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TEAM ONTARIO

The Ontario Volleyball Association (OVA) is committed to providing athletes and coaches with quality development opportunities through the Team Ontario programs. The Team Ontario programs are designed to meet the needs of athletes and coaches who demonstrate a commitment to their progression along the high performance pathway. They are aligned with Long Term Development principles and lead to National Team programs. It is through these programs that the OVA works towards meeting its strategic objectives in the area of high performance by producing athletes and coaches that will represent Canada on the international stage.

COACHING OPPORTUNITIES

There are many coaching opportunities available at the various levels of Team Ontario programming in 2023. The OVA is looking for coaches interested in supporting the growth of young athletes and willing to invest in their own professional development. All individuals interested in being part of any Team Ontario program must:

- be a **registered member** in good standing with the OVA and Volleyball Canada
- have a valid Vulnerable Sector Screening & Police Record Check as well as a completed OVA Screening Disclosure Form
- have completed the following **four modules** available online:
 - Foundations of Volleyball
 - Making Ethical Decision Online Evaluation
 - Making Head Way
 - CAC Safe Sport Training

In addition to the above requirements, Team Ontario coach candidates should have the following skills and qualifications:

- Practical understanding of Volleyball Canada's Long-term Development (LTD) model
- Interest and willingness to learn and participate in coach development activities
- Ability to create a caring supportive learning environment free of all coercion and fear
- Willingness to use an inquiry-based approach that puts the athlete at the centre of the learning process
- Ability to develop meaningful relationships with athletes and other members of the team
- Strong self-awareness and willingness to self-evaluate
- Ability to exercise effective leadership that feeds and support the Team Ontario culture



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2023 TEAM ONTARIO PROGRAMS

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TEAM ONTARIO REGIONAL PROGRAM (Information on this program and application process coming out soon.)

TALL MAPLES

PROGRAM DESCRIPTION

This camp is tailored to athletes with above average physical attributes born in 2007 or later who show potential to contribute to the success of the Team Ontario programs in the future. The camp is focused on addressing the needs of tall athletes and integrates both indoor and beach volleyball. Coaches will work on various development aspects such as motor skills, agility, coordination and obviously, volleyball skills. Coaches work collaboratively under the guidance of a lead coach to design the program and learn from one another (no head coaches). The camp will take place in July 2023 (specific dates are TBD, tentatively schedule for first week of July). The program will be a week-long camp.

POSITIONS AVAILABLE

- 3 coaches on the boys side
- 3 coaches on the girls side

REQUIREMENTS

- Coach's commitment to moving along the NCCP pathway* is demonstrated by:
 - Certification level of Development Coach or higher OR
 - Coach has completed the Development Coach workshop and is in the process of completing their certification
 - Must have some knowledge and experience or be interested in training both indoor and beach volleyball

*Individuals who are not certified but who have other relevant high performance experience are encouraged to apply to the program and may be exempted from NCCP training requirements (professional players, national team, postsecondary experience, etc)



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RESPONSABILITIES & TIME COMMITMENT

The duties of all Tall Maples Coaches will include, but are not necessarily limited to the following:

- Work with the Tall Maples Lead Coach to plan and deliver the Tall Maples program and care for the <u>holistic</u> development of all participating athletes.
- Participate in the evaluations of players applications for the Tall Maples program (if needed)
- Develop and implement an effective and holistic training program integrating indoor and beach volleyball
- Abide by the Team Ontario Selection policy, OVA Code of Conduct, OVA Person in Authority Code of Conduct and other OVA policies.
- Perform administrative duties as needed
- Submit Athlete, Team and Program Evaluations including the completion of a written athlete evaluation using the OVA grading template
- Complete holistic debriefs with coaches, athletes and OVA following the program
- Participate in 1-2 coach development sessions per month between January and June 2023 to prepare for the camp

The total time commitment required for this position is as follows (exact dates TBD upon coach selection):

- January to June
 - o 1-2 coach development sessions per month (60-120min)
 - o Planning time as required
- April
 - o 2-4 hours to review applications and select athletes to the program
- July
 - 7-day training camp (6 nights)

APPLICATION AND SELECTION PROCESS

See the Team Ontario Selection Policy for full details on the selection process.

Coaches will be selected for Tall Maples based on their demonstration of them meeting the eligibility requirements and qualifications listed above. Considerations will be given to experience coaching youth athletes in a high performance context and the desire to pursue development within the Team Ontario high performance coach pathway.

Coaches interested in applying for a Tall Maples coaching position must complete the online <u>2023 Team Ontario</u> <u>Coach Application Form before 11:59pm on November 6th, 2022</u>.

Coaches will be asked to submit the following items as part of the application form:

- Valid Police Record Check (unless already completed through MyBackCheck this year)
- Completed online OVA Screening Disclosure Form
- Volleyball Resume
- 99-second video presenting your coaching philosophy and how it transpires in your daily coaching
- Name and contact information of a reference



TEAM ONTARIO WHITE

PROGRAM DESCRIPTION

This program is focused on the development of athletes who are starting their high performance journey in volleyball. The target skill level is 15U for the girls and 16U for the boys. Coaches will be responsible for identifying athletes throughout the athlete identification process and select the group that will train during the Team Ontario White camp. Coaches will work with Team Ontario lead coaches to plan and deliver this camp in preparation for the 2023 Team Ontario Cup. Coaches will be assigned a team for the event and lead their group throughout the competition. The Team Ontario Cup is a unique event combining competition and development. The event is meant to strengthen the Team Ontario culture and technical identity while exposing players to a high level of competition. The camp and competition will take place in July 2023 (dates and location TBD). The camp and competition will take place over 12 days.

POSITIONS AVAILABLE

- 5 head coaches and 5 assistant coaches on the girls side
- 4 head coaches and 4 assistant coaches on the boys side

REQUIREMENTS

- Head Coaches must be fully certified NCCP Advanced Development Coach* (Level 2) and have at least 1
 year experience in the Team Ontario pathway or at the post-secondary level
- Assistant Coaches must be fully certified NCCP Development Coach* (Level 1) and have experience in high performance volleyball. Previous participation in the Team Ontario Regional Program preferred.
- Continuous development is a priority on Team Ontario so all candidates must be on track with the maintenance of their NCCP certification. Candidates should have accumulated 5+ PD points in the last 12 months.

*Individuals who are not certified but who have other relevant high performance experience are encouraged to apply to the program and may be exempted from NCCP training requirements (professional players, national team, postsecondary experience, etc)

RESPONSABILITIES & TIME COMMITMENT

The duties of all Team Ontario White Coaches will include, but are not necessarily limited to the following:

- Work with the Team Ontario White Lead Coach to plan and deliver the Team Ontario White program and care for the <u>holistic</u> development of all participating athletes.
- Evaluate and select athletes for the Team Ontario White program as part of the Identification Process.
- Develop and implement an effective and holistic training program based on LTD principles
- Lead one team during the 2023 Team Ontario Cup competition
- Abide by the Team Ontario Selection policy, OVA Code of Conduct, OVA Person in Authority Code of Conduct and other OVA policies.
- Perform administrative duties as needed





- Submit Athlete, Team and Program Evaluations including the completion of a written athlete evaluation using the OVA grading template
- Complete holistic debriefs with coaches, athletes and OVA following the program
- Participate in 1-2 coach development sessions per month between January and June 2023 to prepare for the camp

The total time commitment required for this position is as follows (exact dates TBD upon coach selection):

- January to July
 - 1 coach development session per month (120min)
 - Planning time as required
- February to April
 - Online and in-person athlete evaluations at Grand Prix
- April
 - 1-2 days at Ontario Championship (if available)
- July
 - 7-day training camp + 5-day tournament (11 nights)

APPLICATION AND SELECTION PROCESS

See the Team Ontario Selection Policy for full details on the selection process.

Coaches will be selected for Team Ontario White based on their demonstration of them meeting the eligibility requirements and qualifications listed above. Considerations will be given to experience coaching youth athletes in a high performance context and the desire to pursue development within the Team Ontario high performance coach pathway.

Coaches interested in applying for a Team Ontario White coaching position must complete the online <u>2023 Team</u> <u>Ontario Coach Application Form</u> before 11:59pm on November 6th, 2022.

Coaches will be asked to submit the following items as part of the application form:

- Valid Police Record Check (unless already completed through MyBackCheck this year)
- Completed online OVA Screening Disclosure Form
- Volleyball Resume
- 99-second coach presentation video
 - **New coaches**: present yourself, your coaching philosophy and how it transpires in your daily coaching
 - 2022 Team Ontario coaches: present yourself and share something you learned in 2022 and something you want to contribute to the program in 2023 (what's one thing you will do differently?)
- Name and contact information of a reference



TEAM ONTARIO RED

PROGRAM DESCRIPTION

This program is focused on the development of athletes who have some experience in a high performance context. The target skill level is 16U for the girls and 17U for the boys. Coaches will be responsible for identifying athletes throughout the athlete identification process and select the group that will train during the Team Ontario Red camp. All Team Ontario Red coaches will work together to plan and deliver this camp in preparation for the 2023 Canada Cup. Coaches will be assigned a team for the event and lead their group throughout the competition. The purpose of this program is to help players learn and apply Team Ontario principles of play in a competitive environment. The camp and competition will take place in July 2023 (dates and location TBD). The camp and competition will take place over 15 days.

POSITIONS AVAILABLE

- Girls
 - 3 head coaches
 - \circ 3 assistant coaches
 - 3 support coaches*

- Boys
 - 2 head coaches
 - o 2 assistant coaches
 - 2 support coaches*

*Support coaches will participate in the training camp only. They will not travel to the competition. Support coaches could be experienced mentors or aspiring apprentice coaches depending on the makeup of the coaching staff. Support coaches will be appointed after the program coaches are selected.

REQUIREMENTS

- Head Coaches must be fully certified NCCP Advanced Development Coach* (Level 2) and have 2 years experience in the Team Ontario pathway or at the post-secondary level
- Assistant Coaches must be fully certified NCCP Development Coach* (Level 1) and have experience in high performance volleyball. Previous participation in Team Ontario Academy or Team Ontario Regional Program preferred.
- Continuous development is a priority on Team Ontario so all candidates must be on track with the maintenance of their NCCP certification. Candidates should have accumulated 5+ PD points in the last 12 months.

*Individuals who are not certified but who have other relevant high performance experience are encouraged to apply to the program and may be exempted from NCCP training requirements (professional players, national team, postsecondary experience, etc)



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RESPONSABILITIES & TIME COMMITMENT

The duties of all Team Ontario Red Coaches will include, but are not necessarily limited to the following:

- Work with the Team Ontario Red Lead Coach to plan and deliver the Team Ontario Red program and care for the <u>holistic</u> development of all participating athletes.
- Evaluate and select athletes for the Team Ontario Red program as part of the Identification Process.
- Develop and implement an effective and holistic training program based on LTD principles
- Lead one team during the 2023 Canada Cup competition
- Abide by the Team Ontario Selection policy, OVA Code of Conduct, OVA Person in Authority Code of Conduct and other OVA policies.
- Perform administrative duties as needed
- Submit Athlete, Team and Program Evaluations including the completion of a written athlete evaluation using the OVA grading template
- Complete holistic debriefs with coaches, athletes and OVA following the program
- Participate in 1-2 coach development sessions per month between January and June 2023 to prepare for the camp

The total time commitment required for this position is as follows (exact dates TBD upon coach selection):

- January to July
 - o 1 coach development session per month (120min)
 - Planning time as required
- February to April
 - Online and in-person athlete evaluations at Grand Prix
- April
 - 1-2 days at Ontario Championship (if available)
- July
 - 10-day training camp + 5-day tournament (14 nights)

APPLICATION AND SELECTION PROCESS

See the Team Ontario Selection Policy for full details on the selection process.

Coaches will be selected for Team Ontario Red based on their demonstration of them meeting the eligibility requirements and qualifications listed above. Considerations will be given to experience coaching youth athletes in a high performance context and the desire to pursue development within the Team Ontario high performance coach pathway.

Coaches interested in applying for a Team Ontario Red coaching position must complete the online <u>2023 Team</u> <u>Ontario Coach Application Form</u> before 11:59pm on November 6th, 2022.

Coaches will be asked to submit the following items as part of the application form:



- Valid Police Record Check (unless already completed through MyBackCheck this year)
- Completed online OVA Screening Disclosure Form
- Volleyball Resume
- 99-second coach presentation video
 - **New coaches**: present yourself, your coaching philosophy and how it transpires in your daily coaching
 - 2022 Team Ontario coaches: present yourself and share something you learned in 2022 and something you want to contribute to the program in 2023 (what's one thing you will do differently?)
- Name and contact information of a reference



TEAM ONTARIO BLACK

PROGRAM DESCRIPTION

This program is focused on the development of athletes who are ready to commit to the podium pathway for indoor volleyball. Those athletes are willing to do what it takes to reach the national team level and aspire to a successful post-secondary experience. The target skill level is 17U for the girls and 18U for the boys. Coaches will be responsible for identifying athletes throughout the athlete identification process and select the group that will train during the Team Ontario Black camp. Coaches will work together to plan and deliver this camp in preparation for the 2023 Canada Cup. Coaches will be assigned a team for the event and lead their group throughout the competition. The purpose of this program is to help players perform while applying the Team Ontario principles of play in a highly competitive environment. The camp and competition will take place in July 2023 (dates and location TBD). The camp and competition will take place over 15 days.

POSITIONS AVAILABLE

- Girls
 - o 2 head coaches
 - 2 assistant coaches
 - 2 support coaches*

Boys

o 1 head coach

- 1 assistant coach
- 1 support coach*

*Support coaches will participate in the training camp only. They will not travel to the competition. Support coaches could be experienced mentors or aspiring apprentice coaches depending on the makeup of the coaching staff. Support coaches will be appointed after the program coaches are selected.

REQUIREMENTS

- Head Coaches must be fully certified NCCP Advanced Development Coach* (Level 2)
 - Preference will be given to candidates with the Performance Coach Certification (Level 3) OR candidates who have completed the Performance Coach workshop and are in the process of completing their evaluation
- Head Coaches must have 4+ years experience in the Team Ontario pathway or at the post-secondary level
- Assistant Coaches must be fully certified NCCP Development Coach* (Level 1) and have a minimum of 2 years experience in the Team Ontario pathway or at the post-secondary level
- Continuous development is a priority on Team Ontario so all candidates must be on track with the maintenance of their NCCP certification. Candidates should have accumulated 5+ PD points in the last 12 months

*Individuals who are not certified but who have other relevant high performance experience are encouraged to apply to the program and may be exempted from NCCP training requirements (professional players, national team, postsecondary experience, etc)



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RESPONSABILITIES & TIME COMMITMENT

The duties of all Team Ontario Black Coaches will include, but are not necessarily limited to the following:

- Work with the Team Ontario Black Lead Coach to plan and deliver the Team Ontario Black program and care for the <u>holistic</u> development of all participating athletes.
- Evaluate and select athletes for the Team Ontario Black program as part of the Identification Process.
- Develop and implement an effective and holistic training program based on LTD principles
- Lead one team during the 2023 Canada Cup competition
- Abide by the Team Ontario Selection policy, OVA Code of Conduct, OVA Person in Authority Code of Conduct and other OVA policies.
- Perform administrative duties as needed
- Submit Athlete, Team and Program Evaluations including the completion of a written athlete evaluation using the OVA grading template
- Complete holistic debriefs with coaches, athletes and OVA following the program
- Participate in 1-2 coach development sessions per month between January and June 2023 to prepare for the camp

The total time commitment required for this position is as follows (exact dates TBD upon coach selection):

- January to July
 - o 1 coach development session per month (120min)
 - Planning time as required
- February to April
 - o Online and in-person athlete evaluations at Grand Prix
- April
 - 1-2 days at Ontario Championships (if available)
- July
- 10-day training camp + 5-day tournament (14 nights)

APPLICATION AND SELECTION PROCESS

See the Team Ontario Selection Policy for full details on the selection process.

Coaches will be selected for Team Ontario Black based on their demonstration of them meeting the eligibility requirements and qualifications listed above. Considerations will be given to experience coaching youth athletes in a high performance context and the desire to pursue development within the Team Ontario high performance coach pathway.

Coaches interested in applying for a Team Ontario Black coaching position must complete the online <u>2023 Team</u> <u>Ontario Coach Application Form</u> **before 11:59pm on November 6**th, **2022**.

Coaches will be asked to submit the following items as part of the application form:



- Valid Police Record Check (unless already completed through MyBackCheck this year)
- Completed online OVA Screening Disclosure Form
- Volleyball Resume
- 99-second coach presentation video
 - **New coaches**: present yourself, your coaching philosophy and how it transpires in your daily coaching
 - 2022 Team Ontario coaches: present yourself and share something you learned in 2022 and something you want to contribute to the program in 2023 (what's one thing you will do differently?)
- Name and contact information of a reference



TEAM ONTARIO BEACH

PROGRAM DESCRIPTION

This program is focused on the development of athletes at the 15U-18U skill level who are interested in being exposed to a high performance beach volleyball environment. The program is camp-based and will consist of a week-long camp followed by opportunities for athletes to attend Fulltime Training Group sessions on Fridays during the summer. Athletes will acquire skills and concepts that will help them prepare for future international beach volleyball opportunities. Coaches will be responsible for identifying athletes throughout the athlete identification process and select the group that will train as part of Team Ontario Beach. Coaches will work with lead coaches to plan and deliver the camp in preparation for the highlight competitions of 2023. The camp and competitions will take place in July and August 2023 (dates and location TBD).

POSITIONS AVAILABLE

- 5 coaches on the girls side
- 5 coaches on the boys side

REQUIREMENTS

- Coaches must be fully certified NCCP Development Coach* (Level 1) and have an interest in beach volleyball.
- Beach Advanced Development Coach workshop is an asset
 - Selected coaches will have to complete the workshop prior to participating in the Team Ontario program
- Coaches are committed to completing their Beach Advanced Development Coach certification within 2 years
- Previous participation in Team Ontario Academy or Team Ontario Regional Program preferred.
- Continuous development is a priority on Team Ontario so all candidates must be on track with the maintenance of their NCCP certification. Candidates should have accumulated 5+ PD points in the last 12 months

*Individuals who are not certified but who have other relevant high performance experience are encouraged to apply to the program and may be exempted from NCCP training requirements (professional players, national team, postsecondary experience, etc)

RESPONSABILITIES & TIME COMMITMENT

The duties of all Team Ontario Beach Coaches will include, but are not necessarily limited to the following:

- Work as a team of coaches to plan and deliver the Team Ontario Beach program and care for the <u>holistic</u> development of all participating athletes.
- Evaluate and select athletes for the Team Ontario Beach program as part of the Identification Process.
- Develop and implement an effective and holistic training program based on LTD principles
- Coach athletes at Provincials and Nationals
- Abide by the Team Ontario Selection policy, OVA Code of Conduct, OVA Person in Authority Code of Conduct and other OVA policies.



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- Perform administrative duties as needed
- Submit Athlete, Team and Program Evaluations including the completion of a written athlete evaluation using the OVA grading template
- Complete <u>holistic</u> debriefs with coaches, athletes and OVA following the program
- Participate in 1-2 coach development sessions per month between January and June 2023 to prepare for the camp

The total time commitment required for this position is as follows (exact dates TBD upon coach selection):

- January to July
 - 1-2 online coach development session per month (120min)
 - Planning time as required
- February
 - Beach Advanced Development Coach workshop (Friday evening to Sunday afternoon)
- February to April
 - o Online athlete evaluations and select athletes to final tryout
- May
 - Invite-only selection camp in Toronto (full weekend)
- July
 - 7-day training camp
 - 3 OVA beach tour events
- August
 - Ontario Championships
 - o Nationals

APPLICATION AND SELECTION PROCESS

See the Team Ontario Selection Policy for full details on the selection process.

Coaches will be selected for Team Ontario Beach based on their demonstration of them meeting the eligibility requirements and qualifications listed above. Considerations will be given to experience coaching youth athletes in a high performance context and the desire to pursue development within the Team Ontario high performance coach pathway.

Coaches interested in applying for a Team Ontario Beach coaching position must complete the online <u>2023 Team</u> <u>Ontario Coach Application Form</u> before 11:59pm on November 6th, 2022.

Coaches will be asked to submit the following items as part of the application form:

- Valid Police Record Check (unless already completed through MyBackCheck this year)
- Completed online OVA Screening Disclosure Form
- Volleyball Resume
- 99-second coach presentation video
 - **New coaches**: present yourself, your coaching philosophy and how it transpires in your daily coaching





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- 2022 Team Ontario coaches: present yourself and share something you learned in 2022 and something you want to contribute to the program in 2023 (what's one thing you will do differently?)
- Name and contact information of a reference

TEAM ONTARIO BEACH FULLTIME TRAINING GROUP (FTG)



PROGRAM DESCRIPTION

This program is focused on exposing athletes at the 15U-18U skill level to high performance training in a full-time training environment to better prepare them for future international success and an eventual transition to the National Team. Athletes training with the FTG are provided with the support of an integrated sport science staff. Coaches will be responsible for planning and delivering of daily training from June to August. Sessions will take place in Toronto 3 times per week in the evening in June and in the morning during July and August. Coaches will be responsible for identifying athletes throughout the athlete identification process and select the group that will train as part of the Team Ontario Full-time training group. Coaches will work collaboratively with the OVA Senior Beach Development Coach to provide the best possible support to athletes.

POSITIONS AVAILABLE

- 2-3 coaches on the girls side
- 2-3 coaches on the boys side

REQUIREMENTS

- Coaches must be fully certified NCCP Development Coach* (Level 1) and have an interest in coaching beach volleyball.
- Beach Advanced Development Coach workshop is an asset
 - Selected coaches will have to complete the workshop prior to participating in the Team Ontario program
- Coaches are committed to completing their Beach Advanced Development Coach certification within 2 years
- Coaches are available to coach 3 times per week from June to August and support athletes at OVA Beach tour events in Toronto
- Previous participation in Team Ontario Academy or Team Ontario Regional Program preferred.
- Continuous development is a priority on Team Ontario so all candidates must be on track with the maintenance of their NCCP certification. Candidates should have accumulated 5+ PD points in the last 12 months

*Individuals who are not certified but who have other relevant high performance experience are encouraged to apply to the program and may be exempted from NCCP training requirements (professional players, national team, postsecondary experience, etc)

RESPONSABILITIES & TIME COMMITMENT

The duties of all Team Ontario Beach Coaches will include, but are not necessarily limited to the following:

- Work as a team of coaches to plan and deliver the Team Ontario Beach program and care for the <u>holistic</u> development of all participating athletes.
- Evaluate and select the athletes who will attend the final tryout as part of the virtual Identification Process
- Run an invite-only tryout for final selection to Team Ontario Beach FTG
- Develop and implement an effective and holistic training program based on LTD principles
- Coach athletes at Provincials and Nationals



- Abide by the Team Ontario Selection policy, OVA Code of Conduct, OVA Person in Authority Code of Conduct and other OVA policies.
- Perform administrative duties as needed
- Submit Athlete, Team and Program Evaluations including the completion of a written athlete evaluation using the OVA grading template
- Complete holistic debriefs with coaches, athletes and OVA following the program
- Complete the Beach Advanced Development Coach workshop prior to Team Ontario training (if not already completed)
- Participate in 1-2 coach development sessions per month between January and June 2023

The total time commitment required for this position is as follows (exact dates TBD upon coach selection):

- January to June
 - 1-2 coach development session per month (120min)
 - o Planning time as required
- February
 - Beach Advanced Development Coach workshop (Friday evening to Sunday afternoon)
- February to April
 - o Online athlete evaluations and select athletes to final tryout
- May
 - Invite-only in-person tryout (full weekend)
- June
 - o 3 training sessions per week (evening) in Toronto
- July-August
 - 7-day training camp in July (dates and location TBD)
 - o 3 training sessions per week (morning) in Toronto for the rest of the summer
 - 4-5 day out of province training camp (dates and location TBD)
 - International Prep Camp (dates and location TBD)
 - o 3 OVA Beach Tour events + Ontario Championship and Nationals

APPLICATION AND SELECTION PROCESS

See the Team Ontario Selection Policy for full details on the selection process.

Coaches will be selected for Team Ontario Beach Full-time Training Group based on their demonstration of them meeting the eligibility requirements and qualifications listed above. Considerations will be given to experience coaching youth athletes in a high performance context and the desire to pursue development within the Team Ontario high performance coach pathway.

Coaches interested in applying for a Team Ontario Beach FTG coaching position must complete the online <u>2023</u> <u>Team Ontario Coach Application Form</u> before 11:59pm on November 6th, 2022.

Coaches will be asked to submit the following items as part of the application form:

- Valid Police Record Check (unless already completed through MyBackCheck this year)
- Completed online OVA Screening Disclosure Form
- Volleyball Resume

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- 99-second coach presentation video
 - **New coaches**: present yourself, your coaching philosophy and how it transpires in your daily coaching
 - 2022 Team Ontario coaches: present yourself and share something you learned in 2022 and something you want to contribute to the program in 2023 (what's one thing you will do differently?)
- Name and contact information of a reference