

# Frequently Asked Questions

## Covid Update

All clubs in Ontario must follow Volleyball Canada (national) and OVA (provincial) Return to Play guidelines. These guidelines are predicated on the provincial governments phased openings.

As of July 28<sup>th</sup>,

- participating outdoors (beach, grass) is operating under phase 3 guidelines which means training and competition is allowed. Training must be accomplished within the social distancing guidelines and competition also has its own set of rules.
- Participating indoors is still very limited with training only and all social distancing rules adhered to - which includes only 10 maximum in a gym with only 4 on each side of the court. No competition is currently allowed.

In all instances strict cleaning protocols must be in place.

Before offering any type of programming, the Rapids must have a health and safety committee in place to ensure that all programs are carried out following the OVA Return to Play guidelines.

Up to date covid information can be found in greater detail on the OVA web site

[https://www.ontariovolleyball.org/news\\_article/show/1114594](https://www.ontariovolleyball.org/news_article/show/1114594)

## Tryouts

### **Will Rapids be holding tryouts?**

Yes - Rapids will be holding tryouts for the 2020/2021 season.

### **Is playing experience necessary in order to try out and play for the Rapids?**

Not at all!! We welcome both experienced skilled players and beginners with no experience. We have premier level teams available as well as teams where we are developing skill and a love for the game. Scroll down to check the different levels of play and the expectations associated with each one. During tryouts your athlete will be placed on a team according to our evaluator's observations.

### **House league programs are available to gain skill and confidence – click on the house league tab for more information**

Mini Spikes Grades 1-4

Spikes – grades 5 & 6

Club Prep – grades 6-9 (girls only)

Super Spikes - grades 6-9

### **When will tryouts be held?**

The tryout timeline is determined by the OVA. The OVA is our provincial sport organization and is responsible for publishing the Return to Play Guidelines that all clubs must follow. Tryout timelines will also be based on our ability to procure gym time. Currently the DSBN is not accepting any permit applications.

### **Where do I find out about tryouts?**

All of the latest tryout information will be posted on the Rapids web site. [www.rapidsvolleyball.com](http://www.rapidsvolleyball.com)  
And on Instagram, search and follow [niagararapids](#)

### **What is the tentative indoor schedule for 2020-21?**

The Indoor Youth Competitions calendar will not be finalized until further government regulation updates are released. However, the OVA has officially delayed the start of the competitive season until January 2021. To view the competition schedule, click the link.

[https://cdn4.sportngin.com/attachments/document/d57f-1591849/2020-2021\\_Calendar\\_Draft\\_July\\_7\\_FINAL.pdf#\\_ga=2.143115447.366615126.1595865108-1454867968.1464863533](https://cdn4.sportngin.com/attachments/document/d57f-1591849/2020-2021_Calendar_Draft_July_7_FINAL.pdf#_ga=2.143115447.366615126.1595865108-1454867968.1464863533)

### **What does a Rapids club season look like?**

- Season runs from October to May
- 2 practices a week
- Additional training opportunities are available during the year with technical coaches and will be added into a team's schedule.
- Practice gyms are located throughout the Niagara region
- Each team will have a minimum of 4 OVA tournaments plus participation in the Provincial Championships
- Different teams (A – D) have differing levels of commitment - scroll down for team expectations
- For the 2020/21 Competitions Calendar  
[https://www.ontariovolleyball.org/news\\_article/show/1114077](https://www.ontariovolleyball.org/news_article/show/1114077)
- Locations of OVA tournaments are disclosed closer to tournament date and can be from held in Stratford, Guelf, Toronto, Oakville, Hamilton, Burlington, Waterloo & Niagara
- Tournaments are only one day and do not require an overnight stay. Exceptions to this is the Grand Prix which is a two day tournament for older teams only.

### **What are the costs associated with playing on a Rapids Club team?**

***This information is based on last season. 2020/2021 registration fees are not available at this time.***

2019/2020 season costs were between \$900 - \$1,200 per player – depending on the number of players on a team

Registration fee includes:

- Two practices a week plus additional technical training sessions
- 4 OVA Tournaments 12 – 17

- 5 OVA tournaments for 18u
- OVA membership
- Ontario Provincial Championships
- Team sessions with a Technical Coach
- Position training with a Technical Coach (15-18u)
- Skill training with a Technical Coach (12-14u)
- Setter training for all age groups
- Jersey (every other year) and shorts (new every year)

Additional Fees that could be incurred:

- Coach's accommodation for the Ontario Championships (mandatory)
- Rapids warm-up clothing (optional)
- Age Up Tournaments, Exhibition Tournaments, National Championships, USA Tournaments - as decided by the coach
- Physical training sessions

## **Rapids Philosophy**

We believe that competing on a team develops not only athletic skill but teaches commitment, discipline, perseverance, builds confidence and instills a sense of belonging. Last season, Rapids had 26 club teams that competed in OVA tournaments. In some age divisions, we are offering 4 teams. This allows for athletes to participate at the high-performance level as well as providing opportunity for a broad range of experience and skill. We are committed to providing a great team experience for all!!

## **Rapids A - High Performance Team**

Many of the Rapids High Performance teams are competing within the OVA Premier/Select Divisions. In some age categories, there are two Rapids teams at the higher levels of competition. Practices will be fast paced and demanding. Athletes are expected to have a strong work ethic, an understanding of what it means to be a part of a team and a high degree of coachability.

Expectations:

- practice 2–3 times per week
- compete in 8 tournaments - 4 OVA tournaments and 4 exhibition or age-up tournaments
- compete at Ontario Championships
- 15- 18u Legend athletes will have additional position training sessions with a Technical Coach
- Setters training available
- physical training sessions are strongly encouraged but optional
- 15-18u teams will participate in at least one US tournament and showcase.
- Nationals are optional

We are looking for athletes to compete at the highest level and are interested in the pursuit of excellence!! Typically, high performance athletes are looking to play post secondary. We ensure that all options are open by travelling to the States to compete as well as working closely with university and college coaches in Canada.

## **Rapids B – Challenger Teams**

Challenger Athletes are pushing to the next level of excellence. They are strong athletes who may not have the experience (yet) to play on a High Performance Team but have the determination and tenacity to fight for their team's success and their own personal development. Challenger athletes will work towards building a solid foundation in skill development and have high expectations for the success of their team as they progress in their season.

Expectations:

- practice at 2-3 times per week
- compete in 6-8 tournaments - 4 OVA tournaments and 2-4 exhibition or age-up tournaments
- physical training sessions are strongly encouraged but optional
- additional training sessions with a Rapids Technical Coach
- Setters training
- compete at Ontario Championships
- participation in US tournaments are strongly encouraged but optional
- Nationals are optional

Challenger athletes will have the ability to form a team bond where there is a variety of skill level and experience. Challenger athletes will be leaders and the experienced athletes will find positive ways to encourage the skill development of new athletes on the team. This team will post strong results. Challenger coaches are working to develop and prepare athletes for High Performance teams.

## **Rapids C Advancing Athletes**

Advancing athletes are working on building confidence in their skill set. Advancing athletes are valued for their passion and commitment. They will need good attention to detail as they work on the fundamentals. Coaches will work on building a competitive attitude within their team. Advancing athletes will have a strong advantage when trying out for their school team.

Expectations:

- practice 2- 3 times a week
- compete in 5 -7 tournaments - 4 OVA tournaments & at least one extra exhibition or age-up tournament
- physical training sessions are optional
- additional technical sessions with a Rapids Technical Coach
- compete at Ontario Championships
- participation in US tournaments are optional
- Nationals are optional

Advancing Coaches have high expectations of their team's progress during the season. Coaches will set attainable goals throughout the year to monitor that progress. Hard work and focus during drills will elevate the Advancing athlete's performance. Advancing athletes will work towards skill consistency and confidence in competition. The Rapids club will provide opportunities for inter club competitions so that athletes can work on competition protocol and readiness.

## **Rapids D Evolving Athletes**

Evolving athletes are at the heart of the Rapids inclusive play philosophy. Coaches at this level will build a positive environment in practice where mistakes are recognized as an integral part of the learning process. There are high expectations for this team in terms of skill progression throughout the year. The social component is an important element. Evolving athletes will have a strong team identity.

### Expectations:

- practice 2 times a week
- compete in 5-7 tournaments - 4 OVA tournaments and 1-3 exhibition or age-up tournaments
- physical training sessions are optional
- additional training sessions with a Technical Coach
- compete at Ontario Championships
- participation in US tournaments are encouraged
- Nationals are optional

Coaches working with Evolving athletes will recognize the value of participation and embrace the philosophy that being a part of a team contributes to the whole development of a young person. Coaches will focus heavily on skill development and will coach with a combination of patience and encouragement. The Rapids club will provide opportunities for inter club competitions so that athletes can work on competition protocol and readiness.