**Seaquam Volleyball Academy**

**Course Description:** Seaquam School of Volleyball course is designed to provide the student with a complete holistic approach to the sport of volleyball. The course will be all encompassing, cover a variety of topics, providing athletic and academic learning.

**Course Leaders:** Head Coach: Mr. Shane Donen, Assistant Coaches: Mr. Todd Clarke, Ms. Dara Connolly, Guest Coaches: Mr. Jeff Ross, Ms. Sara Zaytsoff, Mr. Rick Cross

**Course Topics:**

**Skill Development:** Skill days will consist of high rep, low intensity workouts – focus will be on making small, but lasting improvements on all volleyball skill sets; individual video analysis

– Head Instructor: Mr. Donen, Guest Instructor: Mr. Ross

**Fitness Testing:** At the beginning, end and two other intervals, fitness testing will be performed and tracked for each student including; T-test, vertical jump, push-ups and planks
– Head Instructor: Mr. Donen, Guest Instructor: Ms. Zaytsoff

**Referee Certification:** Grade 9 students will be introduced to officiating; Grade 10 & 11 students will be instructed and certified, during the months of October & November
– Head Instructor: Mr. Cross

**Training & Conditioning:** Throughout the year, students will be introduced to proper movements, dynamic and pre-hab exercises; weight training and other related volleyball movements – focus will be on increasing strength, agility, speed, flexibility and minimization of injuries.

- Head Instructor: Ms. Zaytsoff

**Sport Psychology:** Taught several times throughout the year, students will be introduced to various methods of mental training in relation to volleyball match preparation
– Instructor: Ms. Zaytsoff, Mr. Ross, Mr. Donen

**Nutrition:** Taught several times throughout the year, students will be exposed to proper diet and eating habits – focus on maximizing performance through proper nutrition practices

– Head Instructor: Ms. Zaytsoff

**Journal:** Athletes will be instructed to use a daily course journal. Journaling will include tracking performance metrics, personal thoughts, course notes

- Instructors: Mr. Ross, Mr. Donen

**Post-Secondary Lectures:** Classroom session discussing post-secondary volleyball goals and
1st year life as a varsity athlete.

– Head Instructor: Mr. Donen

**Beach Volleyball:** In late May and June, athletes will be introduced to Beach Volleyball – focus will be on skill and game strategy
– Head Instructor: Mr. Donen, Guest Instructor: TBA

Seaquam School of Volleyball

Volleyball Class Evaluation:

Students will be evaluated at the completion of each term as follows:

**Active Health: 40%**

* Daily Participation

**Knowledge: 20%**

* Referee Clinic
* Nutrition
* Journal

**Fitness: 15%**

* Warm-up
* Weight training
* Fitness testing

**Skill: 15%**

* Fundamental motor skills
* Improvement/attitude
* Individual video analysis

**Safety/Fair Play/Leadership: 10%**

* Co-operation
* Leadership