

# Ottawa Valley VIKINGS News

**Goals:** To develop each players individual and team skills, both mentally and physically, in a FUN, competitive and challenging environment

The Ottawa Valley Vikings Volleyball Club, offers your athlete the highest level of competitive volleyball in the area.

## ALL ABOUT THE CLUB AND SEASON

## WHAT CAN YOU EXPECT

# So you wanna be a VIKING?

### Season INFO

The Season runs from September until the end of April, ending with Provincial Championships. Teams will compete in a minimum of 5 OVA sanctioned tournaments during the year, including Ontario Championships. Teams may choose to attend Nationals, location dependent.

#### Tournament locations:

In years past, the furthest teams have had to travel for tournaments is Oshawa and Markam, with places in between and are ONE DAY. Provincial Championships will be held in Toronto and Waterloo this year, and is a 3 day event. We have applied to host one tournament at each age group.

#### Practice Times:

Vikings will practice two times per week, 2 hours each night with the possibility of some additional team building, skill development, conditioning etc. throughout the year. Specific practice time and location for each age group will be communicated before the end of tryouts.

#### Playing Time:

This is a competitive club, wins are not everything but it is the goal every time we step on the court. Players will receive FAIR playing time, NOT EQUAL playing time.

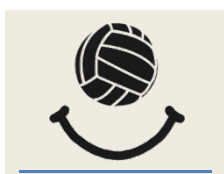
Last season the Vikings Volleyball club had 12 teams competing provincially. In the girls program we had 2 teams at 13u, 2 at 14u, 2 at 15u, 1 at 16u, 1 at 17u and 2 at 18u, and in the boys program we had 1 at 17u, and 1 at 18u. Our teams had another very successful season. At the Ontario Championships the 16u Venom won Gold, 14u Settlers won Gold, 17u Valkyrie won Bronze, and the 15u Marauders won Silver. Throughout our regular season, our teams brought home 4 gold, 5 silver, and 5 bronze medals. From start to finish, all Vikings players in all age divisions showed tremendous personal and team growth. We look forward to seeing all the returning Vikings, meeting some new ones, and watching you all grow.



*A high level of performance is expected from each athlete, both in practice and in games.*

### PLAYER FEES: 2 Options Now Available

**New Player: 1000.00** - The basic fees includes costs of uniforms (warm up, 2 jerseys, shorts) all OVA tournament entry fees, equipment, honorariums, and gyms. Player registration with Volleyball Canada and OVA (necessary for insurance) not included in registration. For returning players who do not require new jerseys the registration fee will be \$800.00.



**BEHAVIOR:** All Players and parents are expected to behave in a manner that brings credit to themselves and the club. Players must control their emotions at practice and tournaments. Disruptive behavior or unsportsmanlike conduct will NOT be tolerated.

For more INFO:

Contact INFO:

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