

Volleyball Academy

- Hosted at Cariboo Hill Secondary
- September start date. Full year students only. One semester-students if space is available 2 sessions per week for 36 weeks (1.5 – 2 hrs. per session). Tuesday and Thursdays from 7:00 am to 8:30 am.
- Classes include video analysis via iPad (slow motion instant replay), weight training by a certified Strength & Conditioning Coach, nutritional & mental preparation coaching. Training gear and equipment provided.
- Minimum # 15; maximum 32

APPLICATION REQUIREMENTS:

Choose from two pathways:

- Academy Stream: any student in grades 8-12 with a desire to incorporate a volleyball skill academy program into their academic pursuits. Fee is \$1,680 per year (10 months) payable directly to the Academy
- Elite Stream: selected students in grades 9-12 with a desire to pursue a high-performance pathway while balancing their academic pursuits. This cohort has a lower coach to athlete ratio. Athletes must be assessed for the elite stream. Fee is \$1,680 per year (10 months) payable directly to the Academy
- If in doubt as to which stream, there will be try-outs at the beginning of the school year, and/or send student's volleyball background to your Burnaby Marketing Advisor who will check with the Academy Director.

