



The EKVC Philosophy

Are we Developmental or Competitive?

Special thanks to **Steve Kamps** for developing this EKVC club philosophy document.

Steve's many accomplishments include: Level III NCCP Coaching Certification, 2007 Sport BC Community Sport Hero, BCCAA Coach of the Year (2000-01 and 2001-02) and CCAA 3M Canadian Coach of the Year in 2001-2002.

The EKVC endorses Volleyball Canada's Long-Term Athlete Development (LTAD) model. The LTAD represents a systematic and integrated approach which starts with the FUNdamentals and is built around developing athletes and identifying appropriate levels of training and competition at each age level. The ultimate goal of the LTAD is to develop "Volleyball for Life".

The EKVC youth programs (ages 12-15) will focus on the **developmental** aspects of volleyball including: technical skill development, physically appropriate training methods, and tactical/decision-making development in a variety of playing positions. As athletes progress and mature with respect to volleyball (i.e. ages 16-21), elite competitive opportunities will be introduced where appropriate. For more information on LTAD, see the link on our EKVC website.

What does this mean for you?

During the **developmental stages** (U12-U15) for volleyball players, success can be measured by more than the final score. Athletes will be encouraged to learn a number of on-court playing positions so they are better able to develop a wide range of volleyball skills for the future.

For our U16-U21 teams, we may offer both a developmental program and an **elite competition** program where possible. Our top U16-U21 teams will be designated as **Elite Competitive**. Athletes in this stage are being trained to compete against the best teams in the country with the culmination of a National Championship.

If the opportunity exists to have more than one age group team in the U16-U21 age class categories, the EKVC and coaches will choose either the elite competition or developmental model. A higher level of commitment (time, effort, cost, volunteering, etc.) will be required by athletes on Elite Competitive teams.

Playing Time

Playing time is a subject that is important to athletes and parents alike. The East Kootenay Volleyball Club's philosophy on playing time is dependent upon the age of the athlete and the skill level of the team on which he/she is a member.

Coaches will present the EKVC "playing time" philosophy to their teams at the beginning of each season. Goals and expectations for the season will be outlined for parents and players at a meeting.

Everyone that is on an EKVC team is a key component of the team and thus deserves the opportunity to contribute. Actions that will reduce playing time include: unexcused absences from practices and/or tournaments; not being focused or not working hard during practices and/or games; exhibiting poor sportsmanship towards teammates, opponents, officials, coaches, or spectators; bringing a bad attitude on to the court or not being a good 'team' player.

Athletes on **developmental teams** (i.e. 12U-15U) should expect fair and equitable playing time. The EKVC acknowledges that coaching younger players often means that players participate in a variety of sports. Accordingly, practices will be limited to one or two per week. Flexibility with coaches in other sports is also desired. Developmental teams usually attend 3-4 tournaments throughout the club season which runs from mid-February to mid-May. Developmental teams may also decide to attend the Provincial and National Championships.

A philosophy of fair playing time will be used for the **elite competitive teams** (16U-21U) where possible, given that the team will be in a competitive environment. Athletes competing on elite competitive teams will usually attend 4 -5 tournaments during the season, the Provincial Championship and the National Championships. The season runs from early February to May long weekend (refer to age class category).

Elite competition is not an equal play environment; athletes exhibiting the characteristics deemed important for team success may see more court time during competitions. During practices the players can expect equitable court time. While athletes on elite competitive teams will be given many opportunities to play on the team during competitions – athletes who cannot make a full commitment to their team at the beginning of the season with respect to the practice and competition schedule should understand that their role during competitions may be limited, at the discretion of the coaches.

Playing Time - *continued*

During the playoffs of tournaments and during Provincial Championships or National Championships, athlete substitutions will become more strategic than routine. If a particular combination of athletes has been found to be more effective, in these situations, in order to achieve the best possible results, a regular rotation of athletes may not be the norm. This being said, all athletes should be given the opportunity to perform in these situations throughout the season.

If there is a player concern regarding playing time it is advised that the player discuss the concern with his/her specified team coach. If the problem is not resolved, then a discussion with the parent and player with the coach shall occur. If the problem continues, we will set up an appointment with the player, parent, coach and EKVC Director. Confrontations or interruptions in the middle of practice or the day of a tournament are not permitted.

References:

Volleyball Canada (www.volleyball.ca)
Sport Canada Volleyball LTAD (www.canadiansportforlife.ca)
Winman Volleyball Club (winmanvolleyball.com)
Focus Volleyball Club (www.focusvolleyball.com)
University of Regina Volleyball Club (www.reginavolleyballclub.com)
Island Volleyball Club (www.islandvolleyballclub.com)