

# Rapids High Performance Training



**17 & 18u Athletes – All skills August 19 - 22**

## High Performance Training by Rob Wojik and Lauren Sokolowski

For: Boys & Girls entering Grade 11 & 12

Experience Level: open to High Performance Athletes

Time: 6:00-8:30 pm

Location: Heritage Christian School - 2850 Fourth Ave, Lincoln

Entrance: Back gym

**Cost: \$300.00**

**Spots: 14 participants per gender 2 setters, 6-7 outsides, 3-4 middles, 2 liberos.**  
Clinic will focus on elite skill development but also on advanced team play.

### Coach Rob Wojik



After an extensive indoor career, Coach Rob played professionally in Germany, Belgium and Switzerland for 5 years. On his return, he coached at Brock for the past 3 years. He brings a blend of on-court prowess and coaching acumen to nurture the next generation of athletes.

- **5x Team Ontario Athlete, Canada Games athlete**
- **TMU Grad, top 3 scorer in program history in 4 years, taking TMU to first OUA medal and first Nationals Appearance.**
- **Multi time OUA All star**
- **5 years professional Volleyball Player in Germany, Belgium and Switzerland**
- **Belgian League Champions**
- **Belgian League MVP**
- **Belgian League Top Scorer**
- **Champions League round MVP**
- **Swiss Supercup MVP**
- **Canadian Men's National Team Player**
- **3 year coach with Brock Men's Volleyball**

### Coach Lauren Sokolowski



Coach Lauren trained as a libero under TMU coach and former National Team player, Dustin Reid. She then travelled to Europe with husband Rob. While he played, she coached at various clubs in Belgium and Switzerland. ON her return, she coaches at Brock University for the past two seasons. She is also a much loved Rapids coach whose 18u legend team finished 10th in the Province.

- **Assistant Coach Brock University, 2022-present, 2X OUA Champion**
- **Part of USport Female Apprenticeship Coach Program, 2022-2023**
- **17U/18U Rapids Coach, 2021-2023**
- **Coached at clubs in Belgium and Switzerland**
- **TMU Volleyball Alumni, 2010-2015**