

# HOW TO BECOME A TEAM NUNAVUT

## MAJOR GAMES ATHLETE

### **STEP 1 - COMMUNITY PARTICIPATION**

- Regular training with community team
- Participate in drop in volleyball in communities
- Attend 18U Territorials, LGM, IOVC, Gold Diggers or any other open tournaments

### **STEP 2 - IDENTIFICATION**

- Be identified at LGM / IOVC and/or 18U Territorials
- Prepare a video for selection committee / coaches
- Community coach or parent/guardian complete and send in VBNU identification application

### **STEP 3 – REGIONAL TRAINING / SELECTION**

- Identified athletes will be asked to attend a regional training /selection camp
- Athletes asked to attend a regional camp will receive:
  - 1) Strength and conditioning plan
  - 2) Team skill training plan
  - 3) Physical testing guide #1

### **STEP 4 – TERRITORIAL TRAINING / SELECTION**

- Athletes selected at the regional camps will be asked to attend the territorial selection camp
- Athletes asked to attend the selection camp will receive:
  - 1) Phase two of strength and conditioning plan
  - 2) Individual - skill training plan
  - 3) Physical testing guide #2

### **STEP 5 – SELECTED ATHLETES**

- Athletes selected will receive a:
  - 1) Team Nunavut/Volleyball Nunavut code of conduct - read and sign
  - 2) Phase three strength and conditioning plan
  - 3) Individual- skill training plan

### **STEP 6 – TEAM NUNAVUT TRAINING**

- Mandatory team video physical training sessions
- Mandatory team and individual video meetings
- Mandatory on-court training – video of sessions will be sent to coaches.
- Mandatory in-person training sessions / exhibition matches

