

ADP Information and Updates from ADP Chair Jeff Miller:

Dear Region 3 Members:

I hope your volleyball season thus far has been a success and I wish you the best of luck in your upcoming provincials. I just want to let you know what is going on with the ADP programs this summer and I hope to answer any questions you may have.

Training to Train – Formerly 14U Fundamental Center

The Training to Train Centre will be held on **August 6-9, 2009** at **Humber College** in Etobicoke.

The goals of the Training to Train Centre is to create a positive fun environment where kids can learn and obtain the volleyball skills and tools they will need to succeed at the next level – 16U and 18U ADP Programs and beyond.

Changes from the last year and highlights of the Training to Train Program include:

- The Training to Train Centre will be held on August 6th-9th, 2009 at Humber College in Etobicoke
- The Training to Train Program is club driven - Please contact your Regional Chair about Athlete Selection and tryouts.
- The cost of the Training to Train Centre is \$400.00 (plus GST) this includes 3 nights accommodation, meals, training, a 1-day tournament and an OVA/ADP t-shirt. Please note non-OVA members that wish to participate must pay an extra \$10 for the participant fee

R3 Notes: As a region we can send up to 29 female and 9 male athletes to this center. We would like to send athletes with potential to possibly play in the regional and provincial team programs. If you are interested in attending this camp please have your club coach contact Jeff Miller at jeffmiller11su@hotmail.com .

Training to Train 2 – Formerly 16U Regional Team Training Center.

2009 RTTC (Training to Train 2) - Humber College (North Campus), Etobicoke

July 16-19, 2009 (Female)

July 19-22, 2009 (Male)

In 2008 the ADP committee decided to separate the genders for Regional Training center. There will be a **female RTTC from July 16th - July 19th** and a **Male RTTC from July 19th - July 22nd**, both at **Humber College North Campus, Etobicoke**. This will allow the camp to focus on Athlete Development and provide time for regions to prepare for the competition.

Cost: \$ 510.00 plus GST. This includes 4 days of training, 3 night accommodations, 4 days of meals and Regional Games tournament fee.

2009 Regional Games-

August- 10-11, 2009 (Female & Male) ** Also at Humber College.

R3 Notes: The 16U Regional team program is going to be very similar to last year. On the girls side we plan on running a west ID/tryout in Chatham on May 9th and east ID/tryout on May 9th in the Niagara or Hamilton areas. I am still looking for a gym. Once everything is verified it will all be posted on our website. The top athletes from the west and east ID camps will be invited to the final selection camp on June 6th at Saunders SS in London. Players that were involved in the Regional team program last year and that are still eligible to return will be given an exemption into the final camp. We will select the top 20-24 players from the final camp to make up our two Regional teams. In order to attend one of the tryouts, you must pre-register on our website www.region3volleyball.com. Cost to attend the ID/tryouts is \$25 and you will be given an ADP T-shirt.

On the boy's side, there will only be a final ID/tryout which is going to be held at Saunders SS in London on June 7th. The top 20-24 players from this camp will be selected to make up our two Regional teams. Athletes must register on our website (listed above) and the tryout fee is \$25. You will receive an ADP T-shirt.

High Performance Center – 18U.

The **High Performance Centre (HPC)/Provincial Team (PT)** program is the second last stage of the OVA's Athletes Development pyramid ([click here](#) to view the pyramid). The HPC is Provincially Driven with a focus on Elite Development. The OVA will identify and select the top 80 athletes in Ontario to attend the High Performance Centre (HPC).

In non-Canada Games years the HPC will be used to identify and select the Provincial Teams for Ontario. However in the Canada Games years 2009, the Centre will be used to further develop elite athletes that were not selected to participate in the Provincial Team Program.

Some of the highlights of the HPC/PT Program include:

- Cost is **\$550 Plus GST** for 6 days of training, 5 nights of accommodations, 6 days of meals
- The Centre associated with this program is called the High Performance Centre (HPC).
- The HPC/PT Program is provincially driven.
- Only the top 80 volleyball athletes from Ontario will be selected to attend the HPC.
- In non-Canada Games years (2006-2008) the HPC will be used as part of the Provincial Team selection process
- The HPC will be held on **July 2nd-July 7th, 2009 at Humber College, Etobicoke**
- Teams will be created (4 teams per gender) to compete in the High Performance Competition that will be held during the last two days the Centre.
- Athletes born in 1991 or later are eligible to participate in the HPC/PT Program.
- Select MALE athletes born in 1990 may be able to attend the HPC

Tryout Information



If you did not receive an invitation to the High Performance Centre you still have the opportunity to show off your skills at the High Performance Centre Open Tryout on May 23rd (female) and May 24th (male). Location to be determined.

- Athletes born in 1990 or later are eligible to participate in the HPC/PT Program.
- Select MALE athletes born in 1989 may be able to attend the HPC

R3 Notes: The OVA staff will send direct invites to the HPC Camp for a certain number of players. 20 Female and 20 Male after the completion of the Provincial championships. If you did not receive an invite and are still interested in attending the HPC, you can attend the following open tryouts. The good news is the open tryout is in our Region!

Female HPC Open Tryout

Date: Saturday May 23rd, 2009

Location: Jacob Hespler, Cambridge, ON

Time: 9:00am to 5:00pm

Cost: \$55 - includes tryout & ADP/t-shirt

Male HPC Open Tryout

Date: Sunday May 24th, 2009

Location: Jacob Hespler, Cambridge, ON

Time: 9:00am to 5:00pm

Cost: \$55 - includes tryout & ADP/t-shirt

Registration for this event will start on May 1st. The last day to registration for the Open Tryout is **Thursday May 21st, by 11:59pm.**

NOTE: there is a cap on the number of athletes that can participate at the tryouts. You will be placed on a waiting list and will be notified when space becomes available.

If you would like more information please check the OVA website under ADP, High Performance Center, and selection process.

I hope I have answered any questions you may have had and please do not hesitate to contact me if you need any further assistance. Good luck in the remainder of your season!

Yours in Volleyball,

Jeff Miller

Region 3 ADP Chair

jeffmiller11su@hotmail.com

(H) 519-734-0620

(W) 519-736-2149