#### **Team Manitoba Programming 2024**

Team Manitoba program will deliver a blend of training and competitive opportunities designed to build skills and develop athletes in our performance pathway.

## What can I expect this summer?

Team Manitoba will be divided into 3 streams based on an athlete's age and ability. The goal is to have athletes train and compete in an environment that will challenge them and support their future development.

**Team Manitoba Gold** – Mainly athletes born in 2006 or 2007 (2008 born athletes will be considered based on ability) 2 teams per gender of 12-14 players.

Selection Dates: Assigned dates between June 3-21. (Exact dates and times TBC)

Team Training: June and July

Competition: 2024 Canada Cup in Calgary\* (event format TBC) July 23-28, 2024.

Anticipated Cost: Approximately \$1900 including all travel, training, and equipment.

Please note: Athletes born in 2007 and later are eligible for the Canada Games program in 2025. 2024 will serve as the first summer of identification for the Canada Games cycle however this program is not exclusively for Canada Games eligible athletes.

## **Team Manitoba Black** – Mainly athletes born in 2008 and 2009.

Female: 45-60 total players for training. Players will then be divided into teams to compete.

Male: up to 40 total players for training. Players will then be divided into to up to 4 teams to compete.

Selection Dates: Assigned dates between June 3-21 (Exact dates and times TBC)

Team Training: June and July

Competition: 2024 Manitoba Cup in Winnipeg\* (event format TBC) July 19-20, 2024.

Potential training/travel to a regional event in Western Canada is a possibility. TBC prior to selection.

Anticipated Cost: Approximately \$500 including all training and equipment. If there is travel to an event there will be an additional cost.

# Team Manitoba White- Mainly athletes born in 2010 and 2011.

Female: 45-60 total players for training. Players will then be divided into teams to compete.

Male: up to 40 total players for training. Players will then be divided into teams to compete.

Selection Dates: Assigned dates between June 3-21 (Exact dates and times TBC)

Team Training: June and July

Competition: 2024 Manitoba Cup in Winnipeg\* (event format TBC) July 19-20, 2024.

Anticipated Cost: Approximately \$500 including all training and equipment.

Please note that athletes selected to the 2024 Manitoba Games program will train as part of the Team White program for the month of July. Athletes will be notified of their selection to the Manitoba Games team before the end of the June selection period due to the requirements of the Manitoba Games.

# How do I identify for the Team Manitoba programs?

Athletes will be able to indicate their interest in the Team Manitoba program through the Team Manitoba Athlete Interest form.

#### What is the selection process?

Athletes will be invited to a series of training sessions in the month of June where they will be introduced to some of the skills and concepts used in the Team Manitoba program. The selection process will run between June 3-21 (Exact dates and times TBC) mainly in the evenings. Some weekend sessions may be included. The main location will be Dakota Community Center in Winnipeg however we are also exploring training opportunities outside of Winnipeg as well especially for the Team White program.

When will I find out what program I am participating in or if I am successful in being selected? Athletes will know what program they are participating in by June 28 at the latest. Due to travel and accommodation booking requirements, athletes travelling as part of the Team Manitoba Gold program may be selected earlier than June 28.

## What does the training schedule look like in July?

The Team Manitoba Gold program will begin training as a team immediately in preparation for the 2024 Canada Cup.

The Team Manitoba Black program will train in a large group beginning in July to establish a consistent approach to skills and tactics. This would include position specific or small group training. Players will then be assigned to teams and work more independently with their coaches in preparation for the Manitoba Cup event July 19-20.

The Team Manitoba White program will train in a large group beginning in July to establish a consistent approach to skills and tactics. Players will then be assigned to teams and work more independently with their coaches in preparation for the Manitoba Cup event July 19-20.

All programs will know their full training and competition schedules prior to final team selection in June. Players can expect a mix of day, evening, and occasional weekend training.

### When will the coaches be announced?

Coaches will be announced prior to the start of the selection process. Coaches for the Canada Games teams will lead the coaching staff for the Team Gold program in 2024.

# What is the rationale for this type of program?

Athlete development takes time, and each athlete progresses at their own pace. This program will provide training and competitive opportunities to support a wider range of athletes and raise the overall level of volleyball in the Manitoba.

Provincial team programs require a significant investment of time and money on behalf of our athletes and parents that often follows a club season that can be equally as expensive. We want to offer value for your investment in the 13-16 age range by targeting training and competing locally and reducing the amount spent on travel and accommodations.

The volleyball pathway in Canada is evolving with more opportunities than ever before for players to train and compete with Volleyball Canada programs from ages 15-20. We will be educating athletes on these opportunities and preparing those who may wish to pursue them.