



**WEST
VANCOUVER
SCHOOLS**

A world of opportunity



WVS PREMIER VOLLEYBALL ACADEMY

2023-2024 Volleyball Information

Land Acknowledgement



We would like to acknowledge and thank the Squamish Nation upon whose traditional territory West Vancouver Schools reside.

We would like to express our gratitude to this Nation as we value the opportunity to learn and share educational experiences on this traditional territory.



Welcome & Introductions

Kathy Finch

Assistant Coach, Premier Volleyball Academy



Kathy Finch

- Bachelor of PE and Bachelor of Education, UBC
- Masters of Education (Health and Outdoor Physical Education), UBC
- West Vancouver Schools educator for over 30 years, as a PHE specialist working with students, Grades 7-12
- Developed the GIRLS FIT PHE Program at WVSS, a class designed to engage young women in active living
- Volleyball Coach & Coach of a myriad of other sports for the past 30 years at high school
 - 4A Volleyball 2015 Provincial Champions
 - 8-time BC High School Provincials 4A Volleyball
 - Club Volleyball: 10 years BCO Volleyball Coach
- Avid sports enthusiast and passionate about working with adolescents in PHE at the high school level.
- Volleyball athlete while at CNC and past BCRPA Fitness Instructor for Spa Lady
- National Coaching Certification Program (NCCP)
- Level II certified Volleyball, and Instructor in Tennis, Badminton, Basketball, Gymnastics, Cross-Country Skiing

Rob Gowe

Head Coach, Premier Volleyball Academy



Mr. Rob Gowe has been coaching for 19 years, inspiring and helping develop the knowledge, skills, and abilities of hundreds of athletes from ages 6 to 23.

Coach Gowe is experienced, having coached at all levels: beginners, high school, provincial team and at the university level. Currently Mr. Gowe is Head Coach, Women's Team at Capilano University.

Coach Gowe is passionate about helping young athletes learn how to play the game, enhance their skills, and have fun along the way. What is very rewarding: encouraging athletes to work hard and to persevere and then to watch them beam with joy as they have ongoing success.

2021	Team BC Zone 5 U15 & U16 Head Coach
2019	Capilano University Women's Head Coach
2019	Capilano University Women's Head Coach
2017-19	Team BC U16 and Selects Girls
2012-2019	SFU Women's Assistant Coach
2012	Team BC U16/17 Boys
2012	Capilano Men's Assistant Coach
2007	BC Summer games Girls Zone 4
2005	BC Summer games Girls Zone 3
2003-2012	High School assistant and head coach

Jared Krause

Assistant Coach, WVS Premier Volleyball Academy



- Played both International & National volleyball for over 14 years
- Starting setter for the UBC Thunderbirds Men's Volleyball Team
- Played 10+ years professional indoor volleyball throughout Europe: Belgium, France, Finland, Greece
- Plays in various professional beach volleyball tournaments across the Pacific Coast
- Has coached various clubs and programs including Thunder Club/Thunder Beach Volleyball Club, BCO, PCVB and women's club teams in Denmark
- UBC Graduate in Psychology
- Knowledgeable insight of the mental aspects of the game
- Strong technical foundation through work with University and National Team programs
- Brings a well-rounded background game to the court

General Concept

- For students registered full time in any one of WVS 3 secondary schools: Rockridge, Sentinel or West Vancouver Secondary
- Inclusive - designed for all WVS students
- Grades 8-12
- Female Program



WVS Premier Sports Academies

General Concept



- Choice, fee-paying programs
- Variety of sports offered
- Students who register have an interest, strength or passion in the area offered & want to extend their knowledge and skills
- Taught by WVS teachers but also highly qualified national coaches who were former national, university or professional players
- Students receive Ministry courses that count towards graduation
- Students work and train in a positive, challenging & fun environment

The Goals

- Develop knowledge, skills and abilities in the sport of volleyball
- Provide opportunity for students to reach full potential as both as volleyball players and students
- Use feedback and encouragement to help students increase self-esteem and self-confidence
- Long-term athlete development (LTAD) guidelines for age/grade-appropriate instruction
- Educate & meet individual needs to motivate students to stay involved in the sport and to be active for life



The Schedule



September – June

Currently the school district is running timetables within a semester system

Within this semester system, the Volleyball Academy runs linearly (all year long – September to June)

Volleyball training is scheduled on Tuesdays & Thursdays during X-Block periods

Tuesdays & Thursdays
1:30 – 3:00 p.m.





Volleyball Academy

Early Morning Co-Hort: Day 1 from 7:00 – 8:00 a.m.

Afternoon Co-Hort: Day 1 from 1:30 – 3:00 p.m.

	Monday Day 1	Tuesday Day 2	Wednesday Day 1	Thursday Day 2	Friday Day 1	Monday Day 2
Start Time 8:30 a.m. First Period	1	1	2	2	3	3
Break Time	Break	Break	Break	Break	Break	Break
Second Period	2	2	3	3	1	1
Break Time	Break	Break	Break	Break	Break	Break
Third Period	3	3	1	1	2	2
Lunch Time	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Fourth Period	4	4	4	4	4	4

Location

West Vancouver Secondary School Gymnasium



The Sessions

- Students warm up through basic skills and movement
- Students divided into two training groups by skill ability
- Students put theory into practice through small-sided games/drills
- Recognize teachable moments to meet individual needs



Bus Transportation **ONLY** for afternoon co-hort

First Student Canada

One-Way Drop

- The location of the academy is at WVSS in the gymnasium
- Students registered who are at Rockridge or Sentinel received bus transportation to WVSS
- This is a one-way transport
- Parents responsible for pick-up at conclusion of training sessions (e.g., 3:00 p.m.)



Course for students participating in the afternoon Co-Hort

Grade 8:

Physical & Health Education 8

Grade 9:

Physical & Health Education 9

Grade 10:

Physical & Health Education 10

Grade 11:

Fitness & Conditioning 11

Grade 12:

Fitness & Conditioning 12



Course for students participating in the early morning Co-Hort



Grade 8:

Physical & Health Education 8

Grade 8 students are encouraged to take PHE 8 in the regular timetable as well because this provides them with exposure to other physical activity (cross training) as well allows for social connections with their peers.

Grade 9:

Physical & Health Education 9

Grade 9 students may take PHE 9 in the regular timetable but may opt to take a different elective.

Grade 10:

Physical & Health Education 10

Grade 10 students may take PHE 10 in the regular timetable or may opt to take a different elective.

Grade 11:

Fitness & Conditioning 11

Grade 12:

Fitness & Conditioning 12

Assessment & Evaluation

Assessment

On-going assessment & feedback each session

Report Cards

Report cards issued 3 times per year

Parent-Teacher Interviews

One formal virtual interview offered to parents but we have an ongoing open-door policy

Parents can contact us at any time



Clothing Kit

Clothing Kit:

Approximately \$100-150

T-shirt

Shorts

Water bottle

Students also require:

Non-marking, non-slip running shoes to be worn indoors (e.g., cross-trainers)

Parents purchase the clothing kit **the first year only** and then only purchase as students outgrow or require new clothing items



Fees

September – June

\$275 per month x 10 months

Tuition: \$2750

Clothing Kit

Approximately \$100-\$150

WVS Academy fees are
collected through School
Cash Online

More information provided
to parents once students are
selected for the academy



Selection Process & Criteria

- ☐ Genuine interest or passion – sound reasons for applying
- ☐ Complete an online Student Information Form
- ☐ Participate in an on-court evaluation (**date/times to be confirmed**)
- ☐ Commitment to participate for the full school year
- ☐ Submission/upload a copy of most recent report card
- ☐ Show evidence of satisfactory to excellent work habits on report card
- ☐ Show evidence (report card) or answers within the completed registration form:
 - Ability to work well in classrooms academically
 - Ability to maintain good to excellent grades
 - Demonstrated good character: being responsible & respectful
 - Ability to work well with others
 - Ability to follow the rules of a special program, as well as the mandatory health safety protocols



Thank You