion, height and the combination of these elements put athletes in potentially dangerous situations.

All coaching staff members strive to approach safety as their number one priority. However, no matter how safe the coach, athlete, and environment are, all risks cannot be completely eliminated.

There is a risk of minor injuries such as bruises, strains and pulls: the risk of more serious injuries such as dislocations, broken bones and muscle pulls, sprained ankles, torn ACL’s, concussions &/or in the very extreme case, catastrophic injuries such as paralysis from collisions involving the neck, back or head. You should be aware that our coaches are NCCP certified and trained to create a safe training environment and deal effectively with emergencies.

In the case of soreness and/or pain, please let the coaches know. While volleyball, and sport in general, can be physically tiring it should be played without pain!! IF IT HURTS…GET IT CHECKED OUT!

GENERAL ADVICE ON NUTRITION AND HYDRATION

Dr. Douglas Richards
National Team Physician: Beach Volleyball and Women’s Basketball
U of T David L MacIntosh Sport Medicine Clinic Reception: 416-978-4678

Most athletes don’t get enough fuel before and during play, resulting in one cause of what is known as “hitting the wall” before the end of the day – in this case due to an empty fuel tank! So the first piece of advice is to EAT LOTS, ALL DAY LONG!

NUTRITION

**Before, during, and immediately after intense exercise** it is appropriate to eat **rapidly-digested and rapidly-absorbed fuel-rich foods**, instead of eating normal, healthy food (which can take several hours to digest and absorb). Such rapid fuel foods are high in carbohydrates, especially simple sugars; and low in fat, protein, and complex carbohydrates. **Examples that are appropriate for tournament-day breakfasts and snacking during and between matches are included in the table below.** If you can afford them, special fuel-delivery products made for high performance endurance athletes like marathoners or triathletes exist (like Power Gel, or other similar sugar-based rapid-delivery fuels), and are probably optimal immediately before and during play.

On tournament days, the appropriate time for a **normally-balanced full meal, with lots of protein and food from all food groups**, is at the end of the day. While such balanced foods are intuitively appetizing and generally healthy, they do not deliver fuel quickly enough to be used as pre-game or during-game fuel sources. An exception would be if there is a 3 or 4 hour wait in between matches – a more balanced meal eaten immediately after the earlier match would be largely digested and absorbed in time for the next. However, a really heavy meal can take over 6 hours to clear the stomach, so such foods would impair fuel delivery during a long day in the gym.
HYDRATION
Keeping an adequate amount of **water and salt** in the body is important in all sports. **Water** is okay as a “pre-hydration” beverage in the **morning**, and again with the **evening meal**. However, it really is inadequate as a beverage for maintaining hydration during a day of competition. It does not replace lost salt, which is critical; and it does not assist with fuel delivery.

**Sport beverages** (e.g. –Gatorade, Powerade, e-load and others) contain both salt and sugar, so they fit the bill for keeping hydrated AND fuelled during the day **in the gym**. Different products in the list above have different concentrations of salt, while they are almost all between 6-8% sugar (the optimal concentration for rapid absorption). If an athlete sweats a lot, if they are prone to cramps, or if they feel totally exhausted at the end of the day despite having eaten LOTS and drinking LOTS of low concentration sport beverages (like Gatorade, Powerade), they may need more salt than those provide. Some beverage mixes (like e-load) have much more salt in them to begin with, and may be best for these athletes.

Aside from the fact that sport beverages deliver very necessary fuel and salt before, during and after competitions, research has shown that athletes (especially young ones) drink more of these beverages than they do of water if that is what is available to them.

If you have questions or special concerns related to fuel or hydration, ask Kristine, and she can arrange for consultations with experts as needed

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<tr>
<th></th>
<th>Wake Up</th>
<th>Pre-Game</th>
<th>During Game</th>
<th>Post Game</th>
<th>End of day</th>
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<tbody>
<tr>
<td><strong>FOOD &amp; DRINK</strong></td>
<td><strong>EAT A BIG BREAKFAST</strong>:</td>
<td><strong>EAT foods that digest quickly</strong></td>
<td><strong>DRINK LOTS of a SPORT DRINK !!</strong></td>
<td><strong>EAT foods that digest quickly as soon as possible</strong></td>
<td><strong>EAT A BIG BALANCED MEAL</strong></td>
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<td></td>
<td>high carbohydrate meal</td>
<td>(avoid too much protein or fat. Examples include: fruit, fruit juices, fruit bars, low-protein, low-fat high-carbohydrate energy bars or granola bars, sandwiches without too much protein, plain bagel/bread, etc.)</td>
<td>Drink at every time-out &amp; between games. Drink more than you want, or think you need. <strong>DO NOT WAIT UNTIL YOU ARE THIRSTY TO DRINK – DRINK AT EVERY BREAK</strong></td>
<td>(See examples listed for pre-game foods.)</td>
<td>as soon as possible after the end of competition.</td>
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<td>(e.g. - pancakes or waffles with syrup, cereal with low fat milk, toast, jam, honey, fruit, etc.)</td>
<td><strong>EAT foods that digest quickly between games.</strong></td>
<td><strong>DRINK ½ litre to 1 litre of sport drink</strong></td>
<td><strong>EAT foods that digest quickly</strong></td>
<td><strong>EAT food from all food groups, with lots of protein.</strong></td>
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<td>Drink a LITRE of water</td>
<td><strong>Drink ½ litre of a sport drink before each match.</strong></td>
<td><strong>DRINK LOTS of a SPORT DRINK !!</strong></td>
<td><strong>EAT foods that digest quickly as soon as possible</strong></td>
<td><strong>DRINK LOTS of water or other beverages.</strong></td>
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<td>before going to the gym</td>
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