



**Team Canada Women
2023 National Excellence Program
Professional Development Opportunity for Coaches**

Designed for coaches interested in getting an inside look at the key components to a High-Performance daily training environment, the National Excellence Program (NEP) provides the opportunity for coach development (PD). Learning from Senior Team Assistant Coach/NEP Head Coach, Matt Krueger and NEP staff, in a unique setting, allowing coaches to observe day-to-day training with NEP athletes at the Richmond Olympic. NEP includes female athletes, age 16-18 years old from across Canada pursuing their dream of being a part of our Senior National Team. Athletes are part of a daily training environment from September through to December 2023.

While at the Oval, coaches will be able to observe skill groups and 2.5 to 3hrs of daily team practices. After each practice session, a debrief with the coaching staff may occur. Participants will also be able to observe the off-court strength and conditioning component with the strength coach, Cody Piwowar-Desilets, as well as discussions on load management by Rob Hooper our IST lead.

Typical Weekly Schedule (subject to change)	
Monday, Wednesday, and Friday	Tuesday, Thursday
9:00am-9:30am: Setter/Libero Tutor	9:30am-12:00pm: Team Practice Debrief/Video/Presentation
9:30am-12:30pm: Team Practice Debrief/Video/Presentation	2:30pm-4:30pm: Skill groups
1:30pm-4:00pm: Strength and Conditioning	

If you are interested in this opportunity, send a brief outline of your coaching experience to Sandra Lamb (slamb@volleyball.ca) with the proposed dates for your visit. Visits must be arranged at least one week in advance and can start October 2nd through to December 15th. November 6th-10th is not an option due to scheduling break for athletes. Participants are responsible for any travel, accommodations, and meal costs, including local transport during your stay. A subsidy may be available for coaches, pending approval.

Approved coaches must complete all required Volleyball Canada Person in Authority screening prior to arrival at the centre and/or booking any travel. Please DO NOT make any travel arrangements until visit has been approved by Sandra Lamb.

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