

EXPERIENCE QUALITY COACHING  
INSTRUCTION FROM HIGHLY  
QUALIFIED COACHES

## Coach—Megan Derouard

- Rainy River Community College  
NJCAA Athlete, Captain, NJCAA All-  
State/ Academic All-State team
- University of Minnesota Crookston  
NCAA Volleyball Captain
- Multiple OFSAA Medalist Boys and  
Girls Volleyball Coach
- NCAA/NCCP Certified Coach
- Ontario Summer Games Coach
- USA NCAA Volleyball Scholarship  
Recipient
- OVA/MVA Official



### I Don't Think So

Some say it's just a game.  
I say, I don't think so.  
The feeling, **THAT** feeling,  
when I'm on the court, it's like no other.  
Nothing else *matters*.

The ball is in my hands, then in the air. It's there.  
**THIS** is game point.  
The other team *try's* to hit it down on our floor.  
On **MY** floor... But I don't think so.  
We dig up that ball, but so do they.

I'm up at the net, they're ready to dominate.  
But I don't think so.  
" Ready, ready, UP! "I jump. My eyes are shut.  
My arms reach **far** over the net.  
**BAM!** Right down on their floor.  
There's the ball.

They thought they would win...But me?

### **I DON'T THINK SO!**

Bekki Elliot—Former Player 2x OFSAA Sliver

**TRAIN, THEN TRAIN  
AGAIN, THEN KEEP  
TRAINING.**

# 18th Annual Kenora



## Volleyball Camp

Boys & Girls!

**Skills Camp:** Grades  
(entering 2019/2020 School Year):

Grades : 7-9 : 9:00am-2:00pm

Grades : 10-12 : 9:00am-2:00pm

July 15th —July 19th 2019

Kenora, Ontario

**Tuition:  
Skills Camp  
Early Bird Reg \$150.00 by May 24th  
Regular Reg \$175.00 by June 28th**

(Includes T-Shirt & Evaluation)  
Cheques payable to Kenora Club Volleyball

**Submit Registration complete with Tuition  
by June 28th, 2019**

to

**Megan Derouard**

c/o 10 Tetroe Rd

Kenora, ON P9N 0A5

Phone (807) 464-0941

Email: meganderouard@gmail.com

Food: Be sure to bring a water bottle, lunch  
and nutritious snacks

Facility: The camp will be held at:  
St. Thomas Aquinas High School

#### **Camp Curriiculum:**

Passing-Technique/Serve Receive Patterns  
Serving-Technique/Floater and Jump  
Attacking-Technique/Footwork & Arm Swing  
Blocking-Technique/Team Blocking  
Defense-Technical/Individual and Team  
Training - Fitness/Nutrition

**And**

**Team Play**

**Competitive and Modified Games will be  
featured throughout the camp.**

**Final Day Tournament**

## **Feature Coach Bob Kowal**

*Mr. Kowal is the current head coach of the FFHS Muskies Junior Girls Volleyball team and the 15-U Vipers team. He is a former National Aboriginal Coach of the Year. Mr. Kowal is also an Ofsaa Champion and a five-time Ofsaa medalist. Mr. Kowal is also a provincial referee and NCCP certified Coach.*

## **Feature Coach Andy Mather**

*Andy is currently the technical director of the Beantown Club Volleyball program in Boston, Massachusetts. He has over 35 years of coaching experience in both college and high school programs. Recently, he was honoured for Coach of the Year in the Massachusetts Interscholastic Athletic Association. Andy is the 2018 STATE CHAMPION*

### **HEIDI SMITH**

- Certified Personal Training
- Certified Fitness Consultant
- City of Kenora PT/FC
- Degree-Fitness and Health Promotion
- CanFit Pro Certified

#### **REGISTRATION APPLICATION**

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Grade: \_\_\_\_\_ Gender: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ T-Shirt Size: S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_  
Home Phone: \_\_\_\_\_ In Case of Emergency Notify: \_\_\_\_\_  
Email Address: \_\_\_\_\_ Allergies: \_\_\_\_\_  
Parent's Signature: \_\_\_\_\_