

REGIONAL COMPETITIVE TEAMS - PARENT PACKAGE

WELCOME TO EBCA REGIONAL COMPETITIVE TEAMS

EBCA Regional Competitive Teams are designed to provide athletes with a structured, high-quality development environment that bridges the gap between recreational programming and traditional rep volleyball.

Our program combines:

- Consistent, high-level training
- Structured weekly gameplay
- Local tournament competition

All within a balanced, manageable schedule for families.

This program is ideal for athletes who are:

- Looking to take the next step in their development
- Seeking a more competitive environment
- Interested in a pathway toward future rep-level volleyball

PROGRAM OVERVIEW

The EBCA Regional Competitive program is built as a **complete development model**, focusing on both individual growth and team play.

Unlike traditional rep programs that often require extensive travel and time commitments, EBCA offers:

- A **local, community-based competitive experience**
- A **consistent weekly training + gameplay structure**
- A focus on **skill development, confidence, and game understanding**

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TEAM STRUCTURE

Teams for the 2026–2027 season:

- U13 Girls (2014/2015)
- U15 Girls (2012/2013)
- U14 Boys (2013/2014) (*pending interest*)

Each team will consist of:

- **12–13 athletes**
- Balanced rosters following fair gameplay principles

Practice players/alternates may be rostered to support team consistency in the event of injuries or absences.

SEASON TIMELINE

- **Tryouts:** May 2026
- **Team Selection:** Late May 2026
- **Season Start:** Mid-September 2026
- **Season End:** Mid-April 2027

Scheduled breaks:

- Christmas Break
- March Break

Athletes are encouraged to participate in EBCA Summer Camps as preparation for the competitive season.

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TRAINING MODEL

Athletes can expect a structured weekly schedule consisting of:

- **2 Team Practices (2 hours each)**
- **1 Weekly Gameplay Session (1.5 hours)**

Training will take place at local Oshawa school gyms, including: Eastdale CVI, Vincent Massey P.S.

Training includes:

- Technical skill development
- Position-specific training
- Strength and athletic development
- Game play and tactical awareness
- Video review opportunities

COMMITMENT EXPECTATIONS

Participation in the EBCA Regional Competitive program requires a **consistent and reliable commitment**.

- Athletes are expected to attend **80-90% of all sessions**
- Multi-sport participation is permitted, provided athletes can still meet attendance expectations
- Athletes are expected to demonstrate:
 - Consistent effort
 - Positive attitude
 - Coachability

Attendance & Accountability

If attendance, effort, or behaviour becomes a concern:

- Coaches will communicate with the athlete and family
- A **progressive approach** will be taken (discussion → warning → further action if required)

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COMPETITION PLAN

Each team will participate in:

- **Approximately 4 local tournaments**
- One-day events within the GTA
- Travel time limited to approximately 2 hours or less

Additional competition may include:

- Exhibition games
- Scrimmages

Playing Time

EBCA follows a **fair gameplay model**:

- Athletes will receive **as much playing time as possible within the team context**
- Coaches will make decisions based on game flow, development, and team needs

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FEES & PAYMENT STRUCTURE

Program Fee

\$2,300 + HST per athlete

Payment Options

Option 1: Full Payment

- \$200 + HST deposit upon acceptance (*non-refundable*)
- Remaining balance paid upfront at a discounted rate of \$2,000 + HST

Option 2: Installments

- \$200 + HST deposit upon acceptance (*non-refundable*)
- 4 installments of \$525 + HST (Sept-Dec)

Additional Costs

- Tournament fees: Included
- Uniforms: Included
- Travel: Food & gas (family responsibility)

Payment Flexibility

As a family-run organization, EBCA is open to working with families on a case-by-case basis when needed.

REFUND POLICY

- The **initial deposit is non-refundable**
- After the season begins, **refunds will only be considered under specific circumstances**, such as:
 - Injury (medical documentation required)
 - Other exceptional situations at EBCA's discretion

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UNIFORMS & EQUIPMENT

Included:

- Game jerseys
- Practice shirts

Athletes are required to have:

- Indoor court shoes
- Water bottle

No specific brand or additional equipment is required.

COMMUNICATION

All program communication will be managed through:

- **Email**
- **WhatsApp (team-based communication)**

Communication Structure

- All parent communication is directed through **program administration**
- Coaching staff communication will be coordinated as needed

Expectations

- Parents should not contact coaches directly regarding:
 - Playing time
 - Team decisions
- A respectful and structured communication process will be maintained at all times

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COACHING STRUCTURE

The program will be overseen by Coach Jessey, who will provide direction and support across all teams.

- Additional coaches for the girls teams are currently being finalized

All coaches will align with EBCA's training standards, expectations, and development philosophy.

TRYOUT PROCESS

Athletes are required to attend a minimum of **2 out of 3 tryout sessions** to be fully evaluated.

Evaluation criteria includes:

- Technical skill
- Athletic ability
- Effort and attitude
- Coachability

Team Selection

- Teams will consist of **12-13 athletes**
- Offers will be sent in **phases/waves**
- A waitlist may be maintained

CODE OF CONDUCT

All athletes are expected to:

- Arrive on time and prepared for all sessions
- Demonstrate consistent effort and focus
- Show respect toward coaches, teammates, and officials
- Maintain a positive and coachable attitude
- Represent EBCA with integrity both on and off the court

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Parent Expectations

Parents play an important role in supporting a positive team environment.

Parents are expected to:

- Demonstrate respectful sideline behaviour at all times
- Support all athletes, not just their own
- Allow coaches to coach without interference
- Follow established communication protocols

Sideline Behaviour

- No coaching from the sidelines
- No negative comments toward players, coaches, or officials
- Positive encouragement is expected

NON-NEGOTIABLES

To maintain the integrity of the program, the following are considered non-negotiable:

- Repeated unexcused absences
- Disrespectful behaviour toward coaches, teammates, or staff
- Failure to meet payment commitments
- Ongoing lack of effort or engagement

Failure to meet program expectations may result in:

- Reduced playing opportunities
- Suspension from activities
- Removal from the team in serious cases