

Durham Rebels Volleyball Club: What to Expect



Volleyball is an exciting and rewarding sport that allows players to combine physical, athletic, and mental prowess to develop their game at both a personal and team level. Durham Rebels has been home to many successful volleyball players who have achieved post-secondary success both on and off the court. If you're considering rep (club) volleyball for your son/daughter, the information below may be helpful in helping you reach a decision. Whether you decide if your child is ready for competitive volleyball or not, we hope they continue with this sport in some form as volleyball is truly an activity most can enjoy into adulthood.

The entry level age division at Durham Rebels is 12U which is grade 6 and younger, with the oldest age division being 18U.

About Competitive Volleyball in Ontario. In Ontario, competitive volleyball (also called club or rep) is governed by the [Ontario Volleyball Association](#) (OVA). For the 2020/2021 season, teams are permitted to start tryouts on September 19, 2020 as directed by the OVA. Athletes who have been training with the club over summer or playing with the club the previous season can be signed earlier. Due to the provincially mandated waivers, athletes must register online for tryouts and follow COVID-19 protocols, no exceptions.

- Game play is tournament-format only and consists of about one tournament per month unless a team plays up in an older age division as well as their own. There is no league play or loops in the Ontario Volleyball Association.
- Teams are seeded (ranked) after each tournament with tournament locations being announced approximately one to two weeks prior to the tournament date based on a team's ranking. Teams can expect to play anywhere in the province including Durham, Cobourg, Newmarket, Barrie, Halton, Ottawa, and elsewhere.
- Most OVA tournaments are within a one to four-hour radius of Durham. The typical team attends 2 to 3 out of town tournaments in a season, but this cannot be predicted ahead of time. Younger teams usually have less travel.
- The OVA master [tournament schedule](#) is posted prior to tryouts ensuring families know most of a team's tournament schedule in advance. Tournaments are typically one full day on the weekend (with the exception of Provincials and Nationals which take place over 2-3 days, depending on the age division).
- The season runs from October to May with no activity during Christmas. In the 2020/2021 season, some team will be required to play over the March break and OVA competitions are not expected to start until January.

Financials.

Club Fees for the 2020/2021 season are outlined in the box to the right. Our Club fees include:

- Three regular season OVA tournaments and one Ontario Provincial Championship tournament (in own age group)
- Coach travel and accommodations expenses (max. 2 rooms / 2 vehicles per team) to the tournaments listed above
- OVA and Volleyball Canada membership fees and insurance
- Durham Rebels practice t-shirt
- Mikasa volleyball for each athlete (athlete responsible for safekeeping and sanitization)
- COVID-19 safety supplies (gloves, hand sanitizer, wipes) for team
- Team equipment (balls/net/first aid kit/ball cart and ball bag)
- Team and individual photo by professional photographer
- Gym permits for 2 practices per week
- Strength and conditioning sessions (16 weeks) for 15U – 18U teams
- Technical Director
- Year-end athletic banquet

2020/2021 Club Fees

12U: \$1155

13U & 14U: \$1230

15U, 16U, 17U: \$1310

18U: \$1320

Team fees are costs for additional tournaments/events not included in Club fees. Not all teams participate in additional tournaments or events so team fees may not be applicable. Coaches will advise parents of the additional tournaments at the beginning of the season. Team fees may include, but are not limited to:

- Invitational tournaments

- National Championships (locations vary based on age division)
- Additional OVA tournaments (playing up)
- Special events such as team building activities
- Coach travel expenses for out of town tournaments not covered by Club fees

Many teams are successful in acquiring sponsorships or fundraising to cover all or part of their team fees. Team budgets are prepared based on the number of rostered players on a team and all families share equally in additional costs incurred by a team, regardless of a player's availability to participate in a given tournament or event.

Clothing. All athletes have a home and away jersey, navy blue crew socks, and navy blue shorts. Girls may purchase any brand of navy-blue shorts; boys must wear Durham Rebels shorts supplied by our official clothing supplier. Due to the shortened season, it is not mandatory that athletes purchase hoodie/sweatshirt, backpack, or water bottle but these are available for purchase. Clothing is not included in club fees for the 2020/2021 season.

Tryouts. Athletes are permitted to try out for multiple clubs in any area (there is no residency rule), however, once an athlete formally commits to a club he/she may no longer try out for other clubs. Athletes must register online for tryouts. Some teams may record athlete statistics (height, reach, vertical jump, photo, etc) at tryouts. Players being offered a spot on a team will receive a written offer as well as a deadline to accept the offer. Clubs in Ontario must follow a Tryout Policy; information on this policy may be found on the [OVA website](#). During COVID-19 protocols, the OVA may set conditions for athletes going to various clubs to take part in tryouts.

Practices

- Our teams practise twice per week for two hours each time. Practice nights and times are constant throughout the season. On occasion, some teams add an extra practice prior to a tournament or to make up for a holiday cancellation.
- At this time, our practice locations are throughout north Oshawa and north Whitby but subject to change
- Our younger athletes (12U-14U) usually practise from 6 – 8pm while our older athletes (15U-18U) practise from 8-10 p.m.
- Depending on availability, many of our teams take part in weekly strength and conditioning training. The training takes place either before or after a scheduled practice and it is expected that athletes attend all fitness sessions as they are part of the training program.
- The OVA may set guidelines with respect to training bubbles limiting athletes doing outside training with other large groups.

Playing Time. In OVA tournaments, teams participating in 12U through 14U follow a “[Fair Play](#)” rule which stipulates any player not starting the first set in a game, must start the second set and cannot be substituted unless the player becomes ill or injured. During the third set of play, coaches may play any player he/she chooses. In 12U and 13U game play, a Triple Ball format is used during OVA tournaments. Information on Triple Ball may be obtained from the OVA website. In 15U and 16U Trillium Division, coaches follow the Fair Play rule in pool play, then choose their line-ups freely once they enter cross-overs. From 16U through 18U, coaches may play whichever line-ups they choose.

Club volleyball is **competitive** volleyball and play time is often linked to a player's ability, attitude, and coachability. Not all coaches place the same weight on each of these values. As players move into older age divisions, the level of competition becomes extremely high and some athletes may see more playing time than other athletes.

Coaches. Our coaches are volunteers and give freely of their time. All coaches require criminal background checks, OVA screening disclosure, and participation in the NCCP. When they are not in the gym with our athletes, many coaches are attending workshops and other mentoring sessions learning how to be even better coaches.

Parent Involvement. In order to keep team costs at a minimal and help the season run smoothly, all teams require team parents to volunteer with the team. Parents are needed as team managers/parent reps, bookkeepers, meal planners, travel planners, fundraising planners, photographers, videographers, public relations, game scorekeepers and line judges, banquet reps and more. If your family is committing to Club volleyball, please be prepared to assist with your child's team. The commitment time is very minimal when all parents assist. Any team assigned tournament hosting duties by the OVA must fulfill those duties.

At least one parent must complete the **Respect in Sport** online parent program on behalf of their child athlete. This 60-minute learning resource is dedicated to the prevention of bullying, abuse, harassment, and discrimination (BAHD). The cost of the certification is \$12 (payable by the parent) and once complete, parents should enter the certificate number in their Team Snap

profile. Any athlete whose parent has not completed the online program by December 31, 2020 will NOT be permitted to compete in further OVA events until this requirement is met. RIS is a one-time certification and is not required annually. Learn more about [RIS](#).

Summary. Club volleyball is a great experience for players who not only get the opportunity to participate in a sport they love, but also develop lifelong friendships with like-minded teammates. Many older athletes will tell you that while their experience playing the game was amazing, the life skills they learned with respect to time management, leadership, commitment, and teamwork along with the bonds created with their teammates has been their greatest reward. Volleyball is one of the top growing sports in Canada affording many of our athletes the opportunity to pursue the sport in a post-secondary setting in both Canada and abroad.

If you have further questions about our club or competitive volleyball in Ontario, please [contact us](#).