



VISION offers three winter programs for girls and guarantees every athlete a place to play. Tryouts held in early December.

VISION Elite Volleyball Club

Is the high-performance program. Teams are divided into one of three teams: Black, Blue and White teams in each age class. Each program has a designated Head Coach responsible for the development of athletes within that program. Program Head Coaches are tentatively listed as follows:

- VISION Elite Black Program Head Coach, Luc Tremblay.
- VISION Elite Blue Program Head Coach, Chris Toscano
- VISION Elite White Program Head Coach, Mark Bourbonniere

All VISION Elite teams are assigned a coaching staff of two coaches along with supervision by their Program Head Coach. These are travel teams that practice 3 times per week and compete at Provincials in April and Nationals in May. The program includes strength & conditioning on Saturdays for eight weeks throughout the months of January-February. VISION Elite teams have earned 44 Provincial Championship medals and three National Championships along with numerous top five finishes at National Competitions.

VISION Volleyball Club

The VISION VBC is a regional club program with teams divided into three regions: VISION East, West and Central teams in each age class. Each region is assigned a Head Coach who is responsible for ensuring the calibre of training for their teams. Each team is assigned a Head Coach and a parent assistant coach is required to round out the coaching staff. Teams practice twice per week and compete in the VISION Premier League Winter session from Jan.-March on Sunday afternoons along with two local club tournaments. Athletes can extend their season by joining the Premier League's Spring session (April-June).

VISION PREMIER LEAGUE

Teams practice once per week and play matches on Sunday afternoons. The season ends with a Championship Tournament in late March. There are several practice venues around the city and teams play in one of three Divisions. Each team is assigned an instructor who is responsible for running practices and overseeing the training of the athletes. A parent coach is required to coach the team during games as the instructor does not attend competition. Coach mentors are also available at games to help parents with systems of play.

No cuts. Fair Play. All athletes welcome!

www.VolleyballWinnipeg.ca