

CANADAfirst CANADApremier

CURRENT & FORMER CIS PLAYERS COMPETING FOR TEAM CANADA

TASHA HOLNESS

(#12- UNIVERSITY OF ALBERTA)

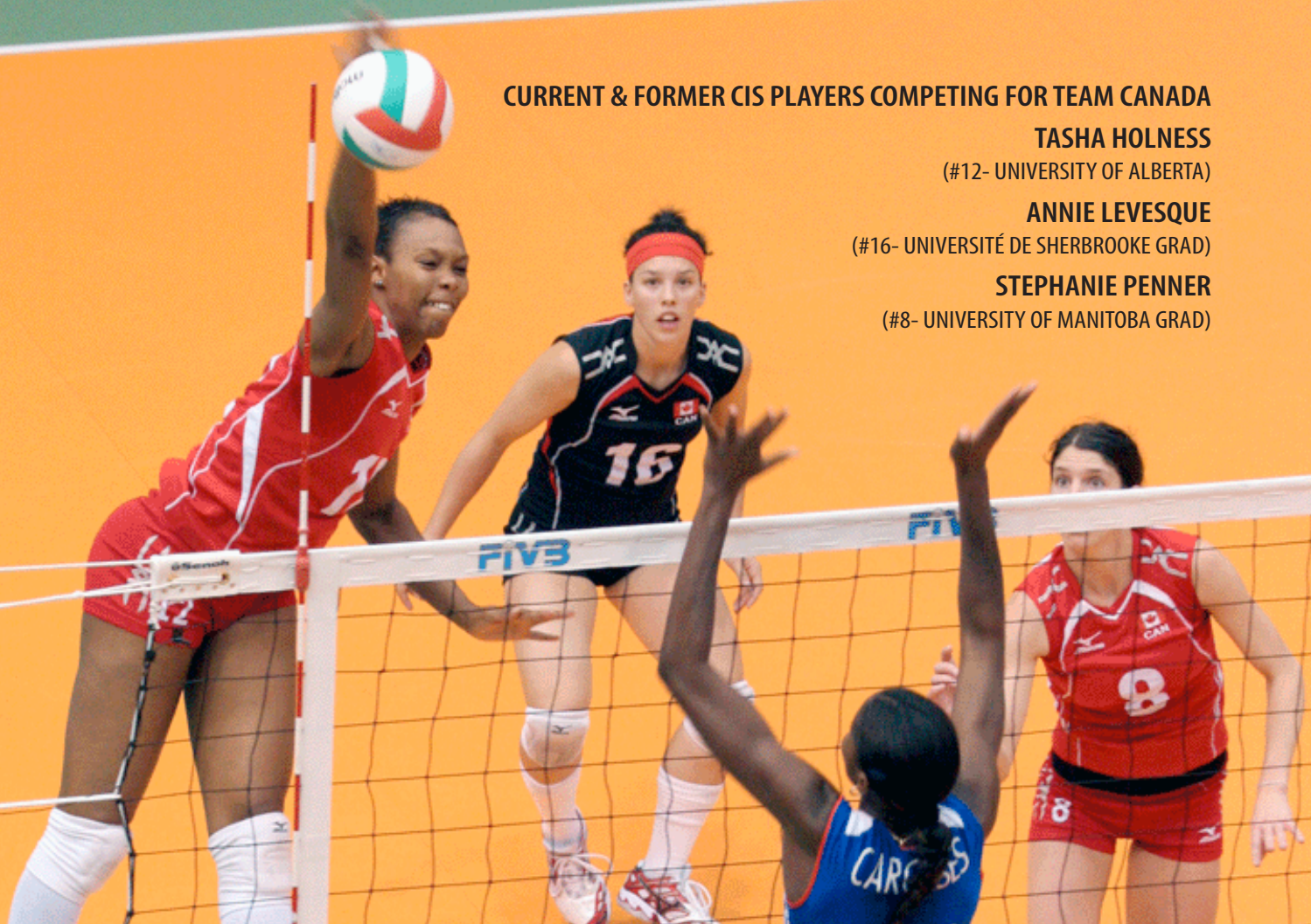
ANNIE LEVESQUE

(#16- UNIVERSITÉ DE SHERBROOKE GRAD)

STEPHANIE PENNER

(#8- UNIVERSITY OF MANITOBA GRAD)

PHOTO - GREG SMITH, VOLLEYBALL CANADA



CANADIAN UNIVERSITY WOMEN'S VOLLEYBALL:

Information guide for coaches, parents and
university bound student-athletes.

VOLLEYBALL FÉMININ UNIVERSITAIRE CANADIEN :

Guide d'information pour entraîneurs, parents et
étudiants-athlètes en route vers l'université



CANADIAN INTERUNIVERSITY SPORT • SPORT INTERUNIVERSITAIRE CANADIEN

801 ave. King Edward Avenue, Ottawa, ON, K1N 6N5 (613) 562-5670

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This Guide is available at:
www.universitysport.ca/e/w_volleyball/canadafirst.pdf

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www.universitysport.ca/f/f_volleyball/canadapremier.pdf



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* The Canada First: Women's Volleyball information guide has been created by Rob Hurtubise at Canadian Interuniversity Sport, in cooperation with the Women's Volleyball Coaches Association, Volleyball Canada, and the 38 universities competing in CIS Women's Volleyball. Special thanks to John Luimes at i. Design Group, Greg Smith at Volleyball Canada, Kristine Drakich at the University of Toronto, and Elizabeth Caza for their help with this project.

* Le guide d'information « Canada Premier - volleyball féminin » a été créé par Rob Hurtubise de Sport Interuniversitaire Canadien, avec la collaboration de l'association des entraîneurs de volleyball féminin de SIC et les 38 universités compétitionnant en volleyball féminin de SIC. Nous tenons à remercier spécialement John Luimes de i. Design Group, Greg Smith de Volleyball Canada, Kristine Drakich de l'Université de Toronto et Elizabeth Caza pour leur aide avec ce projet.



ABOUT WOMEN'S VOLLEYBALL IN CANADIAN INTERUNIVERSITY SPORT

There are 38 universities from coast to coast that compete in Canadian Interuniversity Sport (CIS) women's volleyball. Detailed information on each of these programs is found in this handbook.

We hope that through the use of this guide, players, parents, and coaches will learn more about the advantages of pursuing athletics and academics in a Canadian university. You have an important decision to make, and we trust this information will help you make an informed one.

We know you will find the CIS experience a rewarding and unforgettable one. You can look forward to excellent coaching and first-rate academics. You can expect to improve your game, make life-long friends, and graduate from a university that is recognized by employers all across Canada.

Scholarships in Canada

A common and outdated misconception is that athletic awards and scholarships are only available south of the border. In fact, more than sixty percent of CIS women's volleyball players receive financial support to pursue their athletics and academics in Canada, with the average recipient receiving over \$2,700. Canadian university sport continues to reward athletic excellence with financial awards to give Canadians a viable option to stay at home and pursue their goals and dreams in athletics and education.

In the United States financial assistance is referred to as a scholarship; in Canada you may hear the terms athletic award or athletic financial award to refer to an athletic scholarship.

If you are entering university for the first time, and you have an 80% average coming out of high school/CEGEP, you are eligible for financial support up to the maximum cost of your tuition. Please note that universities competing in Ontario University Athletics cap this maximum amount at \$3,500.

If you are entering university for the first time, and you have less than an 80% average coming out of high school/CEGEP, you are eligible for financial support up to the maximum cost of your tuition provided you achieve 65% after your first two terms at university. Please note that universities competing in Ontario University Athletics do not permit this option.

Support for Academics In Canada

Coaches will have done their jobs when their student-athletes excel on the court **and** in the classroom. Our volleyball coaches are proud of their graduation rates. Each year, twenty percent of the 10,000 CIS student-athletes achieve an average of 80% or higher in university.

CIS Coaches

We are very proud of the quality of our coaches. They are experienced, well educated and certified. They look out for the best interests of student-athletes. Many of our coaches have experience coaching with the Canadian national team program.

The quality athlete will enjoy considerable playing time in CIS, and will have the opportunity to develop as a player and leader.

AU SUJET DU VOLLEYBALL FÉMININ AU SEIN DE SPORT INTERUNIVERSITAIRE CANADIEN

38 universités, d'un bout à l'autre du pays, ont un programme de volleyball féminin. Des informations détaillées sur chacun de ces programmes vous sont données dans le présent manuel.

Nous espérons que, grâce au présent guide, les athlètes, parents et entraîneurs seront mieux renseignés quant aux avantages de poursuivre ses programmes académiques et sportifs dans une université canadienne. Vous avez une décision importante à prendre et nous sommes confiants que ces informations vous aideront à faire un choix éclairé.

Nous sommes convaincus que vous trouverez l'expérience de SIC gratifiante et inoubliable. Vous pourrez compter sur une formation sportive solide et sur un programme académique de premier ordre. Attendez-vous à améliorer votre jeu, à former des amitiés à vie, et à graduer d'une université reconnue par les employeurs à travers le Canada.

Bourses d'études sportives au Canada

Une notion erronée et désuète qu'ont de nombreuses personnes est que les bourses d'études sportives ne sont disponibles que chez nos voisins du sud. En réalité, au-delà de soixante pourcent des athlètes féminines au volleyball de SIC reçoivent un soutien financier leur permettant de poursuivre leurs carrières sportives et académiques au Canada ; la moyenne de ces athlètes reçoit au-delà de 2 700 \$. Sport interuniversitaire canadien persiste à récompenser l'excellence sportive au moyen d'octrois dans le but d'inciter les canadiens à opter de rester au pays pour y poursuivre leurs buts et rêves aux niveaux sportif et académique.

Aux Etats-Unis, on parle de bourses d'études pour indiquer une aide financière alors qu'au Canada, on entend plutôt parler de soutien ou d'aide financière aux athlètes pour signaler une bourse d'études sportive.

Si vous vous préparez à entrer à l'université pour la première fois, et que vous avez obtenu une moyenne de 80% à la fin de votre secondaire/CÉGEP, vous êtes admissible à recevoir une aide financière équivalente au montant maximal de vos frais de scolarité. Remarque : les universités qui compétitionnent au sein de Sports universitaires de l'Ontario ont établi un cap au montant maximal de 3 500 \$.

Si vous entrez à l'université pour la première fois et que vous avez une moyenne de moins que 80% à la fin de votre secondaire/CÉGEP, vous serez admissible au montant maximal d'aide en autant que vous aurez atteint une moyenne de 65% à la suite de vos deux premiers trimestres à l'université. Remarque : Cette option n'est pas offerte aux universités qui compétitionnent au sein de Sports universitaires de l'Ontario.

Soutien au niveau académique au Canada

Les entraîneurs auront rempli leur mandat lorsque leurs étudiants athlètes excelleront sur le terrain **et** dans leurs études. Nos entraîneurs de volleyball sont fiers de leurs taux de graduation. Chaque année, 20% des 10 000 étudiants athlètes de SIC atteignent la moyenne de 80% ou plus à l'université.

Entraîneurs de SIC

Nous sommes très fiers de la qualité de nos entraîneurs. Ils possèdent une vaste expérience, sont bien éduqués et certifiés. Ils ont à coeur les meilleurs intérêts des étudiants athlètes. Plusieurs de nos entraîneurs oeuvrent, ou ont œuvré, au niveau des programmes de nos équipes nationales canadiennes.

L'athlète de qualité jouira d'abondamment de temps de jeu au sein de SIC et aura toutes les occasions de se développer à titre de joueur et de leader.



QUICK FACTS

In Canada a student-athlete has five years of volleyball eligibility as opposed to four in the U.S.

Transferring back to Canada from the U.S. is not permitted after playing four years of NCAA volleyball.

In Canadian universities there are flexible school regulations for major international competitions that occur during the school year, as well as academic allowances for National Team members.

Tuition in Canada is highly subsidized by federal and provincial governments, so tuition is therefore much less expensive in Canada. Tuition in Canada is tax-deductible, and student-athletes will not incur the cost of purchasing out of the country medical insurance.

Total tuition costs for a student pursuing a four-year degree at an NCAA Division 1 school can be in excess of \$100,000.

Federally carded athletes are eligible for tuition support and monthly living and training support under Sport Canada's Athlete Assistance Program (AAP). The living and training allowance varies with the athlete's carding status. A Senior carded athlete receives \$1,500 per month and a Development carded athlete \$900 per month. AAP support is tax free. In 2006-07, Sport Canada provided \$1.9 million .

There are other funding avenues in Canada ó i.e. school sport federations, Quest for Gold, provinces and clubsóthat are not available in the United States. These funds can be quite substantial.

Questions to consider as you make your decision about what university to attend

1. How long has the coach been at the school?
2. Does the school offer the exact academic program you want?
3. What is the historic cutoff for admission to the school ó i.e. grade point average (GPA) for Canadian schools and SAT for American ones?
4. Will your degree be recognized in the country you want to live in after university?
5. What is the cost of out-of-country health insurance?
6. What happens to a scholarship if I am hurt?
7. What is the coach's historical attitude towards full time academic load?
8. Will you have the freedom to pick your own course load and timetable?
9. How many players have transferred out of the program?
10. What happens if my schedule does not permit me to make all the practices?
11. How many workouts are mandatory?
12. Does the school offer the programs you want in your language of choice?
13. How big is the city compared to the one you live in now?
14. Will I miss holidays/Christmas at home ó i.e. do they run a camp over Christmas?

FAITS DIVERS

Au Canada, l'étudiant athlète jouit de cinq ans d'admissibilité au volleyball, comparativement à quatre ans aux É. U.

Un transfert de retour vers le Canada n'est pas permis après avoir joué au volleyball de la NCAA pendant quatre ans.

Dans les universités canadiennes, les règles sont flexibles lorsqu'il s'agit de compétitions internationales majeures au cours de l'année académique et certaines considérations ou accommodements académiques sont aussi disponibles pour les membres de l'Équipe nationale.

Les frais de scolarité au Canada sont fortement subventionnés par les gouvernements fédéral et provincial et, par conséquent, beaucoup moins élevés. Les frais de scolarité au Canada sont admis en déduction d'impôt et les étudiants athlètes n'auront pas à défrayer les coûts d'une assurance médicale hors pays.

Les frais de scolarité d'un étudiant poursuivant un programme de quatre ans dans une institution de Division 1 de la NCAA peuvent s'élever au-delà de 100 000 \$.

Les athlètes brevetés au niveau fédéral sont admissibles à une bourse d'études académique et à une aide financière mensuelle pour l'hébergement et l'entraînement en vertu du Programme d'Aide aux Athlètes (PAA). Cette allocation pour l'hébergement et l'entraînement varie selon le statut d'évaluation de l'athlète. Un athlète breveté Sénior reçoit 1,500 \$ par mois alors qu'un athlète en développement reçoit 900 \$ par mois. L'aide PAA est exempte de taxe. En 2006-07, Sport Canada a contribué au soutien financier de 707 athlètes pour un total de 1.9 million \$.

Points à considérer avant de prendre une décision concernant le choix de votre université

1. Depuis combien de temps l'entraîneur est-il en poste ?
2. L'université offre-t-elle le programme académique spécifique que vous voulez ?
3. Quel est le minimum des critères d'admissibilité de l'institution (i.e. moyenne générale au Canada et SAT (Scholastic aptitude test) ou examen d'admission aux É. U.?)
4. Votre certificat sera-t-il reconnu dans le pays où vous voulez vivre après l'université?
5. Quel est le coût d'une assurance santé hors pays?
6. Qu'advient-il d'une bourse d'études si vous êtes blessé?
7. Comment l'entraîneur est-il, historiquement, perçu quant à son attitude vis-à-vis un programme d'études chargé?
8. Aurez-vous toute liberté de choisir votre propre horaire de cours et échéancier?
9. Combien de joueurs ont abandonné en cours de route?
10. Qu'arrive-t-il si votre horaire ne vous permet pas de participer à toutes les séances d'entraînement?
11. Combien de séances de conditionnement sont obligatoires?
12. L'institution offre-t-elle les programmes que vous voulez dans la langue de votre choix?
13. La ville universitaire est-elle beaucoup plus grande que celle où vous habitez en ce moment?
14. Devrez-vous rater les fêtes/Noël à la maison ou s'entraînent-ils pendant les fêtes?



Message to university bound players from Volleyball Canada

Volleyball is a leading participation sport in Canada for women and girls and is also a leading producer of accomplished athletes, students and citizens.

Volleyball Canada is entirely committed and supportive of a "Canada First" plan together with CIS and all of the great universities it represents.

Canadian Universities provide a tremendous development and growth opportunity for our student-athletes through Canadian Interuniversity Sport, and Volleyball Canada is committed to assisting in this effort.

By choosing to attend a Canadian University, athletes in volleyball receive:

- opportunities to compete internationally in both indoor and beach volleyball while at school;
- five years to play and develop;
- significantly more opportunity for development due to the length of the season;
- superior and more dedicated coaching due to a strong national certification program (NCCP);
- better exposure to the national team coaches;
- exposure to a more committed student-athlete focused system.

Volleyball in Canada is on the forefront of Long Term Athlete Development (LTAD), a new and more thorough "world leading" approach to age / stage appropriate athlete development which takes into consideration not only physiological progression but also emotional, skill, adaptive and many other important factors which determine a more complete and supportive skill & talent development.

The quality of a Canadian university education is rated amongst the best in the world. Our athlete development, through a more dedicated, quality driven and accessible Canadian Interuniversity Sport program, should be the first consideration for all student-athletes in Canada looking for a more fulfilling, enjoyable and successful volleyball experience. In addition, with developments over recent years, scholarships in Canada are considerably larger and more attainable.

Volleyball Canada supports the "Canadian Choice" in the CIS!



Message aux futures joueuses universitaires de la part de Volleyball Canada

Le volleyball est parmi les plus importants sports de participation au Canada chez les femmes; il est également un grand producteur d'athlètes, de professionnels et de citoyennes de marque. Volleyball Canada est entièrement dévoué à promouvoir, de concert avec le SIC, le programme « Canada en premier » et toutes les excellentes universités qu'il représente.

Les universités canadiennes donnent à nos étudiantes athlètes des occasions extraordinaires de croissance et de développement par le biais du Sport interuniversitaire canadien et Volleyball Canada est engagé à collaborer à cette fin.

En choisissant une université canadienne, les athlètes de volleyball reçoivent :

- la chance de pouvoir s'illustrer au niveau international, tant en volleyball intérieur qu'en volleyball de plage;
- cinq ans de compétition et de développement;
- un développement accru causé par la longueur de la saison;
- la chance d'être encadré par un entraîneur formé par un excellent programme de certification (PNCE);
- une meilleure visibilité de la part des entraîneurs de l'équipe nationale;
- la chance d'être exposées à un système beaucoup plus centré sur l'étudiante-athlète.

Le volleyball canadien est intégré au modèle de Développement à long terme de l'athlète (DLTA), une approche innovatrice et plus complexe du développement de l'athlète. Cette approche est basée sur l'âge et le stade de développement et prend en considération non seulement la progression physiologique de l'athlète mais aussi sa croissance émotive, ses habiletés, sa capacité d'adaptation et plusieurs autres facteurs importants qui favorisent un développement plus complet de l'être humain et de son talent.

La qualité de l'éducation universitaire canadienne et notre modèle de développement de l'athlète figurent parmi les meilleurs au monde. Le programme de Sport interuniversitaire canadien, axé sur la qualité et l'accessibilité, est ce que nous recommandons à tout étudiante-athlète à la recherche d'une expérience enrichissante, formative et agréable en volleyball. De plus, compte tenu des nouveaux développements au cours des dernières années, les bourses d'études sportives sont de plus en plus généreuses et accessibles au Canada.

Volleyball Canada soutient le programme du « Choix canadien » au sein du SIC !

ACADIA UNIVERSITY (Wolfville, Nova Scotia)

Name of Head Coach: Joffre Ribout

Head Coach Phone #: 902-690-7415, or 902-585-1423



Team Name: Axewomen

Head Coach E-mail: joffre.ribout@acadiau.ca

Website: <http://www.acadiu.ca/sports/>

HEAD COACH BIO:

The 2002-03 season was Ribout's first year at Acadia, after spending one year as head coach and six years as an assistant with the University of Western Ontario Men's Team. In six years as head coach, Ribout's teams have reached four conference championship games. He has twice been named the Atlantic University Sport Volleyball Conference Coach of the Year.

WHAT'S SPECIAL ABOUT THE VOLLEYBALL PROGRAM AT ACADIA:

Acadia is located in a small town and receives great support from the community and fellow students. Our student-athletes enjoy smaller class sizes, leading to more direct contact with professors and classmates. As a result, over 50% of our volleyball players are Academic All-Canadians. The Acadia Women's volleyball program has had a two-time winner of the national CIS Therese Quigley Award. The award recognizes the volleyball player in CIS who best combines athletics, academics, and community involvement.

Acadia is the place to be if you want an opportunity to join a program not only progressing towards a national caliber team, but one which also allows student-athletes to graduate having received great experiences academically, athletically and volunteering throughout the community. This helps achieve our goal of graduating well-rounded athletes who are better prepared for success in whatever endeavors they partake in after graduation.

If you are interested in exploring playing at Acadia University here's what you should do:

Visit <http://www.acadiu.ca/sports/volleyball/index.html> and fill out the recruitment form. You can also e-mail Coach Joffre Ribout directly. Sending video and coach references is also recommended.

Finances: Undergraduate tuition costs for arts degree in 2007-2008: \$6,652

Scholarships and Athletic Awards issued by the university to women's volleyball in 2006-2007:

- 1 award at \$8,000
- 1 award at \$5,000
- 1 award at \$4,500
- 1 award at \$3,000

Other opportunities for financial support: There are academic scholarships available for students achieving over 80%.

ABOUT ACADIA UNIVERSITY:

Acadia University has the best reputation amongst Canadian primarily undergraduate universities, according to *Maclean's* in its annual university ranking issue. Acadia was recently named as the number one undergraduate university in Canada by *Maclean's*, and has also been named the country's most innovative undergraduate institution in past years. With only 3,400 students it allows for a more direct education. Acadia provides excellent undergraduate programs in arts, business, recreation management, kinesiology, and sciences. It also has a very strong education program, for those who wish to become teachers, including a reputable Masters of Education Program.



UNIVERSITY OF ALBERTA (Edmonton)

Name of Head Coach: Laurie Eisler
Head Coach Phone #: 780-492-2828



Team Name: Pandas

Head Coach E-mail: laurie.eisler@ualberta.ca
Website: www.pandas.ualberta.ca

HEAD COACH BIO:

Eisler has coached at the University of Alberta since 1991. Before that time she spent four years at the University of Saskatchewan. Since Eisler became coach at Alberta, the Pandas have won seven CIS Championships. Laurie has been named Canada West Coach of the Year six times, and CIS Coach of the Year three times. She was also the assistant coach of the 1995 FISU Team and head coach of the 2005 FISU Team.

WHAT'S SPECIAL ABOUT THE VOLLEYBALL PROGRAM AT THE UNIVERSITY OF ALBERTA:

The goal of the Pandas Volleyball Team is to equip the team and the athletes with every resource they require to enable them to achieve at the highest level, both on and off the volleyball court. The Pandas have access to some of the top sport scientists and medical practitioners in the country, in addition to a coaching staff that includes expertise from both playing and coaching perspectives. The Pandas are fortunate to compete in the highly competitive Canada West Conference, and are also able to bolster their competitive opportunities due to an exchange program with top university teams from Japan. In addition to hosting a Japanese team annually, the Pandas have made several trips to Japan and will continue to do so in the coming years.

The University of Alberta has a reputation of success, as winners of seven national championships between 1995 and 2007, and a consistent record of producing All-Canadians, Academic All-Canadians, national team members and Coach of the Year.

Season intersarsity volleyball began at Alberta: 1955-56

Alberta CIS tournament appearances, 1980-2005:

12: 1993, 1994, 1995, 1996, 1997, 1998, 1999, 2000, 2003, 2004, 2005, 2006

Best regular season record in team history:

16-0: 1994-95

CIS championships won by Alberta:

6: 1994-95, 1995-96, 1996-97, 1997-98, 1998-99, 1999-2000

Canada West championships won by Alberta since 1958:

9: 1958-59, 1959-60, 1992-93, 1994-95, 1995-96, 1996-97, 1999-00, 2002-03, 2003-04

Most consecutive CIS championships won by Pandas:

6: 1994-95 through 1999-2000 (Subsequently inducted as a team into Alberta Sports Hall of Fame in 2002)

If you are interested in exploring playing at the University of Alberta, here's what you should do:

E-mail Laurie at laurie.eisler@ualberta.ca or phone at 780-492-2828. If you have a video available, send to:

L. Eisler
 c/o Athletics
 P220 Van Vliet Centre
 University of Alberta
 Edmonton, AB T6G 2H9

Finances: Undergraduate tuition costs for arts degree in 2007-2008: \$5,359

Average tuition, books & supplies & living expenses estimated at \$12,021 (as taken from 2008-09 University of Alberta Viewbook)

Scholarships and Athletic Awards issued by the university to women's volleyball in 2006-2007:

29 different awards, awarded to 12 players= \$40,900

Other opportunities for financial support:

Jimmie Condon Athletic Scholarship (totaling \$1,800) may be applied for.

For more information on the availability and application procedures for University of Alberta academic awards and scholarships, please visit the University of Alberta Office of the Registrar and Student Awards website at: <http://www.registrar.ualberta.ca/>

ABOUT THE UNIVERSITY OF ALBERTA:

- 36,435 students
- Founded in 1908
- 18 faculties provide over 200 undergraduate and over 170 graduate degree programs
- \$24 million annually provided in undergraduate student awards through the Office of Registrar Student Awards



BRANDON UNIVERSITY

Name of Head Coach: Lee Carter
Head Coach Phone #: 204-727-7348



Team Name: Bobcats

Head Coach E-mail: carterl@brandonu.ca

Website: www.brandonu.ca

HEAD COACH BIO:

Lee Carter began coaching competitive volleyball in 1992 in Alberta with the Alberta provincial team. Since that time he has been a member of two national championships, one western Canadian championship, and 12 provincial championships at the club level. He has won three Alberta Colleges provincial titles. Following a move to Manitoba, Lee won the junior national championship. Lee has received such awards as the Alberta College Coach of the Year in 2003, Alberta Sports and Wildlife Foundation Coach of the Year in 2003, and was a recipient of the Queens Golden Jubilee Medallion in 2003

"Coach Carter is a very creative coach. His practices are very unique and motivating for the athlete"

- Brandon Athletic Director Kirk DeFazio

WHAT'S SPECIAL ABOUT THE VOLLEYBALL PROGRAM AT BRANDON:

Brandon University is a relative newcomer to CIS. The Bobcats joined the strong Canada West Conference in September 2005. Brandon finds itself in the middle of western Manitoba's "volleyball craze," and as such receives high levels of local support and press coverage.

Brandon is an institution that believes in developing the whole athlete and stresses academics. As a smaller university, Brandon provides students with more personal interaction with one another, as well as with the professors and instructors at the school.

If you are interested in exploring playing at Brandon here's what you should do: Contact coach Lee Carter directly, or fill out a recruitment questionnaire, available at: <http://www.brandonu.ca/athletics/recruiting/questionnaire.asp>

Finances: Undergraduate tuition costs for arts degree in 2007-2008: \$2,957
Many athletes take a reduced course load in their first year, and thus tuition may be even lower.

Scholarships and Athletic Awards issued by the university to women's volleyball in 2006-2007:

We are able to offer the equivalent of 8.4 full tuition scholarships. This means athletes receive between \$500 and full tuition, depending on specific criteria.

Other opportunities for financial support: Brandon University also has a large number of academic scholarships available, detailed at: <http://discover.brandonu.ca/NewHandbook/fin.asp>

ABOUT BRANDON UNIVERSITY:

Brandon University is a small liberal arts university with a wide range of courses. Brandon is widely known for its excellent music and fine arts programs. It has an excellent reputation for nursing and education as well.



UNIVERSITY OF BRITISH COLUMBIA

(Vancouver)

Name of Head Coach: Doug Reimer
Head Coach Phone #: 604-822-4646**Team Name:** **Thunderbirds****Head Coach E-mail:** doreimer@interchange.ubc.ca
Website: www.gothunderbirds.ca**HEAD COACH BIO:**

Doug Reimer has a tremendous record of success in women's volleyball for the past 20 years and has been at UBC since 1995. As a player Doug was an All-Canadian setter and winner of the top student-athlete award at the University of Victoria. Since coming to UBC from the University of Winnipeg, where he led the Wesmen to a CIS gold and silver medal in his last two years, he has helped the Thunderbirds to become one of the most dominant, and consistently successful, programs in the country. During his career he has been selected as the CIS Coach of the Year four times.

Doug's international coaching record includes being the head coach of the Senior National Team program from 1996-2000. He was also head coach of Team Canada at the World University Games in Japan and Italy.

Doug is a Level IV NCCP coach.

WHAT'S SPECIAL ABOUT THE VOLLEYBALL PROGRAM AT THE UNIVERSITY OF BRITISH COLUMBIA:

UBC offers prospective recruits one of the best combinations of academics and athletics in the world, and UBC volleyball is a shining example of that success, finishing in the top five at the CIS championships in 11 of the past 12 years.

Current and former players are also using UBC as a stepping-stone to international careers with the National Team, as well as professionally in Europe. In 2007 five members of the team trained in the National Team training centre in Winnipeg.

Carla Bradstock and Liz Cordonier attended the World University Games, and Shelley Chalmers and Emily Cordonier, recent graduates, competed for the senior team.

Jesse Knight is the full time assistant coach and brings a wealth of experience to the program, having coached at NCAA, NAIA and CCAA levels. He has been head coach of provincial team for the past two years and head coach of the Junior National High Performance camp.

If you are interested in exploring playing at UBC here's what you should do:

Log on to www.gothunderbirds.ca for more information, or visit www.students.ubc.ca/welcome for information on being a student at UBC.

Contact: Doug Reimer- doreimer@interchange.ubc.ca.

Assistant Coach Jesse Knight- 604-822-4709,
jeknight@interchange.ubc.ca

Finances: Undergraduate tuition costs for arts degree in 2007-2008: \$4,250.

International students pay \$17,500.

Student fees are about \$650 and books/supplies cost around \$1,400.

Log on to www.students.ubc.ca/finance for more details.

**Scholarships and Athletic Awards issued by the university to women's volleyball in 2006-2007:**

Up to 15 awards from Sandy Silver Scholarship, Hindmarch Scholarship and BC Athlete Assistance Program.

Other opportunities for financial support:

President's Entrance Scholarships, Major Entrance Scholarships, among many other academic scholarships and need based awards.

Most incoming student scholarships do not require application but rather are awarded based on academic performance. See

www.students.ubc.ca/finance for more information.

ABOUT THE UNIVERSITY OF BRITISH COLUMBIA:

Only 15 minutes from the heart of downtown Vancouver, UBC holds an international reputation for excellence in advanced research and learning, as well as high performance varsity athletics. More than 60 undergraduate and masters programs are offered to UBC's 43,000 students, a group that includes 4,000 international students from 120 countries. The UBC campus is spectacular, where snow-capped mountains meet the ocean, and the university boasts some of the city's best attractions and recreation facilities, including the 763-hectare Pacific Spirit Regional Park.

Player Comments:

"I couldn't have asked for a better experience. It is clearly one of the top programs based on the success on the court. You have the chance to play with outstanding athletes and the pride in knowing you can achieve a high level of performance like those that came before you. The hours that our coaches dedicated to the girls, not only on the court, but off the court as well, made it feel like a second family. Not only were we given the chance to be the best athletes we could be, but we got the chance to be a part of a small community in athletics."

Shelly Chalmers, UBC Graduate and Senior National Team member

(JPG available- UBC athlete Liz Cordonier)

BROCK UNIVERSITY (St. Catharines, Ontario)

Name of Head Coach: Lucas Hodgson
Head Coach Phone #: 905-688-5550, ext. 5089



Team Name: **Badgers**

Head Coach E-mail: lhodgson@brocku.ca
Website: www.brocku.ca/athletics

HEAD COACH BIO:

Lucas Hodgson is hoping to continue with another successful season as head coach of the Brock Badgers women's volleyball program. The 2005-06 season marked his first season as a head coach at the Canadian university level.

Hodgson brings a wealth of knowledge and understanding of the game of volleyball to Brock, along with his strong coaching resume. Prior to assuming the head coaching position at Brock, Hodgson coached at both the high school and club level in the Niagara Region.

As head coach of the Governor Simcoe Senior Boys, he led the team to three straight SOSSA titles and three Ontario Federation of School Athletic Associations (OFSAA) appearances. At the 2002 OFSAA "AA" Boy's Volleyball Championships in Goderich, Hodgson led the team to a gold medal, becoming the first Southern Ontario (SOSSA) volleyball school to win a high school Provincial Championship. At the club level, Lucas has experience coaching the Niagara Rapids, where he worked his way up the ranks coaching in all different age categories.

Hodgson, a graduate of Brock University, works full-time on campus in the Brock University Advancement Office. He currently resides in St. Catharines, Ontario.

WHAT'S SPECIAL ABOUT THE VOLLEYBALL PROGRAM AT BROCK UNIVERSITY:

The Brock Badgers volleyball program is recognized as one of the fastest growing programs within the OUA. The Badgers compete against top teams in the country at tournaments held outside of Ontario each year. In addition, Brock hosts an annual tournament that is composed of out-of-province competition along with OUA competitors. Brock boasts some of the best facilities in Ontario, and the Badgers are given full use of these facilities to suit the needs of the team. The Badgers goal is, and always will be, to be a top OUA team each year.

If you are interested in exploring playing at Brock here's what you should do:

Contact Lucas Hodgson via email (lhodgson@brocku.ca), telephone (905-688-5550, ext. 5089), or on the web: www.gobadgers.ca.

Finances: Undergraduate tuition costs for arts degree in 2007-2008: \$4,852

Scholarships and Athletic Awards issued by the university to women's volleyball in 2006-2007:

- 1 award at \$3,500 for incoming athlete
- 1 award at \$1,000 for upper year athlete
- 1 award at \$500 for upper year athlete
- 3 awards at \$250 for upper year athletes

Other opportunities for financial support:

There are a significant number of bursaries and other scholarship opportunities available at Brock University, detailed at: www.brocku.ca/safa/

ABOUT BROCK UNIVERSITY:

Brock University was founded in 1964 and is located on the Niagara Escarpment in St. Catharines Ontario. It is the only university in Canada to be located on a UNESCO biosphere reserve. In St. Catharines students are able to experience all the advantages of a prosperous urban centre, within a safe and inviting community.

Brock has a student population of 17,000 and is led by President Dr. Jack Lightstone. The Director of Athletics is Dr. Lorne Adams. The Badgers compete in the OUA West Division. The home of the Badgers is the Walker Complex, which is Niagara's largest recreational facility.

Player Comments:

"My university experience was enhanced by having the privilege of being a part of the volleyball program at Brock University. The academic programs along with the athletic experience will not be something I forget for a long time. The facilities are some of the best in the CIS."

Megan Young, 2002-07 Badger Volleyball member and captain.



UNIVERSITY OF CALGARY

Name of Head Coach: Kevin Boyles
Head Coach Phone #: 403-220-3427



Team Name: Dinos

Head Coach E-mail: boyles@ucalgary.ca

Website: www.godinos.com

HEAD COACH BIO:

Coach Boyles began coaching the women's volleyball program at the University of Calgary in 1999-2000. Since Boyles became head coach, the team has won 3 Canada West Titles, the CIS National Championship in 2004, and 2 Junior National Championships (Volleyball Canada U21). The program has a win percentage of over 75%, has finished in the top four in CIS for six consecutive seasons, and claimed CIS medals five times between 2001-02 and 2006-07.

Kevin is a University of Calgary alumnus, having played five seasons for the Dinos (undefeated National Champions in 1989). He spent six years in the Canadian National Team program, culminating at the 1992 Olympic Games in Barcelona. Kevin played professionally in Berlin, Germany and his team (SCC Berlin) was German First Division Champions in 1993.

WHAT'S SPECIAL ABOUT THE VOLLEYBALL PROGRAM AT THE UNIVERSITY OF CALGARY:

The University of Calgary runs one of the elite volleyball programs in Canada. The team's success over the past decade is unrivaled in CIS, as the Dinos reached the CIS national semi-final every season from 2001-02 to 2006-07. Athletes know that when they come to Calgary, success is part of the package and they will have the opportunity to compete at the National Championships throughout their career. Excellent opportunities to excel, combined with an athlete-centered program that emphasizes passion for the sport and the joy of competition, make Calgary the place to be for Canada's elite volleyball players. A coaching staff with a clear understanding of what it takes to be successful at the CIS level and beyond ensures that every athlete reaches their full potential and enjoys every opportunity they have earned.

The city of Calgary is a dynamic economic centre with outstanding opportunities both in the workforce and in terms of personal lifestyle factors. The university has a broad range of educational options and a number of marquee faculties including the Haskayne School of Business, the Schulich School of Engineering, a world renowned faculty of kinesiology, and many others.

If you are interested in exploring playing at the University of Calgary here's what you should do:

Visit our website at www.godinos.com for full information on our athletic programs. Visit www.ucalgary.ca to learn more about the university and our programs of study.

Finances: Undergraduate tuition costs for arts degree in 2007-2008: Between \$3,500 and \$5,500, depending on course load and program of study.

Scholarships and Athletic Awards issued by the university to women's volleyball in 2006-2007:

Government scholarship program through the Heritage Trust Fund that provides 12 scholarships at \$1,800 each. Supplemental team generated funds providing a total of approximately \$35,000 dispersed throughout the team.

ABOUT THE UNIVERSITY OF CALGARY:

The University of Calgary has just fewer than 20,000 full-time students.

Parting Comments:

Arguably the best volleyball facility in the country, the University of Calgary's Jack Simpson Gymnasium was host to the 2006 and 2007 CIS Women's Volleyball National Championships.



CAPE BRETON UNIVERSITY

(Sydney, Nova Scotia)

Name of Head Coach: Claude Lapré

Head Coach Phone #: 902-563-1279



Team Name: CAPERS

Head Coach E-mail: claudelapre@cbu.ca

Website: www.gocapersgo.ca

HEAD COACH BIO:

Claude Lapré has been the CAPERS Head Coach since 2002. He has over 20 years of coaching experience in college and university. He is the past Technical Coordinator of Volleyball Canada. Lapré has previous involvement in elite programs in Quebec, Ontario and Nova Scotia, as well as with the Senior and Junior National teams. He holds NCCP Level IV certification.

WHAT'S SPECIAL ABOUT THE VOLLEYBALL PROGRAM AT CAPE BRETON UNIVERSITY:

The CAPERS offer the best of all worlds to prospective volleyball student-athletes. You play with a competitive team in a challenging conference that provides exciting matches on every occasion. You are part of a small, inclusive, athletic department, in which each team is well supported. You attend a small university where you receive personal attention and benefit from an appropriate balance between your academic and athletic goals. You receive extensive support from the administration, the faculty, and the community. You train and play in excellent facilities. CBU is a great place to be for a volleyball student-athlete.

If you are interested in exploring playing at Cape Breton University here's what you should do:

Contact Coach Claude Lapré for further information.

Finances: Undergraduate tuition costs for arts degree in 2007-2008:

Undergraduate courses: \$1,167 per 6 credit – full year course

Graduate courses: \$1,184 per 3 credit course

Dormitory style residence: Single room - \$4,100/ year; Double room - \$3,000/ year

Apartment style residence: (Single rooms sharing an apartment) \$4,200/ year

Meal plans: \$1,200 - \$2,900/ year

Scholarships and Athletic Awards issued by the university to women's volleyball in 2006-2007:

There are numerous awards for volleyball student-athletes. Amounts vary from \$1,000 to full tuition and fees.

Other opportunities for financial support:

CBU offers entrance and in-course academic scholarships. More information can be found at www.cbu.ca.

ABOUT CAPE BRETON UNIVERSITY:

Cape Breton University offers a wide range of academic programs including strong programs in business, science and technology, and liberal arts. CBU is home to approximately 3,500 students and it prides itself in the personal attention offered to its students. Small class sizes and direct contact with approachable faculty members make for an environment conducive to academic success and personal growth.



Player Comments:

"My experience at CBU has been great. You're placed in an intense, competitive environment with constant pressure to succeed. It's easy for the student-athlete to thrive here."

Aprill Costello (Sydney, NS/3rd year BBA)

"I've only been attending CBU for 2 months and within this short time I have had an extremely positive experience. We are a small school which gives a sense of community and allows us to participate in an encouraging and supportive atmosphere. As CBU student-athletes we also have much emphasis on learning how to balance academics while maintaining our competitive sport schedules."

Sam Sanders (London, ON/1st year BA)

DALHOUSIE UNIVERSITY (Halifax)

Name of Head Coach: Kirk Yanofsky
Head Coach Phone #: 902-494-5140



Team Name: **Tigers**

Head Coach E-mail: kirk.yanofsky@dal.ca
Website: www.athletics.dal.ca

HEAD COACH BIO:

Kirk Yanofsky has been the head coach of the Tigers since 2000 and during that time the program has reached the AUS championship finals four times. The tradition of excellence that exists in the program has Kirk looking forward to competing for the AUS championship every year. Coach Yanofsky has been involved with the national team program since 2001 as a guest coach with the senior and "B" teams, as well as a youth talent scout. In addition he spends most summers working with provincial team programs, with his most recent major role as head coach of the 2005 NS Canada Games team.

A graduate of the Tigers program himself, Kirk played five seasons for Dalhousie. Included in his experiences are capturing a CIS bronze medal in 1994 and being named an All-Canadian in 1992. During his years as a player, the program never lost to a conference opponent- a string of over 100 matches. Continuing with the program as an assistant coach, Yanofsky captured CIS bronze in 1995 and silver in 1997. His extensive experience includes coaching elite athletes at the university and provincial level, as well as coaching in Europe. Kirk has also served as the head coach for both the Alberta and Nova Scotia provincial teams and as an assistant with Nova Scotia at the 1997 and 2001 Canada Games. He also coached his former high school, Halifax West, to back-to-back provincial championship appearances in 1995 and 1996.

His other university coaching experience includes serving as an assistant coach with the University of Calgary men's team in 1997-98. In 1998-99, Kirk was head coach of the Acadia women's program and guided them to an AUS playoff appearance. Kirk has completed a master's degree in kinesiology from Dalhousie and is also a graduate of the National Coaching Institute in Calgary and National Coaching Certification Program as a Level IV certified coach and NCCP course conductor.

WHAT'S SPECIAL ABOUT THE VOLLEYBALL PROGRAM AT DALHOUSIE UNIVERSITY:

Dalhousie volleyball is a land of opportunity in a culture of excellence. We are always represented with Academic All-Canadians, with Dalhousie generally having around 32% of our student-athletes achieving this status. On the court Dalhousie has had players represent Canada on the FISU Games team, as well as play overseas professionally after their university careers have finished.

At Dalhousie there is an opportunity to prove yourself on a daily basis. If you work hard and want to be successful you will find your experience at Dalhousie to be an excellent one. You will play if you demonstrate your ability each day in training. We are the only program in Atlantic Canada to win the National Championship in women's volleyball.

We travel every year to out of region tournaments, and every 4 to 5 years we plan a major trip either to the west coast or to Europe.

We have an excellent relationship with our men's program, which is also highly successful, as well as the other 13 varsity teams at Dalhousie. This provides a great atmosphere in the athletic department with all of our teams supporting each other throughout the year.

If you are interested in exploring playing at Dalhousie University here's what you should do:

Fill out our prospective recruit form at: <http://www.athletics.dal.ca/wvball.cfm?sport=Volleyball&gender=f>

E-mail Kirk at kirk.yanofsky@dal.ca

Send along a DVD or tape showcasing your talent to:

Women's Volleyball, Dalhousie University Athletics, 6260 South St., Halifax NS, B3H 3J5

Finances: Undergraduate tuition costs for arts degree in 2007-2008: \$6,800

Scholarships and Athletic Awards issued by the university to women's volleyball in 2006-2007:

Awards vary each year. Generally we will have one or two awards at full tuition value and upwards of eight in the range of \$500 - \$2,000. In 2006-07 we had one full tuition award and five other awards.

Other opportunities for financial support:

Dalhousie has an excellent undergraduate bursary program as well as numerous entrance and in-course scholarships. Dalhousie provides support totaling over \$5 million each year to undergraduate students through these awards.

ABOUT DALHOUSIE UNIVERSITY:

Dalhousie has an excellent international reputation. It offers a wide variety of high quality courses in a wide range of disciplines. A leader in research as well as undergraduate education, Dalhousie is an integral part of the health care system in Nova Scotia with the medical and health professions programs. Social sciences as well as traditional sciences and business are the areas in which a majority of our student-athletes choose to pursue their undergraduate degree.

Player Comments:

"When I look back on my time as a Tiger I think of the pride, the success, and the fun we had. The program's incredible support system not only helped us reach two National Championships but also encouraged and supported me to play for the National team. We worked hard and we played hard - and what better place to do so than Halifax, where you don't have to go far to find something to do. In all my travels I haven't found a city so alive. Dalhousie was the right choice for me, both for the fantastic experience and for the fact that it got me where I am now, playing professional volleyball."

Jillian Goulet, Tiger from 2001-06

UNIVERSITY OF GUELPH

Name of Head Coach: Paul Funk
Head Coach Phone: 519-824-4120 ext. 58464



Team Name: Gryphons
Head Coach E-mail: pfunk@uoguelph.ca
Website: www.gryphons.ca

HEAD COACH BIO:

Coach Funk has coached women's volleyball since 1989 and has experience at every level, including: U16 provincial team in British Columbia (1996-98), high school at Queen Elizabeth SS in Surrey, B.C. (1987-88), college at Douglas College in New Westminster, B.C. (1991-96), as an assistant university coach at U.B.C. (1994-99) and the University of Winnipeg (2000-01), as an assistant coach with the Team Canada Senior Women's National Team (1999-2001 & 2005), as head coach of a professional team (Orebro Volley, Sweden 2002-05), and as the head coach at the University of Guelph since 2005.

During his coaching career, Coach Funk has participated in a wide range of events, including: provincial high school championships, Western Canadian Midget Elite championships, college provincial championships, CIS university championships, NORCECA championships, Olympic qualifiers, Pan-Am Games, FISU University Games, Top Teams Cup, CEV Cup, and athlete identification camps at all levels. He has amassed numerous accomplishments including a B.C. High School Provincial Bronze medal, a BCCAA Bronze & Gold medal, a CCAA Championship Silver medal, 1 CIS Championship bronze and 2 silver medals, and 3 SM-Guld Championships (Swedish club championships).

WHAT'S SPECIAL ABOUT THE VOLLEYBALL PROGRAM AT THE UNIVERSITY OF GUELPH:

The University of Guelph offers women's volleyball recruits an opportunity to excel athletically in a top-notch volleyball program while pursuing their academic goals at an institution consistently ranked as one of the top comprehensive universities in Canada by *Maclean's Magazine*. The women's volleyball program includes a fantastic coaching staff, strength & conditioning resources, nutrition resources, access to athletic therapy & trainers, an exclusive women's volleyball team room with individual stalls, laundry services, and shower facilities. The goal of the program is to build winners on the court, in the classroom, and in the community. In their history, the Gryphons have captured 2 OUA bronze and 2 OUA silver medals.

If you are interested in exploring playing at the University of Guelph here's what you should do:

- Complete the online recruiting form at http://www.gryphons.ca/Varsity_Sport/_Teams/Volleyball_-_Women/Forms/21.
- Contact Coach Funk at pfunk@uoguelph.ca stating your interest in the women's volleyball program.
- Complete the Ontario Universities Online Application Form at www.ouac.on.ca (applications can be made starting in early October of the Grade 12 year)
- If you are an Ontario high school student, your official grades are automatically forwarded to the Ontario University Application Center; if you are a Canadian high school student from outside of Ontario, your official transcripts must be forwarded by your high school to the OUAC.
- Complete a Student Profile Form (www.uoguelph.ca/admissions/pub/spf).
- Students meeting the minimum requirements will be considered for admission on an on-going basis as soon as all required documentation is received.

Finances: Undergraduate tuition costs for arts degree in 2007-2008: \$2,284-2,650/semester

Scholarships and Athletic Awards issued by the university to women's volleyball in 2006-07:

\$4,000 total available (at coach's discretion).

Other opportunities for financial support:

The University of Guelph offers a significant number of merit- and needs-based financial awards, including academic scholarships and bursaries. In 2005-06 the University of Guelph awarded undergraduate aid totaling 7,200 awards worth \$10.3 million. <http://www.uoguelph.ca/registrar/studentfinance/index.cfm?scholarship/index>

ABOUT THE UNIVERSITY OF GUELPH:

The University of Guelph is renowned in Canada and around the world as a research-intensive and learner-centered institution and for its commitment to open learning, internationalism and collaboration. The vision of the University of Guelph is to be Canada's leader in creating, transmitting and applying knowledge to improve the social, cultural and economic quality of life of people in Canada and around the world.

Founded in 1964, the University of Guelph, located 90km west of downtown Toronto, has a student body of approximately 16,000 students, and over 2,600 faculty and staff. Over 5,000 students live in residence on the campus, which includes 1,017 beautiful acres plus a 408-acre Arboretum and a 30-acre research park. The residences are located on the exterior of the campus, but it is only a 5-7 minute walk from any residence to class, or to the Athletics Centre.

Guelph has consistently been ranked as one of the top comprehensive universities in Canada and number one in quality of students, graduation rates, quality of faculty, and student services by *Maclean's Magazine* (2005). *The Globe and Mail University Report Card* also listed Guelph as the top medium-sized university in Canada for overall quality of education, food services (#1 three years in a row), and availability of faculty (2005). As Canada's most research-intensive comprehensive university, Guelph is pioneering new approaches to urgent 21st century challenges by connecting critical studies in the environment, food, energy, health, societies and cultures. Our strengths include the life sciences (including health sciences & environmental science), international development, commerce, and veterinary medicine.



LAKEHEAD UNIVERSITY (Thunder Bay)

Name of Head coach: Kathy Clouthier
Head coach Phone #: 807-343-8073

**THUNDERWOLVES****Team Name:** Thunderwolves

Head coach E-mail: Kathy.clouthier@lakeheadu.ca
Website: www.thunderwolves.ca

HEAD COACH BIO:

Kathy Clouthier was formerly head of the physical education department at a high school. Kathy has coached for 36 years, and is a certified Level III volleyball coach and facilitator for NCCP coaching theory.

WHAT'S SPECIAL ABOUT THE VOLLEYBALL PROGRAM AT LAKEHEAD:

Thunder Bay is a great city where university sport is the focus of attention during the school season.

Lakehead has good facilities for the varsity team.

The women's volleyball team is one of six varsity teams the university supports, along with many club sports.

The Thunderwolves are a young team where all talented players who want to make an impact quickly are welcomed— the opportunity to play right away is here.

The Thunderwolves are a member of the OUA and fly to all away games.

The graduation rate is 90% for athletes in our program, because we recognize that you are a student first. Subsequently, there are many programs in place to assist varsity players.

If you are interested in exploring playing at Lakehead here's what you should do:

Contact coach Kathy Clouthier via e-mail, and you will receive a response within a couple of days.

Apply to the faculty of your choice- assistance will be given and your application will be followed up.

Finances: Undergraduate tuition costs for arts degree in 2007-2008: \$4,800

Scholarships and Athletic Awards issued by the university to women's volleyball in 2006-2007:

Lakehead has access to funds for continuing student-athletes and entering student-athletes. The varsity volleyball team had sufficient funds to allow five student-athletes to share some of these funds.

Other opportunities for financial support:

All student-athletes may apply for Ontario Work Study designation – a value up to \$2,000. Out-of-province student-athletes may also apply for the Tuition Reinvestment work grant- a value up to \$2,000.

The university guarantees \$800 to all first year students who live outside a radius of 500 km through what is called an "access bursary". This bursary is given automatically to all who apply. First year students may also apply for the first year bursary worth \$1,000. Lakehead's designation as a Northern university has made money more readily available for all students.

All second, third and fourth year students may apply for the "continuing student" bursary, which has a value of up to \$1,500. The student must only demonstrate financial need.

There are many other scholarships made available to student-athletes who meet the minimum requirement (80%) to receive a university scholarship.

ABOUT LAKEHEAD UNIVERSITY:

Lakehead is a smaller university, with approximately 7,000 students. Thunder Bay is the centre of Northern Ontario with a population of around 115,000. It is situated on the shore of Lake Superior, surrounded by many ski hills and beautiful recreational beaches and fishing lakes. The city itself caters to all sorts of recreational and cultural events. The university has become an integral part of the city life; citizens from all walks of life sponsor the athletes, both financially and with their physical presence.

The university offers many professional schools and is known for its business, recreation/kinesiology, and forestry departments. The new medical school, with a brand new teaching hospital, offers an exciting opportunity.

Parting Comments:

Come visit Lakehead—You will be glad you did!



**NOTES BIOGRAPHIQUES SUR L'ENTRAÎNEUR/E-CHEF :**

Homme de défis, Alain Pelletier en aura un de taille à relever en 2007-08. Pour la première fois de sa jeune carrière, il guidera la destinée d'une formation universitaire. Le travail ne lui fait pas peur et ses manches sont déjà relevées pour assurer au Rouge et Or de poursuivre dans sa tradition d'excellence.

Diplômé en éducation physique de l'Université Laval, Alain possède une feuille de route bien garnie. Activement impliqué au sein de Volleyball Québec et du sport étudiant, il a eu l'occasion à quelques reprises de piloter des sélections provinciales. Ce fut le cas en 1999 et en 2007 quand il a pris les commandes de l'équipe féminine Québec Élite. Il a aussi dirigé l'équipe relève Québec en 1998 et 2000 en plus de nombreuses formations Espoirs de 1997 à 2004.

CARACTÉRISTIQUES PARTICULIÈRES DE CE PROGRAMME DE VOLLEYBALL FÉMININ :

L'ex-maire de Québec déclarait « Québec est une ville de sport interuniversitaire ». La ville de Québec offre une expérience culturelle incomparable aux étudiants-athlètes. Élu 3e plus belle ville en Amérique du Nord par le prestigieux magazine «Travel & Leisure», elle a beaucoup à offrir aux visiteurs. Les athlètes seront à coup sûr séduits par l'environnement francophone de la ville et de l'Université Laval qui n'est pas sans rappeler les villes européennes

Nous jouissons d'une couverture médiatique incomparable et d'un appui ainsi qu'une présence impressionnante de la population aux compétitions disputées et accueillies par le Rouge & Or. L'université Laval possède une belle tradition d'accueil de compétitions d'envergure. On a qu'à penser au football Rouge & Or où près de 100 000 personnes ont passé les tourniquets l'an passé. Pour le championnat canadien universitaire de volleyball masculin 2005, c'est tout près de 10 000 spectateurs qui se sont donné rendez-vous pour ces trois jours.

Les performances éclatantes de notre équipe féminine de volleyball ces dernières années démontrent bien l'envergure de notre programme et la possibilité pour nos étudiantes-athlètes de marier de façon efficace leur passion pour le volleyball et leur formation académique de premier plan.

Nous sommes fiers d'accueillir le Championnat Canadien universitaire féminin en 2011. C'est toujours un honneur et l'objectif ultime que de participer à ce prestigieux tournoi. Les athlètes pourront démontrer à leurs proches les résultats de tous les efforts qu'elles ont déployés pour en arriver là.

Le groupe d'athlètes peut compter sur les services de personnes dévouées pour l'aider à développer tout son potentiel sportif.

Physiothérapeutes, psychologue sportif et préparateur physique viennent compléter l'équipe d'entraîneurs pour assurer le développement optimal de chaque athlète.

Mot à l'intention des athlètes qui souhaiteraient possiblement fréquenter votre université : Les candidates intéressées par notre programme d'excellence en volleyball peuvent communiquer avec l'entraîneur-chef, Alain Pelletier (alain.pelletier@sas.ulaval.ca) ou avec le coordonnateur du programme Rouge et Or, Gilles Lépine (gilles.lepine@sas.ulaval.ca). Vous pouvez accéder au site Internet du Rouge et Or pour plus d'information : www.rougeetor.ulaval.ca

Aspect financier : De 900 \$ à 1 200 \$ en moyenne par trimestre. Montant supérieur pour certains étudiants ne provenant pas du Québec ou du Canada.

Bourses d'études et autres formes d'aide financière :

Bourses de recrutement, bourses d'études sportives, bourses d'excellence/mérite sportif Rouge et Or, Bourse Banque Nationale/excellence académique.

Autres sources de soutien financier possible : Possibilité d'emplois divers à temps partiel.

QUELQUES MOTS SUR L'UNIVERSITÉ LAVAL:

L'Université Laval s'étend sur un vaste campus comptant plus de 30 pavillons modernes et forme une communauté d'environ 40 000 personnes, dont 36 000 étudiantes et étudiants provenant de plus de 85 pays. Solidement ancrée dans le peloton de tête des grandes universités de recherche au Canada et dans le monde francophone, l'Université Laval possède une tradition et une réputation fort enviées sur les plans de l'enseignement, de la recherche et de la création.

PARMI LES DIX PLUS GRANDES UNIVERSITÉS CANADIENNES EN RECHERCHE

Près de 1 200 professeurs et 9 000 étudiants gradués chercheurs effectuent des travaux de recherche à l'Université Laval. Les statistiques sur les subventions de recherche obtenues par les universités canadiennes indiquent d'ailleurs que Laval occupe le 8e rang au Conseil de recherches médicales du Canada, le 6e rang au Conseil de recherche en sciences humaines et le 7e rang au Conseil de recherche en sciences naturelles et en génie.

LE MEILLEUR TAUX DE DIPLOMATION PARMIS LES UNIVERSITÉS QUÉBÉCOISES

Au cours des dernières années, l'Université Laval a maintenu, avec McGill, le meilleur taux de diplomation parmi les universités québécoises. Cette performance illustre à la fois la qualité de ses étudiants et de ses programmes.

Autres commentaires :

La région de Québec demeure une référence du volleyball au Québec. Le succès de l'équipe de LAVAL est le complément du travail d'entraîneur de haute qualité et du programme d'excellence des Élans de FX Garneau qui ont un palmarès de championnes au pays bien garni.



UNIVERSITY OF MANITOBA

Name of Head Coach: Ken Bentley
Head Coach Phone #: 204-474-6003



Team Name: **Bisons**

Head Coach E-mail: bentleyk@cc.umanitoba.ca
Website: www.gobisons.ca

HEAD COACH BIO:

2007-08 marked head coach Ken Bentley's 22nd year with the Bisons. During his tenure the team has qualified for the CIS Championships 17 times, winning five gold medals, three silver medals, and four bronze medals.

Ken was also an assistant coach for the 1996 Canadian Olympic Women's Team.

He has won a total of 13 National Championships in virtually every age category.

WHAT'S SPECIAL ABOUT THE VOLLEYBALL PROGRAM AT THE UNIVERSITY OF MANITOBA:

Volleyball in Manitoba is a very high profile sport on all levels, from high school and club teams to provincial and university teams. The Bisons receive a great deal of attention as a result of this profile. Our home games are well attended and the execution of our matches from a fan standpoint is excellent. The Investor's Group Athletic Centre is our training and competition facility, and it is considered one of the premier facilities in the country.

By far the most special feature of the women's volleyball program at the University of Manitoba is the endowment fund that was established in August of last year by Mr. Einarsson, an alumnus from the University of Manitoba, known as the "T.D.Davey Einarsson Women's Volleyball Endowment Fund." Mr. Einarsson generously gifted \$360,000 to begin the endowment fund for the women's volleyball program, and this amount was matched dollar for dollar by the province of Manitoba through the M.S.B.I. (Matching Scholarship & Bursary Initiative) fund. This equates to a total of \$720,000 that has been placed into an endowment fund to support student-athletes on the women's volleyball team.

If you are interested in exploring playing at the University of Manitoba here's what you should do:

Interested prospective student-athletes should contact Ken Bentley via email, and should include the following information:

- Area of interest academically and present academic average
- Brief bio of playing career to date, including position(s) played, present high school, and present club volleyball team(s)
- Name of high school and club coach, with contact information
- Basic physical measurements (height, standing reach, spike touch, block jump)
- Other sports played

Finances: Undergraduate tuition costs for arts degree in 2007-2008: approximately \$3,200.

Scholarships and Athletic Awards issued by the university to women's volleyball in 2006-2007:

Each student-athlete that is academically eligible will receive 80% of their undergraduate tuition and compulsory fees paid for through the Endowment Fund.

Most student-athletes rarely take more than an 80% course load due to the extensive travel and training schedule at the CIS level.

Other opportunities for financial support:

There are a number of entrance scholarships available, as well as faculty specific scholarships. Please consult with Financial Aids and Awards for these opportunities. This assistance is over and above what we offer through our endowment fund.

ABOUT THE UNIVERSITY OF MANITOBA:

The University of Manitoba is the province's largest, most comprehensive and only research-intensive post-secondary educational institution. It is Western Canada's first university and was founded in 1877. In a typical year, the university has an enrolment of approximately 24,000 undergraduate students and 3,000 graduate students. The university offers 82 degrees, 51 at the undergraduate level. Most academic units offer graduate studies programs leading to master's or doctoral degrees.

The University of Manitoba is also home to a wide range of research centers and institutes. Within the past decade, Smartpark was established with the assistance of provincial and national governments, and is maturing as an environment where collaborations between university and industry enhance the commercialization of new technologies.

Parting Comments:

Last season the women's volleyball program boasted five Academic All-Canadians, including Katie Davidson, who was selected as the top Academic All-Canadian in Canada West and to the top eight in all of Canada. She achieved this honor by scoring a perfect 4.50 GPA in the Faculty of Science.

One university, many futures: The University of Manitoba.

MCGILL UNIVERSITY (Montreal)

Name of Head Coach: Rachèle Béliveau
Head Coach Phone #: 514-398-7000, ext. 0509



Team Name: Martlets

Head Coach E-mail: rachele.beliveau@mcgill.ca

Website: www.athletics.mcgill.ca

HEAD COACH BIO:

2007-08 marked Rachèle Béliveau's 17th season at McGill, where she has posted a 336-332-2 overall record as head coach of the Martlets volleyball team. She won her 300th match against McMaster on Jan. 6, 2006 at the Ottawa tournament and has more victories than any McGill coach in any sport in school history. Béliveau has been voted Quebec conference Coach of the Year four times, winning the award in 1996-97, 1997-98, 1999-00 and 2001-02.

A native of Sherbrooke, Que., Béliveau was a former two-time All-Canadian player with the Université de Sherbrooke and a member of the Canadian Olympic team.

In 2001-02, she led the Martlets to first place in a very competitive Quebec conference (the top three teams all finished at 8-7), marking the first time in school history the Martlets won the regular season title. In 1996-97, she was selected as the Quebec conference and CIAU women's volleyball coach of the year after guiding the Martlets to an 11-5 regular season record in league play — good enough for a second-place finish in the Quebec league (at the time it was McGill's best standing ever).

She played for the national team between 1983 and 1986, contributing to Canada's sixth place finish at the World University Games and their eighth place standing at the 1984 Los Angeles Olympics. At the World Volleyball Championships in 1986, Béliveau played for Canada, which finished 13th in the world.

WHAT'S SPECIAL ABOUT THE VOLLEYBALL PROGRAM AT MCGILL UNIVERSITY:

- Long-standing sporting tradition at McGill, where students invented or developed rules for football (1874), hockey (1875) and basketball (James Naismith, 1891).
- Since 1994, over \$60 million in improvements and upgrades have been made to the McGill Athletics facilities, which are considered among the best university training facilities in the country.
- McGill Athletics produces over 100 Academic All-Canadians annually and holds a CIS record for most in a season (148)
- Free tutoring service provided to student-athletes
- McGill Sport Medicine Clinic on site, which enables us to provide early diagnosis and treatment, which often gets our players back to the court faster. McGill athletes are often treated by the same medical team that treats the Canadiens and the Alouettes.
- An extensive exhibition schedule, which includes competition against the QSSF, OUA, AUS and Canada West.
- A full-time head coach, who previously played for the Canadian national women's team
- In recent years, the McGill women's volleyball program has developed a reputation for finding exceptional young talent and refining skills and techniques with methods used by the national team. This provides a training advantage for elite athletes as they prepare for a potential career with the national team.

If you are interested in exploring playing at McGill University here's what you should do:

Contact Coach Rachèle Béliveau at 514-398-7000, extension 0509, or via e-mail at rachel.beliveau@mcgill.ca.

Finances: Undergraduate tuition costs for arts degree in 2007-2008: \$3,047 (Quebec students), \$6,292 (Canadians from outside Quebec), \$14,222 (International students)

Scholarships and Athletic Awards issued by the university to women's volleyball in 2006-2007:

2 awards at \$3,000; 3 awards at \$1,500

Other opportunities for financial support: McGill has an extensive support group, which features an objective to assist students in need of financial aid. Three groups that assist our program are: McGill Financial Aid office, the Martlet Foundation Awards and the new Friends of McGill Volleyball alumni support group.

ABOUT MCGILL UNIVERSITY:

McGill University is one of Canada's best-known institutions of higher learning and one of the leading research-intensive universities. With students coming to McGill from about 140 countries, our student body is the most internationally diverse of any medical doctoral university in Canada.

- There are 21 different faculties to choose from.
- A sprawling campus situated in the heart of Montreal, a city recently ranked among the top three places to live in the world.
- A multi-ethnic and multilingual metropolis, this vibrant city offers over 60 theatre stages, 32 museums, 6,000 restaurants and 13 annual international arts and entertainment festivals. The city provides a great deal of team bonding opportunities.
- The university ranked first among Canadian medical-doctoral universities in *Maclean's* 2006 rankings for the second year in a row and is among the top 25 universities in the world according to the 2006 *Times Higher Education Supplement*.

Parting Comments:

The Martlets have seen several former players go on to compete at a higher level, including:

- Wendy Whelan, who played with the Canadian national team.
- Marie-Andree Lessard, who plays on the FIVB Beach Volley World Tour.
- Jennifer Thomson, who competed at the World Junior Championship of Beach Volleyball in the summer of 2006.



MCMASTER UNIVERSITY (Hamilton)**Name of Head Coach:** Tim Louks**Head Coach Phone #:** 905-525-9140, ext. 27127**Team Name:** Marauders**Head coach E-mail:** loukst@mcmaster.ca**Website:** www.mcmaster.ca**HEAD COACH BIO:**

Coach Louks enters his 19th season as McMaster's head coach. He was the McMaster Men's Varsity head coach from 1984 to 1986, and is an NCCP Level III coach, as well as a level one clinician.

The credentials he has amassed after 19 years of coaching are impeccable, including: OFSAA girls silver medalist, OWIAA silver medalist, OUA silver medalist, OWIAA bronze medalist twice, and Coach of the Year in 1991-92, 1994-95 and 2003-04.

WHAT'S SPECIAL ABOUT THE VOLLEYBALL PROGRAM AT MCMASTER:

Achieving academic and athletic excellence requires a huge commitment from the student. McMaster volleyball is a reflection of that commitment. It is imperative that the volleyball program reaches for lofty goals in athletic excellence, while consciously supporting and encouraging the student. Our schedule challenges and supports our goal of excellence.

McMaster provides opportunity for players, parents, fans and supporters to engage in the game and program. All can be a part of the experience, creating memories for years to come in the process.

We will continue to aspire to be the best, to provide an atmosphere of excellence, and to train to compete and win.

If you are interested in exploring playing at McMaster here's what you should do:

Contact Coach Louks directly at loukst@mcmaster.ca

Finances: Undergraduate tuition costs for arts degree in 2007-2008: approximately \$6,000

Scholarships and Athletic Awards issued by the university to women's volleyball in 2006-2007:

5 awards at between \$1,000 and \$2,000.

Other opportunities for financial support:

Academic entrance awards and bursaries are available. Please visit **Error!Bookmarknotdefined** for more details.

ABOUT MCMASTER UNIVERSITY:

- 20,000 students
- Research intensive with broad based appeal
- Pedestrian friendly campus all located in same area
- New athletic facilities in 2007

Parting Comments:

The McMaster Women's Volleyball team will continue to make strides to provide one of the best academic and athletic experiences in the country.

MEMORIAL UNIVERSITY (St. John's)

Name of Head Coach: Mellissa Oates
Head Coach Phone #: 709-576-0817



Team Name: Memorial Sea-Hawks

Head Coach E-mail: nlvamel@sportnl.ca

Website: www.mun.ca/athletics

HEAD COACH BIO:

2005-06 marked Mellissa's first year as head coach of the Memorial Sea-Hawks, after one year as an assistant coach. Oates is a Level III fully certified volleyball coach, with a Masters in Physical Education and undergraduate degree in kinesiology. She was named the AUS Coach of the Year for the 2005-06 season.

After participating in varsity sport for five years, Mellissa decided that coaching was her vocation of choice. She has since coached the 2005 NL Canada Games Women's Volleyball Team and various provincial teams, along with the Memorial Sea-Hawks.

Mellissa considers herself a defensive style coach, and she works very hard to establish consistent movement and blocking patterns, and a strong defensive attitude. Oates has a strong sense of team, and works very hard to establish a supportive learning environment. Since taking over the program in 2005, the Sea-Hawks have a strong reputation in the AUS and teams come prepared for a battle when they play Memorial.

As a coach Mellissa also takes great pride in academics, and academics always come first for Memorial athletes. An athlete must be in good academic standing to participate, and Oates views athletics as a gateway for a student-athlete to achieve their degree of choice.

WHAT'S SPECIAL ABOUT THE VOLLEYBALL PROGRAM AT MEMORIAL UNIVERSITY:

You will notice right away the fan support Memorial athletes receive, as well as the pride our athletes have to represent Memorial. Memorial University is located in the heart of St. John's, the capital city of the province and island of Newfoundland and Labrador, and many people take a lot of pride in supporting our Sea-Hawks Program.

The city of St. John's is the oldest city in North America and is known for its dynamic, vibrant, and unique culture. Thus the sense of unity and camaraderie that is experienced at Memorial is unlike any other university. There is a strong sense of team identity when you represent Memorial, and the Athletic Department has worked very hard to ensure the team has everything needed to be competitive on the national level. Furthermore, Memorial has one of the finest field house facilities in Eastern Canada. This 1,400-seat facility is the site of all home competitions for the Sea-Hawks.

If you are interested in exploring playing at Memorial University here's what you should do:

Please contact Michelle Healey (Director of Athletics) at mhealey@mun.ca or phone 709-737-8683. If you are trying to contact Mellissa Oates (Head Coach), please e-mail nlvamel@sportnl.ca or phone 709-576-0817.

Finances: Undergraduate tuition costs for arts degree in 2007-2008: \$2,550 per semester (5 full courses)

Scholarships and Athletic Awards issued by the university to women's volleyball in 2006-2007:

- 1 award at \$1,500
- 1 award at \$1,000

Other opportunities for financial support:

Memorial University offers entrance scholarships (Millennium Scholarships) for any first year students entering with over an 85% average. \$1,000 for 85% overall average, \$2,000 for 90% overall average.

ABOUT MEMORIAL UNIVERSITY:

Memorial University is the largest university in Atlantic Canada, located east of Montreal. Memorial has over 17,500 students and offers 100 degree programs. Memorial's business, geography, medical, and engineering schools are some of the top schools in Canada and are also renowned on the international scene for research. Memorial has one of the best research libraries on campus in the Queen Elizabeth II Library. Memorial's Marine Institute, also located in St. John's, is Canada's largest and most comprehensive marine training institute.

Parting Comments:

Memorial University is a wonderful learning institution and you can be assured of great experiences if you choose to attend as a student-athlete.



UNIVERSITÉ DE MONCTON

Nom de l'entraîneur/e-chef :

Monette Boudreau-Carroll

Téléphone : 506-858-3766

**Nom de l'équipe : Aigles Bleues****Adresse électronique :**

monette.boudreau-carroll@umoncton.ca

Site Web de l'équipe :<http://www2.umoncton.ca/cfdocs/sports/VolleyFem.cfm>**NOTES BIOGRAPHIQUES SUR L'ENTRAÎNEUR/E-CHEF :**

Monette Boudreau-Carroll a d'abord entraîné les Aigles Bleues de 1995 à 2002. Elle a dirigé l'équipe vers sept matchs de championnat du SUA, remportant trois titres (1999, 2001, 2002). La saison 2006-07 a marqué le retour de Monette au poste d'entraîneur-chef à l'Université de Moncton.

Boudreau-Carroll a, à quatre reprises, été sélectionnée entraîneure de l'année à l'Université de Moncton. En 2000-01, elle fut désignée Entraîneur féminine 3M de l'année par l'Association des entraîneurs du Canada.

CARACTÉRISTIQUES PARTICULIÈRES DE CE PROGRAMME DE VOLLEYBALL FÉMININ :

Les Aigles Bleues se distinguent parmi les meilleures équipes féminines de volleyball du SUA, ayant remporté le championnat de la conférence en 1998-99, 2000-01, et 2001-02. Plusieurs de leurs athlètes sont régulièrement choisies sur l'équipe des étoiles du SUA et deux des leurs ont été sélectionnées JPU du SUA depuis 1998-99, y compris Kristine Levesque en 2006-07.

Les Aigles Bleues sont toujours compétitives et l'Université de Moncton est un excellent milieu pour une étudiante athlète désireuse d'atteindre ses buts académiques et sportifs.

Mot à l'intention des athlètes qui souhaiteraient possiblement fréquenter votre université :

Les candidates intéressées par notre programme en volleyball peuvent communiquer avec Monette Boudreau-Carroll (monette.boudreau-carroll@umoncton.ca).

Aspect financier : 4 735 \$ par année universitaire.

Bourses d'études et autres formes d'aide financière :

Bourses de mérite académique, bourses des athlètes, bourses de mérite para-académique, bourses d'aide financière.

QUELQUES MOTS SUR L'UNIVERSITÉ DE MONCTON :

L'Université de Moncton est une institution francophone qui comprend trois campus au Nouveau-Brunswick : le campus Edmonston, le campus de Shippigan, et le campus de Moncton (le campus principal dont la population étudiante s'élève à plus de 4 000). Le campus de Moncton offre au-delà d'une centaine de programmes.

Le campus de Moncton est un milieu animé et riche qui sait répondre aux besoins et aspirations de chacun et chacune. Le Centre d'éducation physique et des sports, à titre d'exemple, abrite une piscine semi-olympique, un gymnase double, un stade avec tennis, des plateaux de squash et de racquetball, une nouvelle salle d'entraînement cardio-vasculaire et une salle de musculation complètement rénovée.

NOTES BIOGRAPHIQUES SUR L'ENTRAÎNEUR/E-CHEF :

Titulaire d'un doctorat en sciences de l'activité physique de l'Université de Montréal, Olivier Trudel est associé avec l'équipe de volleyball féminin des Carabins depuis 1999. Il a agi en tant qu'entraîneur-chef en 2003 et a repris le flambeau depuis 2005. Ayant comme champ de spécialisation la psychologie sportive, Dr Trudel poursuit des recherches notamment sur la préparation mentale chez les athlètes d'élite et sur la périodisation annuelle de la composante psychologique. Il est également titulaire d'une maîtrise en éducation de l'UQAM et d'un baccalauréat en psychologie de l'Université d'Ottawa. Il est aussi chargé de cours à l'UdeM, enseignant principalement des cours portant sur les principes d'intervention dans un milieu sportif et sur la préparation mentale des athlètes de haut niveau. De plus, Dr Trudel est engagé sporadiquement par le Centre national multisports de Montréal (CNMM) comme entraîneur-tuteur et comme consultant professionnel dans le domaine de la psychologie sportive.

Impliqué dans le milieu du volleyball depuis 1988 et en voie d'obtenir son brevet d'entraîneur de niveau 4, il a travaillé au sein de nombreux programmes provinciaux, entre autres avec six équipes Espoir de la région de l'Outaouais au milieu des années 1990 et a entraîné des équipes de catégories cadet à collégial AAA dans cette même région. Depuis 2000, Dr Trudel agit également comme assistant-entraîneur avec le programme national de volleyball : assistant-entraîneur de l'équipe nationale juvénile masculine (Youth Team) en 2000, de l'équipe nationale cadette féminine à l'été 2003 et de l'équipe nationale junior de volleyball féminin qui a terminé en 4^e position au NORCECA en 2004. À sa 1^{ère} saison comme entraîneur-chef sur le circuit universitaire en 2003, il a mené les Carabins à la 6^e position du Championnat canadien. Depuis son retour en tant qu'entraîneur-chef en 2005, la formation du Dr Trudel a atteint à deux reprises la finale provinciale et a fini aux 4^e et 5^e rangs du Championnat canadien de SIC.

CARACTÉRISTIQUES PARTICULIÈRES DE CE PROGRAMME DE VOLLEYBALL FÉMININ :

Le programme de volleyball féminin des Carabins de l'Université de Montréal a une riche tradition d'excellence. Depuis la reprise du sport d'excellence en 1994, le volleyball féminin a participé au Championnat canadien à 8 reprises avec sa meilleure performance en 2000 et 2006 (4^{ème} position). Depuis 1993, 8 joueuses ont été nommées sur la première ou la deuxième équipe d'étoiles canadiennes.

En raison de l'envergure internationale de l'Université de Montréal et de sa très grande variété de programmes d'études, les Carabins ont une opportunité incroyable de recrutement. Présentement, entre autres, une athlète membre de l'équipe nationale canadienne ainsi qu'une ancienne joueuse professionnelle en France (Melun et Cannes) font partie de l'équipe.

Reposant sur une foule de plus en plus nombreuse, les Carabins figurent parmi les sports les plus populaires à l'Université de Montréal et dispose d'une couverture médiatique régulière par un des journaux les plus importants de la province de Québec (Journal de Montréal).

Le programme de volleyball féminin accorde également plusieurs privilèges à ses étudiantes-athlètes. Par exemple, des plages d'entraînement nombreuses, un programme de bourses, un programme de tutorat et de suivi académique individualisé ainsi qu'un suivi individuel en préparation physique et en nutrition. Le programme offre également un calendrier de compétitions qui regroupe des compétitions partout au Canada, aux États-Unis et ailleurs dans le monde.

Enfin, le programme de volleyball féminin de l'Université de Montréal est très impliqué dans le développement du volleyball dans la région de Montréal. Elle est la figure de proue du club Celtique, un club civil de volleyball de la région de Montréal qui regroupe au-delà de 150 athlètes répartis dans de nombreuses équipes s'échelonnant de la catégorie benjamine à senior.

Mot à l'intention des athlètes qui souhaiteraient possiblement fréquenter votre université :

Si une athlète désire avoir plus d'informations sur le programme de volleyball féminin de l'Université de Montréal, prière d'entrer en communication avec l'entraîneur-chef Olivier Trudel.

Aspect financier : Plus ou moins 1 000 \$ par trimestre d'étude.

Bourses d'études et autres formes d'aide financière :

Au cours des 5 dernières années, près de 45 000 \$ ont été attribués à des athlètes de volleyball féminin des Carabins par l'entremise du programme de bourses d'excellence sportive de l'Université de Montréal.

Autres sources de soutien financier possible :

La Fondation de l'athlète d'excellence du Québec remet annuellement de nombreuses bourses aux étudiants-athlètes du Québec et, bon an mal an, différentes athlètes de volleyball féminin des Carabins en obtiennent. De plus, il existe un programme de bourse externe à l'Université de Montréal qui permet d'octroyer jusqu'à 3 000 \$ par année pour une athlète venant étudier à l'université de Montréal et qui proviendrait d'une autre province canadienne que le Québec.

QUELQUES MOTS SUR L'UNIVERSITÉ DE MONTRÉAL :

Véritable campus de calibre international, le campus formé de l'UdeM et ses écoles affiliées, HEC Montréal et l'École Polytechnique, offre le plus grand choix de programmes d'études en Amérique du Nord. Regroupant plus de 55 000 étudiants, dont près de 9 000 provenant de l'étranger, elle occupe une place de choix à Montréal et représente un milieu idéal pour les échanges transdisciplinaires.



THE UNIVERSITY OF NEW BRUNSWICK (Fredericton)

Name of Head Coach: John Richard
Head Coach Phone #: 506-458-7217



Team Name: UNB Varsity Reds
Head Coach E-mail: jrichard@unb.ca
Website: www.vreds.unb.ca

HEAD COACH BIO:

2007-2008 marked Richard's 10th season as head coach of the Varsity Reds, after spending three years as an assistant coach. John is also the Assistant Director for the UNB Athletics Program. He volunteers as president of Volleyball New Brunswick as well as chair of Volleyball Canada's Domestic Competitions Committee, which oversees all indoor national championships. A native of Truro, Nova Scotia, John holds a Bachelor of Physical Education and is a fully certified NCCP Level III coach.

WHAT'S SPECIAL ABOUT THE VOLLEYBALL PROGRAM AT UNB:

The construction of a new, beautiful, multi-million dollar state-of-the-art gymnasium began in 2008. The completion of this facility will put UNB on the national map. The Varsity Reds receive great community support, as they are the only game in town- no pro sports or junior hockey. V-Reds sports are a big, big deal! The team's schedule is as competitive as any in the country, with trips to play in Ontario and throughout the states of New England. Women's volleyball at UNB has a winning tradition, annually naming more than half the team as Academic All-Canadians. UNB is also a proud host of the CIS National Championships at the Aitken University Centre (2007-08 and 2008-09).

UNB and the City of Fredericton are a perfect size- large enough to "get lost" if you want to, yet small enough to have a very welcoming and safe environment. You are not a number at UNB. The "family feel," small class sizes, and engaging faculty make the UNB experience a very positive one.

If you are interested in exploring playing at the University of New Brunswick, here's what you should do:

Simply go to our web site, www.unbf.ca, or phone 1-888-895-3344 to request a package be mailed to you. Contact Head Coach John Richard at 506-458-7217, or jrichard@unb.ca.

Finances: Undergraduate tuition costs for arts degree in 2007-2008: \$5,509.

Scholarships and Athletic Awards issued by the university to women's volleyball in 2006-2007:

10 awards totaling just over \$31,000.

Other opportunities for financial support:

Guaranteed academic scholarship for students with average above 80% or better.

ABOUT THE UNIVERSITY OF NEW BRUNSWICK:

UNB Fredericton has 7,500 full time students, 50 degree or diploma programs, an 18:1 student to faculty ratio, and the largest residence community in Atlantic Canada. Key programs include: kinesiology, arts (creative writing), nursing, law, engineering, biomedical engineering, education, forestry and studies in leadership at Renaissance College.

Player Comments:

"During my five years at UNB, I learned what it means to be a champion. By champion I mean I learned to never give up and to face adversity with confidence. To figure out my priorities and live life accordingly. To stop making excuses and just get the job done – that actions speak louder than words. To be a role model and a leader. To play with pride – because there's a tradition at UNB – a legacy of great teams and great players. There's a history here for me; this is where I really fell in love with volleyball."

Jennie Scholten, 2003-04 Atlantic Conference 1st Team All-Star & UNB Athlete of the Year

"We work hard from Monday to Friday, once the weekend hits everything is worthwhile. Only athletes can understand the importance of playing the game they love in the competitive and supporting environment UNB has to offer. Playing for John and the varsity program has not only opened countless doors for me, it has left me with experiences individuals can only dream about. I feel lucky and very privileged to have been a Varsity Red."

Jane Pelc, 2006-07 Atlantic Conference Defensive Player of the Year & Women's Volleyball Conference Top "All-Around" Student-Athlete



UNIVERSITY OF OTTAWA

Name of Head Coach: Lionel Woods
Head Coach Phone #: 613-562-5800 x4348



Team Name: Gee-Gees

Head coach E-mail: lwoods@uottawa.ca

Website: www.geegees.ca & www.ggvball.com

HEAD COACH BIO:

- Head coach of the Gee-Gees since 1992
- Conference record: 140 wins - 90 losses = 60% win percentage (up to 2006-07 season)
- OUA Coach of the Year - 2002-03 season, 2006-07 season
- One OUA Championship, two OUA Silver Medals, five OUA Final four appearances
- Consistent rankings in top four in Ontario and top 15 in Canada
- Involved with Gee-Gees program since 1988 as an assistant coach and student athletic therapist
- Coached Ontario Women's Volleyball Team 1994-97, en route to 1997 Canada Summer Games (two national silver medals and two 4th place finishes)
- Guest coach with Canadian Women's National Team for try-out and training camp events (1993-1996)
- Guest coach with Junior National Team in preparation for NORCECA Junior Championships (1999)

WHAT'S SPECIAL ABOUT THE VOLLEYBALL PROGRAM AT THE UNIVERSITY OF OTTAWA:

- National representation on the roster
- Bilingual options for studying
- Top level athletic scholarship support – complete equity in women's & men's support systems
- Best home attendance in OUA conference
- Qualified for OUA playoffs in 29 of 30 years of existence
- One of only five teams to have ever won the OUA title – one of only four to have won it multiple times
- National & international travel opportunities annually
- 12 CIS All-Canadians, 37 OUA All stars, four OUA Merit award winners, five uOttawa Athlete of the Year winners

If you are interested in exploring playing at the University of Ottawa here's what you should do:

Visit our team / fan web site at www.ggvball.com for detailed information

Contact the coach directly for follow up communication (lwoods@uottawa.ca)

Send a short DVD of practice & playing so the coaching staff can make an initial assessment

Scholarships and Athletic Awards issued by the university to women's volleyball in 2006-2007:

Full roster complement of athletic scholarships awarded each year – every athlete who maintains minimum academic requirements by OUA & CIS rule is awarded a full scholarship of \$3,000 - \$3,500 (not including academic scholarships earned separately).

For the 2007-08 season, the Gee-Gees Volleyball roster earned \$24,500 in athletic continuing scholarships and \$10,500 in entering athletic scholarships were given out, for a grand total of \$35,000 in scholarship support alone (not including supplemental academic based scholarships and work related opportunities).

Other opportunities for financial support: With nearly \$7 million in admission scholarships awarded to student annually, the University of Ottawa scholarship program is one of the best in Canada. For more information, please visit: <http://www.uottawa.ca/student/englishguide/1section/finance/admission.html>

ABOUT THE UNIVERSITY OF OTTAWA:

We are Canada's university. The world expects a lot from Canada and its institutions, and so do we. Here at the University of Ottawa, Canada's university, we make sure our students leave with the knowledge and tools to compete in a global economy.

We give them the opportunity to study, live and play in English, French, or both. We offer them collaborative research projects and student-exchange programs through some 140 bilateral agreements with sister universities in close to 50 countries. We offer a multicultural environment by welcoming students and professors from virtually every continent. And we encourage them to gain new experiences by taking part in the many international, government, and cultural events staged in our own backyard, the nation's capital.

At the University of Ottawa we want our graduates to be ready not only to face a career, but to face the world.

Learn more about Canada's university: www.uottawa.ca

Player Comments:

"Being part of Gee-Gees Volleyball was the experience of a lifetime – both on and off the court. It's more than just a team- it's a family. Not only are you supported in becoming the best athlete you can be, but that support carries over into every aspect of your life. While my playing days at Montpetit Hall are well in the past, the many friendships and memories from my time as a Gee-Gee live on, and I feel very fortunate to have been part of such an outstanding program."

Erinn Stergina – Gee-Gees setter & middle player 1996-2000, 2 time OUA All Star



**UNIVERSITY OF
PRINCE EDWARD ISLAND** (Charlottetown)

Name of Head Coach: Lynn Boudreau
Head Coach Phone #: 902-566-0991

Team Name: **UPEI Panthers**

Head Coach E-mail: volleyball@upei.ca

Website: www.upei.ca/athletics

HEAD COACH BIO:

Coach Boudreau was hired in 2001 to coach the Panthers. The Panthers have been become a contender in the AUS. In 2005 Boudreau was named the AUS Coach of the Year and Volleyball Canada's Female Coach of the Year.

Lynn played in the AUAA and was twice named League MVP and All-Canadian.

WHAT'S SPECIAL ABOUT THE VOLLEYBALL PROGRAM AT UPEI:

For those students that come to UPEI, they become part of the Island. Fans from not only the university community and the city of Charlottetown come to cheer you on, but those from all over the Island. Athletic teams at UPEI form a close-knit community where everyone supports one another. Prince Edward Island is small, and the Panthers have a good mix of Islanders and off-Island athletes competing in the athletic program.

If you are interested in exploring playing at UPEI here's what you should do:

Visit www.upei.ca/athletics/wvolleyball and fill out the recruiting form.

Contact Coach Boudreau at 902-566-0991 or via email- volleyball@upei.ca

Finances: Undergraduate tuition costs for arts degree in 2007-2008: \$4,444. Fees extra.

Scholarships and Athletic Awards issued by the university to women's volleyball in 2006-2007:

3 awards at \$3,000+

3 scholarships at \$4,500 +

Other opportunities for financial support:

The University of Prince Edward Island offers over \$2 million in scholarships and awards.

ABOUT THE UNIVERSITY OF PRINCE EDWARD ISLAND:

UPEI is located within the city of Charlottetown, and has an enrollment of just fewer than 4,000 full-time students. UPEI is also home to the Atlantic Veterinary College. UPEI is a university rooted in history, which has grown to become an integral part of the city and the province. At UPEI a student will become a part of a tightly knit community that takes great pride in supporting our students.

Parting Comments:

In 2007 UPEI reduced tuition by 10% and now sits as the lowest in the Maritimes, offering an excellent return on investment. Over \$2 million in scholarships and awards are presented annually. Potential student-athletes are encouraged to review our Inspiring Excellence and Leaders of Tomorrow Awards.

QUEEN'S UNIVERSITY (Kingston)

Name of Head Coach: Joely Christian
Head Coach Phone #: 613-533-6000, ext. 79190



Team Name: Golden Gaels

Head Coach E-mail: qwvball@queensu.ca

Website: www.goldengaels.ca

HEAD COACH BIO:

2007-08 marked Christian's first year as head coach of the Queen's University Golden Gaels women's volleyball program. She is a former CIS All-Canadian and a four-time Canada West All Star. She competed in three CIS National Championships, winning two bronzes and collecting another fourth place finish.

Prior to joining Queen's she was an assistant coach with the University of Toronto Varsity Blues. In 2005 she was the head coach of Team Ontario that won gold at the 2005 Canada Games. Also in 2005 she was named the Ontario Female Coach of the Year as selected by the Ontario Sport Awards.

Joely is a Level III NCCP certified coach.

WHAT'S SPECIAL ABOUT THE VOLLEYBALL PROGRAM AT QUEEN'S UNIVERSITY:

- Combines high-level academic criteria with an outstanding volleyball program.
- In 2006-07 the team competed in the OUA East playoffs.
- Currently the team is a young developing program where an athlete can leave their mark with the eventual goal to become a perennial contender in the OUA and at the national level.
- Assistant coach Chris Galbraith is entering his 6th year coaching at Queen's.
- The new \$230 million Queen's Centre (grand opening in 2009) includes a new state-of-the-art varsity gym, team room, and strength & conditioning facilities.
- Team is hard-working and disciplined, with unparalleled team cohesion. Unique, close-knit, campus with great spirit. Great environment in which to play.

If you are interested in exploring playing at Queen's University here's what you should do:

- Contact Coach Christian via email at qwvball@queensu.ca or via the recruiting form found on the web site: <http://www.goldengaels.com/interuniversity/index.html>
- Inform the coach of opportunities to see you play and forward a video of one of your games.
- Inform your high school and/or club coach of your desire to play at university – they can help you develop and contact me.

Finances: Undergraduate tuition costs for arts degree in 2007-2008: \$4,579

Scholarships and Athletic Awards issued by the university:

Queen's University provided in excess of \$21 million annually in student financial assistance (both merit-based [Scholarship] & need-based [Bursary]). Queen's distributes more than \$1.2 million to student-athletes with approximately 40% of Queen's athletes receiving awards. At the discretion of the head coach, the Queen's women's volleyball program awards athletic scholarships annually, with additional funding opportunities available to athletes in terms of merit, need-based, or work-study, through the university Awards Office.

Other opportunities for financial support:

Summer Volleyball Camp, Work-Study Program, Summer Work Employment Program

ABOUT QUEEN'S UNIVERSITY:

- Known as one of the premier universities in North America, Queen's has an undergraduate population of 13,000 students.
- As a residential university, over 90% of the student body live within a 7 block radius of campus, contributing significantly to the famous "Queen's Spirit."
- Queen's combines the best of both worlds — an outstanding academic experience with an outstanding volleyball experience.
- The new Queen's Centre (grand opening 2009) is a state of the art competition, practice, and fitness facility unparalleled in the country.

Parting Comments:

As of 2009 the Women's Volleyball Team will host all matches and train in the new Queen's Centre. The Queen's Centre is a state-of-the-art facility that will be home to an aquatic centre, varsity gymnasium that holds 2,000 spectators, fitness and weight centre, and a new home for the School of Kinesiology and Health Studies.

For more information visit www.queensu.ca or www.goldengaels.com



UNIVERSITY OF REGINA

Name of Head Coach: Melanie Sanford
Head Coach Phone #: 306-585-4751



Team Name: Cougars

Head Coach E-mail: melanie.sanford@uregina.ca

Website: www.uregina.ca/cougars

HEAD COACH BIO:

- Entering sixth season as U of R head coach
- 18 years of CIS coaching experience
- Former national team player
- Graduated from the University of Saskatchewan and won three CIAU championships
- Level IV/V coach

National Team Coaching Experience:

- 2003 Junior national assistant coach
- 2004 FISU assistant coach
- 2005 FISU assistant coach
- 2006 Junior national team head coach
- 2007 FISU assistant coach

WHAT'S SPECIAL ABOUT THE VOLLEYBALL PROGRAM AT THE UNIVERSITY OF REGINA:

As one of the top ten women's volleyball programs in Canada, the University of Regina's women's volleyball program is designed to meet the needs of the student-athlete. We have established a structure that provides support in areas such as academic assistance, year-round strength and conditioning, and access to sports psychology. The program is housed in one of the most outstanding facilities in Canada and plays in an extremely competitive conference. With the addition of two new residence units on campus, student-athletes that attend the University of Regina can expect a quality life experience as they pursue their academic and athletic goals.

The University of Regina's women's volleyball program has a strong tradition of maintaining high graduation rates and high levels of team academic achievement. These expectations for academic excellence, combined with a volleyball program that strives for excellence, makes the U of R an ideal choice for those looking to be challenged.

If you are interested in exploring playing at the University of Regina here's what you should do:

Contact head coach Melanie Sanford at 306-585-4751 or email melanie.sanford@uregina.ca

Finances: Undergraduate tuition costs for arts degree in 2007-2008: \$4,100

Scholarships and Athletic Awards issued by the university to women's volleyball in 2006-2007:

- Entrance awards available to incoming student-athletes who meet academic requirements of 80%
- Any player who maintains an 80% average receives an Academic All-Canadian scholarship covering their tuition

Other opportunities for financial support:

The university offers a wide variety of academic scholarships that we encourage all of our student-athletes to pursue. Please visit our website to review all scholarships and awards- <http://www.uregina.ca/awards>. Please note that some scholarships require application while others do not.

ABOUT THE UNIVERSITY OF REGINA:

The University of Regina has about 12,000 undergraduate and graduate students currently enrolled. Specialized programs are offered in a number of areas including kinesiology, science, education, business administration, journalism, social work, media production and studies, petroleum engineering, fine arts, software systems, police studies, health studies, public policy, and many others. A co-operative education program – the first in Western Canada – is available in arts, business administration, engineering and science (computer science, physics, chemistry and biochemistry, and mathematics and statistics including actuarial science internships). An Aboriginal co-operative education program is available in each of these areas. The undergraduate petroleum engineering program is the largest in the country. The police studies BA was the first policing degree to be offered by a Canadian university and is resulting in partnerships with police services in the province and beyond.

Player Comments:

"Canada is the best place to pursue both academics and athletics at a high level. People are there to help students target their goals in all areas of their life. The support I felt at the University of Regina as a student-athlete was inspirational. I was challenged to become a better athlete and had every resource at my disposal. I truly enjoyed every moment of my life as a women's volleyball player at the University of Regina. I particularly appreciated the support from my coaching staff and the community."

Jennifer Prokopetz (U of R, 2002-07)

"Playing volleyball at the University of Regina allowed me to compete in the most competitive conference in Canada while receiving my degree in kinesiology & health studies. My degree helped me gain acceptance into a master's program at another Canadian university, as I was able to transfer courses between institutions as per my academic needs. Playing with the Cougars gave me the opportunity to stay close to my family, travel internationally, as well as compete across the country. The competitive program that the U of R offers vastly improved my volleyball skills and made for an extremely enjoyable and rewarding time."

Fleming (U of R, 2004-07)

THE ROYAL MILITARY COLLEGE OF CANADA (Kingston)

Name of Head Coach: Carolyn Welden
Head Coach Phone #: 613-541-6000, ext. 3912



Team Name: Paladins

Head coach E-mail: Carolyn.Welden@rmc.ca

Website: www.rmc.ca

HEAD COACH BIO:

Carolyn Welden has been the head coach since 2003 at the only military university in Canada. Welden was previously the head coach of the Niagara Knights for eight seasons, where she led the team to a national ranking, a West title, a silver medal, and six consecutive provincial championship appearances. During her coaching career she has held numerous coaching positions, including: guest coach of the Team Canada Youth program, headliner at the OVA Elite Development Centre, and head coach of Ontario club programs.

Welden is a Brock University graduate. She is a Level IV NCCP certified head coach, NCI High Performance Coach, and Level II FIVB Certified Coach. Currently, she is the head coach of the Canadian Military National Women's volleyball program.

www.cism-milспорт.org

WHAT'S SPECIAL ABOUT THE VOLLEYBALL PROGRAM AT RMC:

RMC is the only military university that competes in CIS. Combined with the fact that RMC is one of the top academic institutions in Canada, and the university quickly becomes one of the best options for any prospective student-athlete wishing to receive a fully subsidized university education, and also play for a great volleyball program. Some of our graduates have gone on to play internationally and represent their country on the volleyball court.

RMC has a long-standing tradition of excellence since 1876. Our graduates are in demand around the world, constantly sought after for both military and high level civilian positions. RMC has a very low student-teacher ratio, and state of the art labs, facilities, and equipment provide the backdrop for our diverse academic programs.

If you are interested in exploring playing at RMC here's what you should do:

Follow the link to our student-athlete questionnaire: http://www.rmc.ca/athletics/varsity/Volleyball-W/questionnaire_e.html
Contact Coach Carolyn Welden.

Scholarships and Athletic Awards issued by the university to women's volleyball in 2006-2007:

RMC is the only university in Canada that can provide a fully subsidized education coupled with a challenging volleyball program.

Player Comments:

"Staying in Canada and going to the Royal Military College of Canada was definitely the best choice for me. It may have been difficult passing up on NCAA opportunities, but staying in Canada to get the best education and represent my country was the best choice. Being part of the RMC tradition, pushed to be better as a student, leader and athlete is something I will carry with me throughout my life. There is really a sense of pride among the athletes who get to be part of the RMC culture. I developed as a person and volleyball player because of my fantastic teammates. We traveled across the country and internationally as a university and I continue to represent my country as a member of the Canadian Military Volleyball program competing at World Championships in Italy, Netherlands, Cuba, USA, Brazil and India."

Leah West, Royal Military College of Canada Class 2007, National Team Member CISM



**COLLÈGE MILITAIRE
ROYAL DU CANADA** (Kingston)

Nom de l'entraîneur/e-chef : Carolyn Welden
Téléphone : 613-541-6000, 3912



Nom de l'équipe : **Paladins**

Adresse courriel : Carolyn.Welden@rmc.ca
Site Web de l'équipe : www.rmc.ca

NOTES BIOGRAPHIQUES SUR L'ENTRAÎNEUR/E-CHEF :

Carolyn Welden travaille comme entraîneuse en chef à la seule université militaire canadienne depuis 2003. Entraîneuse en chef des Knights du collège Niagara pendant huit saisons, elle a aidé cette équipe à remporter un championnat national, le titre régional de l'Ontario Ouest, une deuxième place et six championnats provinciaux consécutifs. Carolyn Welden a travaillé comme entraîneuse avec plusieurs organisations, notamment, Équipe Canada Jeunesse et divers clubs de l'Ontario et comme conférencière à l'OVA Elite Development Centre. Welden est diplômée de l'Université Brock. Entraîneuse de haut niveau de l'INFE, elle détient une certification de niveau IV du PNCE et une certification de niveau II de la FIVB.

Elle occupe actuellement le poste d'entraîneuse en chef de l'équipe féminine militaire canadienne de volleyball.

www.cism-milspport.org

CARACTÉRISTIQUES PARTICULIÈRES DE CE PROGRAMME DE VOLLEYBALL FÉMININ :

Le CMR est la seule université militaire à faire partie du Sport interuniversitaire canadien (SIC). Étant de plus l'une des meilleures universités canadiennes, le CMR constitue le meilleur choix pour tout étudiant-athlète intéressé à recevoir une formation universitaire entièrement subventionnée et à jouer au sein d'une formidable équipe de volley-ball. Certains de nos diplômés continuent de participer à des championnats internationaux et de représenter notre pays sur le terrain de volley-ball.

Le CMR jouit d'une longue tradition d'excellence. Depuis 1876, nos diplômés sont constamment en demande partout dans le monde, tant pour des postes militaires et des postes civils de haut niveau. Les étudiants de nos divers programmes d'études bénéficient de l'un des ratios étudiant-professeur les plus faibles et de laboratoires, d'installations et d'équipement ultramodernes.

Mot à l'intention des athlètes qui souhaiteraient possiblement fréquenter votre université :

Si vous souhaitez en savoir plus sur le programme de volleyball féminin du CMR Suivez le lien ci-dessous pour notre questionnaire d'étudiants-athlète. http://www.rmc.ca/athletics/varsity/Volleyball-W/questionnaire_e.html

Bourses d'études et autres formes d'aide financière :

Le CMR est la seule université canadienne à offrir une formation entièrement subventionnée, en plus d'un exigeant programme de volley-ball. Pour plus de renseignements, prière de communiquer avec l'entraîneuse en chef Carolyn Welden.

Autres commentaires :

« La décision de rester au Canada et d'étudier au Collège militaire royale du Canada a certainement été la meilleure décision que je pouvais prendre. Même si j'ai trouvé un peu difficile de renoncer aux occasions présentées par la NCAA, la décision de rester au Canada pour y recevoir la meilleure formation possible et représenter mon pays s'est révélée la bonne décision. Fidèle à ses traditions, le CMR m'a poussée à devenir une meilleure étudiante, leader et athlète. Je bénéficierai des fruits de cette formation toute ma vie. Les athlètes du CMR sont vraiment fiers d'appartenir à ce milieu. Je me suis développée comme personne et joueuse de volley-ball grâce à mes fantastiques coéquipières. Notre équipe a voyagé au Canada et à l'étranger au nom de notre université et je continue de représenter mon pays comme membre de l'équipe militaire canadienne de volley-ball à des championnats mondiaux en Italie, aux Pays-Bas, à Cuba, aux États-Unis, au Brésil et en Inde. »

Leah West, cohorte de 2007 du Collège militaire royal du Canada, Membre de l'équipe nationale du Conseil international du sport militaire



RYERSON UNIVERSITY (Toronto)

Name of Head Coach: Bob Cholette
Head coach Phone #: 416-671-0034



Team Name: Rams

Head coach E-mail: wvball@ryerson.ca

Website:

<http://firefly.ryerson.ca/sportsandrec/sports/varsity/index.cfm?team=105>

HEAD COACH BIO:

Bob Cholette was named head coach of the Ryerson University women's volleyball team in the summer of 2005 after serving as an assistant coach for six seasons.

Cholette has been coaching volleyball for 17 years. He previously spent two seasons as head coach of the Sheridan College women's volleyball program, winning a West Division title and an Ontario College Athletic Association (OCAA) bronze medal. He was also selected to coach in the league all-star game.

Cholette began his coaching career at Earl Haig Secondary School in North York, amassing a record of 171-21 in ten years. During this time his team captured six league championships while advancing to the finals in each of his ten seasons.

An NCCP Level IV coach, Bob was recently awarded a Quest for Gold bursary by the province. Cholette has twice coached at the Ontario Summer Games and the Ontario Regional Volleyball Games. He has also served as a coach at the Ontario Volleyball Juvenile Elite training centres, and helped to organize clinics for the Ontario Provincial team program.

WHAT'S SPECIAL ABOUT THE VOLLEYBALL PROGRAM AT RYERSON UNIVERSITY:

Women's Volleyball is one of the premier teams at Ryerson. The team competes in the OUA East and has the opportunity to travel across North America for exhibition games, including in 2005 to Florida, in 2006 to San Diego, and in 2007 to Barbados. The team has its own change room, a players-only sports clinic, and a dedicated team sport therapist. The compact nature of the campus makes it easy for athletes to attend all of their classes and practices, while still having some free time. The philosophy of the team is "whoever plays the best will get to play", and there is no separation between younger and older players. The team's motto is "Strength, Determination, Loyalty".

If you are interested in exploring playing at Ryerson University here's what you should do:

Please contact head coach Bob Cholette at wvball@ryerson.ca or call 416-671-0034.

Scholarships and Athletic Awards issued by the university to women's volleyball in 2006-2007:

All first year players achieving OUA mandatory 80% average received OUA allowed maximum \$3,500.

Returning players achieving OUA mandatory GPA of 2.67 received a minimum of \$1,200.

Other opportunities for financial support:

The university has many work-study positions that offer a minimum of \$2,000.

These jobs are flexible and make it easy for a varsity athlete to work and compete.



ABOUT RYERSON UNIVERSITY:

Ryerson offers programs in five faculties: Arts, Business, Communication & Design, Community Service and Engineering Architecture, and Science. Many of Ryerson's programs are considered the best in Canada with job acquisition rates above 90% upon graduation. The programs at Ryerson combine classroom education with real life work-placements, ensuring graduates are able to step directly into the workforce. A few of Ryerson's leading programs are: journalism, radio and television arts, business, and engineering (<http://www.ryerson.ca/undergraduate/admission/programs/index.html>).

Located in downtown Toronto directly beside the Eaton Centre, Ryerson students can shop for hours or find any food in the world to enjoy. Public transit connects with the university, and the compact nature of the campus makes getting up for that 8:00 AM Monday class an easy task. As Ryerson is situated downtown, the area is kept very clean by the city, is continually patrolled by police, and has all snow removed in a timely fashion.

Player Comments:

"I like that we get to be part of a team - going on road trips, hanging out in the team room, helping each other out with school and life. It's good to meet older people at school to help you learn the way things work. It keeps you in top shape and active as a lifestyle choice. It gives you the motivation to commit to your studies, and aim for scholarships. It's a gigantic time commitment. You sacrifice any chance at earning money or participating in many other extra-curricular activities, but it becomes such a big part of your life that it's hard to notice. Being a student-athlete has definitely enhanced my experience overall, and having access to coaches and other university staff at the Athletic Centre has also been beneficial."

Current Ryerson women's volleyball player

UNIVERSITY OF SASKATCHEWAN (Saskatoon)

Name of Head Coach: Leslie Irie
Head Coach Phone #: 306-966-1032



Team Name: Huskies
Head Coach E-mail: leslie.irie@usask.ca
Website: www.huskies.usask.ca

HEAD COACH BIO:

Leslie is a certified NCCP Level IV candidate and has over 15 years of CIS head coaching experience at the University of Saskatchewan as well as at Dalhousie University. This two-time Canada West Coach of the Year/CIS Coach of the Year has qualified her teams for the national championship seven times. A former four-time CIAU All-Canadian as well as National Team player, Leslie has coached the 2002 Junior National Women's Team as well as assisted with the FISU Teams.

WHAT'S SPECIAL ABOUT THE VOLLEYBALL PROGRAM AT THE UNIVERSITY OF SASKATCHEWAN:

Being able to provide an academic as well as an athletic environment where a student-athlete pursues excellence is part of what the Women's Volleyball program is about. The program regularly graduates female role models, whether it be a teacher, a member of the National Team, or a mother. Huskies graduates are exceptional women who have, and will go on to lead, successful lives

Athletes train in a state-of-the art facility that was built in 2003. The \$33-million Physical Activity Complex (PAC) has a 2,400 seat triple gymnasium as well as a 13,500 square-foot fitness centre. Assisting with the Women's Volleyball program are some of the most qualified coaches, not only in volleyball, but in the sport science field as well.

"The Women's Volleyball program not only offers the tools and support needed to achieve high levels of athletic performance and academic success but also provides unique opportunities to build lifelong relationships. I was able to develop life skills and qualities that have definitely helped me to reach my future goals"

Carla Thoner, B Kinesiology, B. Education (Huskies captain 2003-05, 2003 FISU Games Team, 2000-05 Huskie All-Academic Team, 2001 Canada Games Team)

If you are interested in exploring playing at the University of Saskatchewan here's what you should do:

Contact Leslie via e-mail at: leslie.irie@usask.ca. For additional information on the U of S, visit www.explore.usask.ca

Finances: Undergraduate tuition costs for arts degree in 2007-2008: \$4,380 - \$6,840 (depending on number of credits taken).

Scholarships and Athletic Awards issued by the university to Women's Volleyball:

Awards available at \$500 to full tuition

ABOUT THE UNIVERSITY OF SASKATCHEWAN:

The University of Saskatchewan offers 58 degrees, diplomas and certificates in over 100 areas and disciplines. Colleges and schools include the following: agriculture & bioresources, arts & science, business, dentistry, education, engineering, graduate studies & research, kinesiology, law, medicine (includes physical therapy), nursing, pharmacy & nutrition, veterinary medicine, and the extension division.

Nestled along the banks of the South Saskatchewan River, the campus features greystone-clad buildings on picturesque well-treed grounds. The University is home to Innovation Place, the first research park of its kind in western Canada, the Canadian Light Source, and the national facility for synchrotron light research.

Known as the "City of Bridges", Saskatoon is a picturesque, safe, clean, and friendly city with a population of approximately 230,000. Saskatoon is one of Canada's fastest growing communities, with numerous parks, extensive riverbank recreational trails, global dining, and entertainment facilities.



UNIVERSITÉ DE SHERBROOKE

Nom de l'entraîneur/e-chef : Normand Bouchard
Téléphone : 819-821-8000, poste 62597



Nom de l'équipe: Vert & Or

Adresse électronique :
Normand.Bouchard@USherbrooke.ca

Site Web de l'équipe :
www.USherbrooke.ca/vertetor/

NOTES BIOGRAPHIQUES SUR L'ENTRAÎNEUR/E-CHEF :

La saison 2007-08 constitue la onzième année à la tête de l'équipe féminine de volley-ball Vert & Or pour Normand Bouchard. Cette formation est d'ailleurs en constante progression depuis son embauche, elle qui a atteint des sommets en remportant deux Championnats canadiens universitaires en 2003 et 2005, faisant de Bouchard le premier entraîneur québécois victorieux de cette compétition.

En 2001, Normand Bouchard a été choisi l'entraîneur de l'année en volley-ball féminin par Sport interuniversitaire canadien et par la Fédération québécoise du sport étudiant. Cette même année, il a également reçu ce titre au Gala de la Fondation de l'athlète d'excellence du Québec. Il fut également en nomination pour le prestigieux prix 3M décerné annuellement par l'Association des entraîneurs du Canada.

Avant de se joindre à l'UdeS, l'entraîneur avait dirigé les Redmen de l'Université McGill pendant trois saisons et l'équipe masculine des Volontaires du Collège de Sherbrooke de 1992 à 1994 avec laquelle il a remporté le championnat canadien collégial et aussi junior en 1993. Il a également entraîné l'équipe élite masculine du Québec à l'été 1999 et 2000 et l'a d'ailleurs conduite à la médaille de bronze lors du prestigieux National Team Challenge Cup, en 1999. Deux ans plus tard, il se voyait invité à titre d'entraîneur par l'Équipe nationale du Canada avant de se retrouver à l'été 2003 à la tête de l'équipe canadienne universitaire des Universiades de Daegu (Corée du Sud) à l'été 2003.

Bouchard a également eu du succès auprès de l'Équipe élite du Québec dont une médaille d'argent au NTCC en plus d'être entraîneur-invité de l'Équipe nationale du Canada lors d'une tournée européenne (France, Pologne, Russie) en 2004 et à la Coupe Pan-Am en 2007.

CARACTÉRISTIQUES PARTICULIÈRES DE CE PROGRAMME DE VOLLEYBALL FÉMININ :

Première équipe québécoise à remporter le Championnat canadien universitaire en 2003, le Vert & Or a répété l'exploit en 2005 avec la conquête d'un deuxième titre à la suite d'une saison de 34 victoires consécutives. La formation de l'UdeS a raflé plusieurs prix d'équipe de l'année notamment au gala Sport Québec, au gala de la Fondation de l'athlète d'excellence du Québec et au Mérite sportif de l'Estrie.

L'Université de Sherbrooke et le Vert & Or sont aussi très fiers de compter une dizaine d'athlètes dans son histoire qui ont su se tailler une place sur les différentes équipes nationales en volley-ball intérieur et volleyball de plage, dont Annie Martin qui a terminé 5^e aux Jeux Olympiques d'Athènes en 2004 et Mélissa Raymond, capitaine de l'équipe nationale senior.

Les athlètes des équipes Vert & Or bénéficient de plusieurs avantages incluant des services médicaux, un programme de soutien académique et l'accès à des installations sportives de première qualité.

Mot à l'intention des athlètes qui souhaiteraient possiblement fréquenter votre université :

Les candidates intéressées par notre programme de volley-ball peuvent communiquer avec l'entraîneur-chef, M. Normand Bouchard (Normand.Bouchard@Usherbrooke.ca)

Aspect financier:

Frais de scolarité et autres frais: 2 235 \$ par année universitaire.

Montant supérieur pour étudiantes ne provenant pas du Québec (5 607 \$ par année universitaire).

Bourses d'études et autres formes d'aide financière :

Chaque année, les athlètes membres des équipes Vert & Or de l'Université de Sherbrooke qui combinent avec excellence la réussite scolaire et sportive se partagent des bourses de plus de 25 000 \$ par le biais d'un programme de bourses de la Fondation Athlétas.

Autres sources de soutien financier possible :

Il existe également un programme provincial de bourses s'adressant aux athlètes universitaires et dont la responsabilité incombe à la Fondation de l'athlète d'excellence du Québec. Cette fondation remet annuellement une quarantaine de bourses de recrutement (dont certaines sont étalées sur trois ans) et d'excellence sportive ou académique.

QUELQUES MOTS SUR L'UNIVERSITÉ :

L'Université de Sherbrooke accueille quelque 35 000 étudiantes et étudiants, dont plus de 15 000 à temps complet. L'Université dispose de six campus, dont trois sont situés à Sherbrooke. Le Campus principal est situé au pied du mont Bellevue dans l'ouest de la ville. Pour une sixième année consécutive, l'Université de Sherbrooke est demeurée la plus appréciée au Québec et la seule à faire systématiquement partie des trois universités les mieux cotées au Canada selon les résultats de l'enquête pancanadienne menée auprès de quelque 43 000 étudiants et publiée dans le quotidien *The Globe and Mail* en octobre 2007.

L'UdeS est également la seule institution universitaire québécoise à offrir une aussi vaste gamme de programmes d'études en régime coopératif, qui permet aux étudiants de payer une bonne partie de leurs études grâce à des stages rémunérés.



SIMON FRASER UNIVERSITY (Burnaby)



Name of Head Coach: Lisa Sulatycki
Head Coach Phone #: 778-782-3755

Team Name: **Clan**
Head Coach E-mail: esulaty@sfu.ca
Website: http://athletics.sfu.ca

HEAD COACH BIO:

Coach Sulatycki has enjoyed success both as a coach and as a player. She has been the head coach at Simon Fraser since 1996-97, and prior to her appointment at SFU was an assistant coach in the United States at Gonzaga and Kent State. Sulatycki has also coached at the provincial and national levels. Some of her notable coaching accomplishments include:

- Simon Fraser University, May 1996
- Independent Champions 2000, 2001 and participated in the Regional Championship tournament
- Youth National Team, summer 2000, 2001 & 2002
- Midget Provincial Team, 1996 and 1998 Midget Western Elite Tournament Champions
- Coach of the Year – Region 1 conference of Independents 2001
- University Coach of the Year – BC Volleyball Association 2001
- Provincial Team Coach of the Year – BC Volleyball Association 1999
- Co-Coach of the Year - Pacific Northwest Athletic Conference 1997-1998



As a player, Sulatycki helped lead the LSU Tigers to the NCAA Division 1 Final Four for the first time in program history. She holds a master's degree from Kent State University, and is certified NCCP Level III Practical, Level III Technical and Level III Theory.

Full-time assistant coach: Rae Mitchell, who has six years experience with the Canadian Women's National Volleyball program.

WHAT'S SPECIAL ABOUT THE VOLLEYBALL PROGRAM AT SIMON FRASER UNIVERSITY:

The SFU volleyball program is a young and dynamic program that is looking to build on their first ever appearance in the Canada West playoffs in 2006-07. SFU volleyball features a passionate coaching staff that cares about their student-athletes' well being, and supports them throughout their university life. We are proud of our academic success that has seen a minimum of two student-athletes per season honoured as CIS Academic All-Canadians, in addition to our solid graduation rate. At SFU, the strength of the program is revealed in the accomplishments of the team. The team is also given the opportunity to gain international playing experience, such as a trip to France and Italy in the summer of 2008.

Some team highlights include:

- Full time assistant coach, strength and conditioning coach, and physiotherapist. Part time mental training coach.
- Alumni become life long friends and are very accomplished:
 - Andrea Frustaci - Canadian Women's National Volleyball Team
 - Lillian Rincon - Employed by one of the largest multi-national firms and the leading software company in the world
 - Dawn Oswald - Teacher and high school volleyball coach, coached her high school team to the Senior Girls Volleyball Provincial Championship

If you are interested in exploring playing at Simon Fraser University:

Please contact Lisa Sulatycki at esulaty@sfu.ca to request a recruiting questionnaire.

Finances: Undergraduate tuition costs for arts degree in 2007-2008:

Tuition & Fees (Based on 10 courses: including a universal transit pass)	\$5,050
Residence	\$4,393
Food	\$2,700
Textbooks	\$1,340
Total	\$13,483

Note: tuition & fees for international students = \$15,049

Scholarships and Athletic Awards issued by the Simon Fraser University to women's volleyball in 2006-2007:

The program offers a number of scholarships and athletic awards; the amounts are a private matter between the coach and the student-athlete.

Other opportunities for financial support: Academic awards and bursaries are offered by Simon Fraser University.

ABOUT SIMON FRASER UNIVERSITY:

SFU's spectacular setting inspires you as much as its academic reputation. SFU faculty, students and staff love living here. Ranked as the world's most livable city, Vancouver and the Lower Mainland is a progressive and cosmopolitan centre of over two million people. The SFU Burnaby campus is a separate town on a hill in a big city. It's a small school with a tight knit community.

We have a proud tradition of athletic achievement, highlighted by 64 varsity championships, enhanced by academic distinction. In fact, half our Clan teams have an average GPA above 3.0.



ST. FRANCIS XAVIER (Antigonish)

Name of Head Coach: Michelle Aucoin

Head Coach Phone #: 902-867-2307



Team Name: StFX X-Women

Head Coach E-mail: maucoin@stfx.ca

Website: www.goxgo.ca

HEAD COACH BIO:

Coach Michelle Aucoin is entering her second year at the helm of the X-Women. Prior to arriving at StFX, Aucoin won numerous AUS Banners with the Dalhousie Tigers, as both an assistant coach (two years) and as a student athlete. Aucoin was consistently recognized as an AUS All-Star and an Academic All-Canadian during her time as a student athlete at Dalhousie (four years).

In 2007 Michelle was a guest coach with Team Canada's volleyball program, and also spent time as an assistant coach with Team Atlantic during Team Canada's U21 high-performance training camp. In addition, Michelle has been a head coach at the Canada Games and provincial team level for many years. Michelle holds a Level III NCCP coaching certification, a Level I NCCP Course Instructor Certification, and has recently been awarded a Women in Coaching Scholarship from the Coaches Association of Canada to begin her Level IV certification through the National Coaching Institute.

Michelle graduated with a BSc. and an MBA from Dalhousie University. In addition to her coaching responsibilities, Coach Aucoin also teaches a Sport Management course in the Department of Human Kinetics at StFX.

WHAT'S SPECIAL ABOUT THE VOLLEYBALL PROGRAM AT ST. FX:

Growth, Opportunity, Vision, Excellence, Pride – these are the characteristics and values of the 'new' X-Women Volleyball Program.

GROWTH: With multiple seniors on the current roster, there is room for recruits to join the StFX team and help elevate our status to that of AUS Champions and CIS contender.

OPPORTUNITY: Female athletes at StFX have the opportunity to compete at the highest level in Canada thanks to the support of the Athletic Department, the university, and the greater Antigonish community. For evidence of this, look no further than recent results from Rugby (2006 CIS Champions), Hockey, and Cross Country (perennial Top 10 CIS teams). Expect to see StFX Volleyball enjoying success similar to that of other X-Women teams in the near future.

VISION: The goals and direction of the X-Women Volleyball program are clear – we expect to build a program that will compete annually for an AUS Championship while simultaneously developing the minds and characters of our student athletes. This will not happen by accident; through extensive on and off court training, student-athletes will develop as volleyball players, as students, and will become integral members of the local community during their time at X.

EXCELLENCE: St. Francis Xavier University is one of the premier undergraduate schools in Canada, ranking first in the primarily undergraduate category in the annual *Maclean's* magazine university rankings for five consecutive years. The university also ranked first in alumni support for the past six consecutive years and is home to the coveted 'X-ring'. StFX truly offers student athletes a comprehensive university experience- excellence in the classroom, on the court, and in the community.

PRIDE: When you put on a StFX athletics uniform, regardless of the sport, you're not just wearing it for yourself or your teammates - a StFX athletics uniform is a symbol of pride. The X on the front of our jerseys represents nearly 100 years of athletic glory celebrated by thousands of athletes. If you want to feel this pride, help the program grow, play at the highest level in the nation, develop your mind and body, and experience excellence in every facet of your university career, join the StFX X-Women.

If you are interested in exploring playing at StFX here's what you should do:

If you are interested in attending StFX and being part of the X-Women Volleyball program, please get in touch with the head coach by either filling out a recruitment form online at www.goxgo.ca, the official website of StFX Athletics, or by contacting head coach Michelle Aucoin via email at maucoin@stfx.ca or by phone: Work 902-867-2307, Cell 902-870-5591

Finances: Undergraduate tuition costs for arts degree in 2007-2008: \$6,205

Scholarships and Athletic Awards issued by the university to women's volleyball in 2006-2007:

2 awards at \$3,000; 1 award at \$2,500; 1 award at \$2,000; 1 award at \$1,500; 1 award at \$1,000

Other opportunities for financial support:

Visit the StFX Financial Aid office website at <http://www.stfx.ca/services/financial-aid/index.htm> or telephone 902-867-2374.

ABOUT ST. FRANCIS XAVIER UNIVERSITY:

StFX University is a small school (approx. 4,000 students) located in Antigonish, a small town in Northeastern NS, with a wonderfully close-knit family environment on campus and in the community. The class sizes are typically small, which allows students and faculty members to get to know one another personally, making for an excellent learning environment. The campus is alive with the 'X spirit' and a feeling of togetherness, which sets it apart from other universities. Each year, graduating seniors receive their coveted 'X-ring' at a special ceremony on Dec.3, the Feast of St. Francis Xavier. StFX has been ranked as the top undergraduate university in Canada for five years by *Maclean's*. StFX has strong and loyal alumni and a rich history of academic, social and athletic excellence.



SAINT MARY'S UNIVERSITY (Halifax)

Name of Head Coach: Mark Burley
Head Coach Phone #: 902-456-5691



Team Name: Huskies

Head Coach E-mail: Mark.Burley@smu.ca
Website: www.smuhuskies.ca

HEAD COACH BIO:

Mark began his head coaching career at Saint Mary's in 1997. He is the longest serving active coach in the AUS, and has a .656 winning percentage in conference play over that time. From 2002-03 to 2006-07, his teams posted an .806 win percentage and won 3 AUS conference championships. Mark is currently a member of the executive for the CIS women's volleyball coaches association.

WHAT'S SPECIAL ABOUT THE VOLLEYBALL PROGRAM AT SAINT MARY'S:

Saint Mary's Volleyball is a consistently competitive and successful program. The Huskies played in the conference championship match every year from 2002-03 to 2006-07, representing the conference at the CIS National Championships three times. We provide a diverse, enriching experience for our student athletes, traveling outside our conference on a regular basis and working to balance academic performance with athletic accomplishment and individual skill development. Our recruiting priority is to bring like-minded players together who can provide exceptional support for each other on and off the court.

Huskies volleyball is part of a strong athletics department that sees excellent support from the university body and the community in general. Our teams contend in all the sports in which we participate. We have one of the best training facilities in the Atlantic Region, and our athletes show unrivalled support for their peers on other teams within the department.

If you are interested in exploring playing at St. Mary's here's what you should do:

Log on to www.smuhuskies.ca, follow the links to Huskies Volleyball, and complete the on-line recruiting form. Contact coach Mark Burley at Mark.Burley@smu.ca.

Finances: Undergraduate tuition costs for arts degree in 2007-2008: \$558 per course, per semester.
<http://www.smu.ca/administration/financialservices/costs.html>

Scholarships and Athletic Awards issued by the university to women's volleyball in 2006-2007:

Awards vary based on a combination of financial need and athletic ability – financial support is available.

Other opportunities for financial support:

All applicants with an 80% average or higher are eligible to receive an entrance scholarship. Financial support ranges from \$500 to \$9,000 per year. There are several named scholarships available to those who meet special criteria, and financial incentives for academic performance for returning students.

<http://www.smu.ca/prospectivestudents/canadian-apply-schol.html>

http://www.smu.ca/administration/studentsservices/aid_undergrad.html

ABOUT SAINT MARY'S UNIVERSITY:

Saint Mary's University is a smaller university, with 8,000 students and a focus primarily on undergraduate studies in arts, sciences, and commerce – we have diverse arts programs with an international focus, a new state of the art science facility with many ongoing research opportunities, and one of the best commerce programs in the country. Our campus size in this region allows us to provide opportunities to all students who meet the minimum academic requirements for admission. Saint Mary's has small class sizes, approachable and highly qualified professors, high visibility as a global citizen, and a student-friendly campus layout in the heart of Halifax. The city has a youthful, independent culture, and is known for its events and hospitality.

<http://novascotia.com/en/home/default.aspx>

<http://www.halifaxinfo.com>

<http://www.smu.ca/prospectivestudents/canadian-home.html>

Player Comments:

"My volleyball and academic careers at Saint Mary's were an invaluable experience. When graduating from high school it was very difficult to make a confident decision between all of the available options, but looking back now I have absolutely no regrets. Saint Mary's is a smaller, tight-knit school, which enabled me to have a closer relationship with my professors, as well as with the Athletic Director whose support I had athletically, academically, and personally. I was able to make many connections with people in the local business community that were a great asset after I was finished my university career. Also, because I now continue to live and work in Halifax, I am still an active part of the 'SMU Family', and able to raise my new family as part of it as well."

Caroline (MacFarlane) Gibson, Huskies Volleyball, 2000-2005, 2-time AUS MVP, 3-time CIS All-Canadian

THOMPSON RIVERS UNIVERSITY (Kamloops)

Name of Head Coach: Carrie Barrett
Head Coach Phone #: 250-371-5735



Team Name: WolfPack
Head Coach E-mail: cbarrett@tru.ca
Website: www.tru.ca/athletics/teams/wvb.html

HEAD COACH BIO:

Carrie Barrett has been coaching the women's volleyball program since 2001-02, and has been part of the program's evolution from CCAA to CIS. Barrett was awarded the BCCAA Coaching Excellence Award in her second year (2002-03) as head coach at UCC (University College of the Cariboo, which has since become Thompson Rivers). In 2003-04 she led the Sun Demons to a provincial bronze medal, and then to the provincial championship title in 2004-05. The Sun Demons took the title and the Fair Play Award, an award Barrett and her team won three times in five years.

Barrett is very conscientious of the student-athlete and has coached three Academic All-Canadians while the Sun Demons were in the CCAA, and has coached six Academic All-Canadians in CIS. Barrett has high expectations for her athletes in their academics as well as in their athletics.

Before joining the UCC Sun Demons in 2000, Barrett was part of the coaching staff for the University of Alberta Pandas. For six straight years (1994-2000) the Pandas won the CIAU National Championship. Barrett and the entire volleyball program at the University of Alberta were inducted into the Alberta Sports Hall of Fame in 2002 for their amazing run.

WHAT'S SPECIAL ABOUT THE VOLLEYBALL PROGRAM AT THOMPSON RIVERS UNIVERSITY:

The Women's Volleyball program at TRU has an established history of success, both on and off the court. The team philosophy, as guided by coach Barrett, is based on integrity in the pursuit of excellence in both volleyball and academics for the young women she is empowering.

Academic success paves the path towards a successful future for many young women who do not go on to play professionally. As such, our program ensures WolfPack student-athletes are eagerly sought after post-graduation. This is achieved through support from the community of Kamloops, as well dedication to our student-athletes from the university and its employees. TRU has uniquely maintained smaller class sizes, and has developed student support through personal, financial, and academic counseling to ensure the success of our student-athletes.

Combining the availability of shopping opportunities only blocks away from campus, our new on-campus state-of-the-art residence, and our \$1.3 million multi-sportplex from which we train and compete, TRU has set up our student-athletes to enjoy the experience of university life while earning their degree and competing in CIS athletics.

If you are interested in exploring playing at Thompson Rivers University here's what you should do:

Contact Coach Carrie Barrett directly via e-mail at cbarrett@tru.ca, or visit the TRU Athletics website and fill out a recruitment form at <https://www.tru.ca/forms/athletics/recruitmentform.html>

Finances: Undergraduate tuition costs for arts degree in 2007-2008: \$4,109.
<http://www.tru.ca/admreg/fees/programcosts.html>

Scholarships and Athletic Awards issued by the university to women's volleyball in 2006-2007: \$30,198 total.

Other opportunities for financial support:

Student-athletes have the same opportunities to apply for financial awards as any other student at Thompson Rivers University.

ABOUT THOMPSON RIVERS UNIVERSITY:

Founded: 1970 as Cariboo College
University College Status: Announced, March 21, 1989
Degrees Offered: Sept. 1989
First Partnership Degrees Awarded: June, 1991
New Name Adopted: Sept. 1992, University College of the Cariboo (UCC)
First Independent UCC Degree Awarded: ... June, 1996
Full University Status: March 19, 2004
New Name Announced: Sept. 2004, Thompson Rivers University (TRU)
TRU Inaugural Convocation: March 31, 2005

Nowhere in Canada has the evolution of post-secondary education been more dramatic than in Kamloops, BC. The last two decades have seen a transition from community college to an innovative university-college, and now to a full provincial university with a unique mandate. Thompson Rivers University really is a different kind of university.

Thompson Rivers University is located in beautiful Kamloops, B.C., which has a population of just over 80,000. The university has a small and friendly feel with just over 7,600 students attending classes on campus. The volleyball and basketball programs recently made the move to CIS, and the soccer teams are to follow (2009).



UNIVERSITY OF TORONTO

Name of Head Coach: Kristine Drakich
Head Coach Phone #: 416-978-4677



Team Name: Varsity Blues

Head coach E-mail: Kristine.drakich@utoronto.ca

Website: www.varsityblues.ca

HEAD COACH BIO:

Kristine Drakich has been head coach of the women's volleyball program since 1988-89. Under her direction, the Blues have qualified for 18 consecutive Final Four appearances at the Ontario Championships, including six conference titles. The Blues have also competed at seven CIS Championships.

Kristine is a fully certified NCCP Level IV coach and has a diploma in High Performance Coaching from the National Coaching Institute in Ontario. She was named Ontario Volleyball and 3M National High Performance Coach of the Year, as well as OUA Coach of the Year six times. Kristine has coached the Ontario provincial indoor and beach teams at the Canada Games. She has coached internationally in both indoor and beach, and in 2007 coached at both the U19 and U21 World Beach Championships.

WHAT'S SPECIAL ABOUT THE VOLLEYBALL PROGRAM AT THE UNIVERSITY OF TORONTO:

- **Successful Program:** U of T has won seven Conference Championships and is the only school in Ontario to finish in the top four every year since 1989.
- **Successful Student-Athletes:** Our program has honoured over 30 All-Ontario and 12 All-Canadian athletes. In addition to on-court success, U of T has had over 26 Academic All-Canadians and has had three recipients of the CIS Therese Quigley Award, given to one volleyball player in Canada for outstanding performance academically, athletically and in the community. The Varsity Blues have also had eight OUA Award of Merit recipients.
- **Beach Volleyball:** Blues athletes and alumna have won 14 National Beach Championships in both age division and senior levels. At least 17 former or current Blues have represented Canada internationally on the beach at world events. U of T is one of the only schools in Canada that offers training and support for athletes interested in beach volleyball.

If you are interested in exploring playing at University of Toronto here's what you should do:

- Contact Head Coach Kristine Drakich at 416-978-4677 or e-mail: kristine.drakich@utoronto.ca
- Visit the university website for degree options and application deadlines - www.utoronto.ca
- Apply to the University of Toronto

Finances: Undergraduate tuition costs for arts degree in 2007-2008: \$4,570

Scholarships and Athletic Awards issued by the university to women's volleyball in 2006-2007:

Athletic scholarships of up to \$3,500 are available for incoming student-athletes, provided you have an 80% average. Athletes in the U of T women's volleyball program have received over \$24,000 in awards annually; this includes both athletic financial awards and non-athletic financial awards.

Other opportunities for financial support: Work-Study Program and other academic awards.

ABOUT THE UNIVERSITY OF TORONTO:

The University of Toronto is the largest university in Canada and has been recognized as the country's top university and one of North America's best public research universities. With 841 distinct undergraduate, 520 graduate and 42 professional programs, the breadth of educational opportunities available to U of T students is unparalleled. Whether you want to pursue a liberal arts, science or professional degree such as engineering or law, you will find a home at U of T. U of T also benefits from being situated in one of the world's most multicultural cities. We are a university dedicated to an overall education, we value learning outside the classroom, and athletics is acknowledged as a strength for developing well-rounded students. U of T celebrates a tradition of excellence that extends back over 175 years while remaining committed to building a strong and bold future.

Parting Comments:

If you love volleyball and are looking for a challenge athletically and academically- this is the program for you!

TRINITY WESTERN UNIVERSITY (Langley)

Name of Head Coach: Ryan Hofer
Head Coach Phone #: 604-513-2117
volleyball/



Team Name: Spartans

Head Coach E-mail: ryan.hofer@twu.ca

Website: <http://www.twu.ca/athletics/womens-volleyball/>

HEAD COACH BIO:

Ryan Hofer was named head coach of the Trinity Western Spartans before the 2007-08 season, after spending two seasons as the interim head coach. He took over for his wife, Carol Hofer, who was on maternity leave and was with the team as program coordinator. Prior to being named interim head coach Ryan had spent five years as an assistant with the Spartans.

During the summer of 2005 Hofer was named Volleyball Canada's Male Coach of the Year due to an outstanding 2004 season as British Columbia's most winning coach at both the club and provincial levels. The 2004 club season saw Hofer amass a record of 41-6 and win the provincial and national gold medals as coach of the Fraser Valley Blitz U18 team. During the 2004 club season Hofer was the assistant coach of the Trinity Western University U20 team that won gold at the provincial championships, and went on to win a silver medal at the national championships. Hofer also coached the Team BC Women U18 squad that won a gold medal at the Western Canada Summer Games in 2003.

The summer of 2005 saw Hofer named assistant coach of Canada's Junior National Team. In the summer of 2006 Hofer was the head coach of Canada's Youth National Team that finished fourth at the NORCECAS (North, Central America and Caribbean Volleyball Confederation).

Hofer graduated in 1994 with a Bachelor of Arts in Christian Ministry from Briercrest Bible College. He is a certified NCCP Level III (indoor) and Level II (beach) coach.

WHAT'S SPECIAL ABOUT THE VOLLEYBALL PROGRAM AT TRINITY WESTERN UNIVERSITY:

The 2006-07 season was the best season ever for the Spartans, as they finished the campaign as the fourth best team in CIS, losing to Calgary at the CIS National Championship. The Spartans finished with an overall record of 21-14, including a conference record of 15-5.

Hofer led his team to a top ten national ranking every week in 2006-07, never dipping lower than seventh and reaching as high as fourth. The Spartans also beat two number one ranked teams in 2006-07, the University of Manitoba Bisons and the University of Calgary Dinos.

At Trinity Western we are committed to developing champions in all areas of life through what we call the Complete Champion Approach. We do this through the intentional development of five key areas: athletic, academic, leadership, spiritual and personal. No other program in the country is committed to these same areas. We provide the tools for every athlete to become a "champion" and prepare themselves to go out and impact their chosen "marketplace for life".

If you are interested in exploring playing at Trinity Western University here's what you should do:

Contact head coach Ryan Hofer directly at 604-513-2117, or via e-mail ryan.hofer@twu.ca

Finances: Undergraduate tuition costs for arts degree in 2007-2008: \$16,500

Scholarships and Athletic Awards issued by the university to women's volleyball in 2006-2007:

Athletic Awards ranging from \$4,000 to \$10,000. Total awards from all TWU sources given to women's volleyball players was approximately \$108,000.

For more information about athletic awards and other financial assistance, please contact Ryan Hofer at ryan.hofer@twu.ca.

Other opportunities for financial support:

Academic scholarships, endowment awards, bursaries, and grants based on financial need. Athlete Assistance Program funds for student-athletes from BC.

ABOUT TRINITY WESTERN UNIVERSITY:

Trinity Western takes a unique approach to university education. Working from a Christian worldview, it combines ethics and morality with career-oriented disciplines in an integrated learning community. It facilitates whole person development and transforms many young men and women with a vision to make a positive contribution to the world.

Trinity Western is located in Langley, BC, only 45 minutes from Vancouver and two and a half hours from Seattle. Trinity Western has an enrolment of approximately 3,500 and a student to faculty ratio of 11.2:1.

If you are searching for a university with an outstanding learning environment, or looking to become involved with a remarkable group of dedicated professors, staff and students who share an extra-ordinary vision to make a difference, Trinity Western is the right place for you.



THE UNIVERSITY OF WATERLOO

Name of Head coach: Gabriele Jobst
Head Coach Phone #: 519-888-4567, ext. 35692



Team Name: Warriors

Head Coach E-mail: gjobst@uwaterloo.ca

Website: www.athletics.uwaterloo.ca

HEAD COACH BIO:

2006-07 marked Jobst's first year as head coach of the Waterloo Warriors. She has a BA from The Ohio State University where she received a volleyball scholarship and helped lead the team to the only two Final Four finishes (1991 and 1994) in its history. Gaby was recognized as one of the best athletes in Ohio State's 100-year history when she received the Touchdown Award of Distinction in Sport in 1995 and was inducted into the Ohio State Hall of Fame in 2004.

Following university Gaby returned to Canada to play for the Indoor National Team in 1997, and was also a member of the World University Games team that competed in Italy. She then went on to play professionally overseas from 1997 to 2001 for clubs in the Netherlands, Switzerland, Italy and Spain. In 2001 she converted to the beach game and represented Canada internationally on the FIVB tour up until her retirement in 2004.

WHAT'S SPECIAL ABOUT THE VOLLEYBALL PROGRAM AT THE UNIVERSITY OF WATERLOO:

The University of Waterloo is renowned for its academic excellence and Warrior volleyball is forging a similar path for the future success of its athletes and the program. The Warriors play all matches on centre court in the Physical Activities Complex (PAC), touted as one of the largest gym facilities in the nation. The PAC seats over 4,500 people and has been host to many national and international volleyball exhibition events, national team identification camps, and was the training centre for the 2007 Ontario regional boys and girls programs. In addition, a separate \$2.5 million sport complex was built as a complement to the PAC in 2004 that includes three new gymnasiums, a fitness centre, spinning and yoga studio, team dressing rooms, and a hockey arena. Two outdoor beach courts are also located nearby the PAC, so athletes can train both beach and indoor when the weather is warm.

Graduation rates for the volleyball team are also high. In 2006-07 the volleyball program had six Academic All-Canadian student-athletes, with one receiving the President's Athletic Academic Award, given to one female and one male in the university each year.

If you are interested in exploring playing at the University of Waterloo here's what you should do:

Mail or email a detailed volleyball resume that includes your contact information, personal statistics (height, weight, spike jump, block jump, position played, etc.), volleyball background with awards and accomplishments, and academic interests to:

Gabriele Jobst
 University of Waterloo Athletics- Women's Volleyball
 200 University Avenue West, Waterloo, Ontario N2L 3G1
 gjobst@uwaterloo.ca Also, it is recommended that athletes have a DVD of their play to provide if requested.

Finances: Undergraduate tuition costs for arts degree in 2007-2008: \$5,200 (for 2 terms/8 months)

Scholarships and Athletic Awards issued by the university to women's volleyball in 2006-2007:

1 award at \$4,000; 1 award at \$2,000; 3 awards at \$1,000; 2 awards at \$500

Other opportunities for financial support:

If you are entering your first-year program and are beginning post-secondary studies for the first time in the fall with an early May admission average of 85% or more, you'll be awarded one of the following scholarships:

85%-89.9%: Merit Scholarship, \$1,000

90%-94.9%: President's Scholarship, \$2,000

95% or higher: President's Scholarship of Distinction, \$2,000 plus a \$1,500 International Experience Award and/or a \$1,500 Research Award

Athletic financial awards of up to \$3,500 are also available for entering student-athletes with an average greater than 80% and continuing student athletes based on varsity performance, academics and leadership criteria.

Co-op programs are also offered whereby student-athletes can earn \$30,000-\$73,000 over the course of their studies.

ABOUT THE UNIVERSITY OF WATERLOO:

Number of Students (Fall 2006 - undergraduates): 21,923

We are committed to advancing learning and knowledge through teaching, research, and scholarships in our faculties, colleges, and schools. Our six faculties are: Applied Health Sciences, Arts, Engineering, Environmental Studies, Mathematics, and Science.

What sets us apart is how we go about accomplishing our mission. From the beginning, Waterloo has been an outward-looking university, aware of and responsive to the needs of society. We have the largest post-secondary co-operative education program in the world, and our students graduate with the knowledge, skills, and practical experience required to solve today's complex and pressing problems and to embrace future challenges. But producing the leaders of tomorrow is just part of our mission. A research-intensive university, we're committed to discovering new knowledge and finding ways to use that knowledge for the benefit of all. We are the national leader in the transfer of ideas and technology to the private sector. More Canadian high-tech and knowledge-based spin-off companies trace their roots to the University of Waterloo than to any other school.

For the past 15 years, Waterloo has been ranked most innovative among 47 universities across the country. For 13 of those 15 years, we also ranked best overall. Waterloo leads comprehensive universities — those with significant research and graduate programs as well as undergraduate programs, but without medical schools — in the categories of percentage of students who win national academic awards, scholarships and bursaries as a percentage of budget, and alumni support.



THE UNIVERSITY OF WESTERN ONTARIO (London)

Name of Head Coach: Dean Lowrie
Head Coach Phone #: 519-661-2111, ext. 88363



Team Name: Mustangs
Head Coach E-mail: dlowrie@uwo.ca
Website: http://www.westernmustangs.ca

HEAD COACH BIO:

Dean Lowrie is one of university volleyball's top coaches. The head coach of the Western Mustangs women's volleyball program for the past 12 years, Lowrie has amassed three provincial titles and an overall record of 282-80, including 164 wins and 25 losses in the regular season, 20-9 in OUA playoffs, and 4-5 in CIS nationals play. For his efforts he has been named the OUA Coach of the Year six times.

A former assistant coach with the senior national team, Lowrie has also had the honour of coaching the World University Games team (2003, 1996-97) and is a former youth and junior national team coach. He was also an assistant coach with the CIAU national champion Alberta Pandas squad in 1995-96 and the CIAU national champion Winnipeg Lady Wesmen squad in 1992-93.

The native of Winnipeg is married to his wife Deborah of 16 years and has two daughters (Devon 9, Dara 6). Lowrie graduated with degrees in Law and Justices and Human Movement.

Outside of the coaching world, Lowrie has also contributed to the sport behind the scenes. From 1994 to 1996 Lowrie served as the Technical Director for the Alberta Volleyball Association and as the Executive Director of Volleyball Yukon. Lowrie is a Level IV NCCP certified coach in volleyball. He conducts coaching clinics throughout the country.

WHAT'S SPECIAL ABOUT THE VOLLEYBALL PROGRAM AT THE UNIVERSITY OF WESTERN ONTARIO:

- Some of the best game and practice facilities in the country.
- The number one ranked sport medicine clinic in Canada.
- New five-court \$35 million facility (2008)
- State-of-the-art video editing/analysis equipment
- 2006-07 record 18 wins – 1 loss
- 2005-06 record, 17 wins – 2 losses
- 2004-05 record, 18 wins – 1 loss
- Record over the past twelve years, 163 wins – 25 losses
- The best winning percentage in the OUA over the last 10 years
- 3 OUA championships in past 10 years
- Have medaled in eight of last ten Ontario Championships
- Qualified for playoffs in all ten years
- 30 Academic All-Canadian awards in past 5 years
- 8 CIS All-Canadian awards
- 37 OUA All Star awards.
- 6 Time Coach of the Year honours
- 6 OUA Player of the Year awards

If you are interested in exploring playing at the University of Western Ontario here's what you should do:

Contact Head Coach: Dean Lowrie	or Recruiting coordinator: Evan Williams:
Rm 3149A Thames Hall	Rm 3165 Thames Hall
The University of Western Ontario	The University of Western Ontario
London, ON N6A 3K7	London, ON N6A 3K7
Bus: (519) 661-2111, 88363	Bus: (289) 314-2782
Bus Fax: (519) 661-3937	Bus Fax: (519) 661-3937
E-mail: dlowrie@uwo.ca	Email: ewilliams24@hotmail.com

Finances: Undergraduate tuition costs for arts degree in 2007-2008: \$5,200

Scholarships and Athletic Awards issued by the university to women's volleyball in 2006-2007:

- 1 athletic award at \$3,500
- 1 athletic award at \$2,500
- 6 academic awards totaling \$10,000
- 6 financial needs based awards totaling \$9,000

Other opportunities for financial support: \$25 million available annually for students with financial need

ABOUT THE UNIVERSITY OF WESTERN ONTARIO:

- Founded in 1878
- Most comprehensive athletics cable TV package in CIS
- 47% of first/second year classes have fewer than 25 students
- Over 2,000 work study jobs available annually
- Fourth largest library in Canada
- Most 3M award winning faculty in Ontario, 2nd in Canada
- Ontario's third largest university
- 220,000 Alumni Worldwide
- Internationally known for Richard Ivy School of Business, Schulich School of Medicine & Dentistry



WILFRID LAURIER UNIVERSITY (Waterloo)

Name of Head Coach: Luke Snider
Head Coach Phone #: 519-884-0710, ext. 3855

Team Name: Golden Hawks

Head Coach E-mail: lsnider@wlu.ca
Website: www.laurierathletics.com

HEAD COACH BIO:

Luke Snider began coaching at Laurier in 2006 after a successful international playing career. He competed for five years with Team Canada and several years overseas. Since entering the coaching ranks, he has become heavily involved in the OVA's HPC and RTTC programs for elite athlete development. Coach Snider offers a wealth of volleyball experience, technical knowledge, and competitive fire.

WHAT'S SPECIAL ABOUT THE VOLLEYBALL PROGRAM AT WILFRID LAURIER:

The Laurier Women's Volleyball program has established itself as a perennial OUA competitor. The Golden Hawks have competed in the post-season for 11 consecutive years. The team's continuing success is highlighted by numerous OUA Final Four appearances, including a third place finish in 2005-06 and a second place finish in 2004-05. This success has resulted in a new attitude amongst the players and coaches- an attitude of quiet confidence and expectation of more to come. The Laurier Women's Volleyball team has established itself as a fierce competitor that is looking for OUA supremacy.

If you are interested in exploring playing at Wilfrid Laurier University here's what you should do:

Fill out the recruitment form available online at: <http://www.laurierathletics.com/varsityathletics/recruiting.asp?sport=WVOLL>
 Contact the head coach directly via email to express your interest and your abilities.

Finances: Undergraduate tuition costs for arts degree in 2007-2008: \$4,902

Scholarships and Athletic Awards issued by the university to women's volleyball in 2006-2007:

- 3 awards at \$3,500
- 1 award at \$2,250
- 2 awards at \$1,000

ABOUT WILFRID LAURIER UNIVERSITY:

Students choose Laurier for a variety of reasons, including our academic reputation, approachable professors, sense of community, and our co-op program.

We are a smaller institution, with small class sizes and a sense of community second to none. Founded in 1911, Laurier is a premier university and renowned for attracting students who want to succeed. Laurier offers an unparalleled academic experience. Our unique, interdisciplinary approach to learning allows students to combine majors in completely different fields. Laurier's faculty, among the finest anywhere, expand the horizons of our students, providing them with a broad perspective of the world that opens up new ways of thinking and seeing things.

Laurier offers a broad range of full and part-time graduate and undergraduate degree programs to over 11,000 students through seven faculties. Our Faculty of Arts is our largest faculty. Our Faculty of Music has the only Masters of Music Therapy program in Canada. Laurier's Faculty of Science is one of Canada's leading teaching and research institutions. Our School of Business & Economics is one of Canada's largest business schools, and also among the most respected. We also have a Faculty of Education, a Faculty of Social Work and a Faculty of Graduate Studies. Our Brantford Campus is dedicated to innovative programming within the liberal arts.

Laurier is a place where the curious thrive, and where innovative programs and state of the art facilities give way to students who achieve success and results.

UNIVERSITY OF WINDSOR

Name of Head Coach: Marilyn Douglas
Head Coach Phone #: 519-253-3000, ext. 2425



Team Name: **Lancers**

Head Coach E-mail: mdouglas@uwindsor.ca

Website: <http://www.golancers.ca/>

HEAD COACH BIO:

1999-2000 marked Marilyn Douglas' first season as the head coach of the Lancer Women's Volleyball program. She came to the Lancers from the Saskatchewan Volleyball Association, where she was the High Performance Coordinator and Executive Director.

Douglas led the Lancer Women's Volleyball team to their first ever OUA Women's Volleyball Championship in league history in 2005-06. Her accomplishments were recognized, as she was named the Fox 40 OUA Female Coach of the Year, and was the recipient of the Gino Fracas Award for the second straight year as the Windsor Lancers Coach of the Year.

A level IV certified NCCP coach, Douglas has coached at the club, varsity and international levels. Highlights include a four-year stint as head coach with the Regina Radz Midget club team, and a year as head coach of the Saskatchewan Juvenile Women's Provincial team.

She also spent two seasons as an assistant with the University of Regina Cougars as well as five years with the Saskatchewan Volleyball Association.

In 1999, Marilyn served as an apprentice coach with the Canadian National Senior Women's team at the Pan Am Games in Winnipeg. Douglas continued her national team involvement over the next several years as an assistant with the Junior & Senior National Team, as well as the FISU team.

If you are interested in exploring playing at the University of Windsor here's what you should do:

Contact head coach Marilyn Douglas directly, at 519-253-3000, extension 2524, or via e-mail mdouglas@uwindsor.ca.

Fill out a recruitment form online at

<http://web4.uwindsor.ca/units/athletics/profiles.nsf/recruitVolleyballWomen>

Finances: Undergraduate tuition costs for arts degree in 2007-2008:

- First year students: \$2,717.96 fall term, \$2,480.96 winter term
- Second year students: \$2,682.96 fall term, \$2,470.96 winter term
- Third year and above students: \$2,672.96 fall term, \$2,460.96 winter term

Scholarships and Athletic Awards issued by the university to women's volleyball in 2006-2007:

Please contact head coach Marilyn Douglas for information on the athletic awards issued to women's volleyball players.

Other opportunities for financial support:

There are several scholarships available to Lancer athletes, including Blue and Gold Awards (for entering student-athletes with an average greater than 80% or a returning student-athlete with an average greater than 70%, at the discretion of the head coach), financial need athletic awards, and entrance scholarships, as well as various other scholarships that can be applied for.

ABOUT THE UNIVERSITY OF WINDSOR:

The University of Windsor is located at the crossroads of North America, 15 minutes from the start of Highway 401 or Michigan's I-75, and facing one of Canada's most beautiful waterfronts on the Detroit River. That location speaks to UWindsor's greatness as an internationally oriented, multi-disciplined institution that actively encourages a broad diversity of students, faculty and staff. Those strengths vault it to the forefront of Canadian universities in the creation of an awareness and appreciation of difference — difference in ethnic backgrounds, difference in cultures and difference in dreams.

From that diversity, the university fosters an atmosphere of close cooperation between faculty and students, creating a unifying atmosphere of excellence across all of its faculties to encourage lifelong learning, teaching, research and discovery.

Its basic characteristics of openness, warmth and support make the University of Windsor an exceptionally welcoming community for students and faculty from Asia, Europe, and Africa — or from just down the street.

The University of Windsor expects great vision and achievement from its 16,000 full-time graduate and undergraduate students as they assume responsibility for their future and that of the world around them. And it gives them the fullest opportunity, encouragement and help to meet the challenge, and more.



UNIVERSITY OF WINNIPEG

Name of Head Coach: Diane Scott
Head Coach Phone #: 204-786-9819
wvb



Team Name: **Wesmen**

Head Coach E-mail: d.scott@uwinnipeg.ca

Website: <http://www.uwinnipeg.ca/index/wesmen->

HEAD COACH BIO:

2007-08 marked Diane Scott's 13th season as head coach of the University of Winnipeg Wesmen Women's Volleyball program. Coach Scott has coached the Wesmen in more than 250 regular season matches and 40 exhibition tournaments. Wesmen teams have twice appeared in the CIS Women's National Championships, having captured a silver medal in 2002-03.

A former Wesmen star, Diane was named a first team All-Canadian, CIS Player of the Year, and the Howard Mackie Award winner in 1993 as the CIS Female Athlete of the Year. Scott was a member of the gold medal Wesmen team in 1992-93, 1986-87, and 1983-84. Diane was also a member of the Canadian National Team from 1985 until 1991. Coach Scott has been lending her experience and knowledge to the Canadian National Women's Volleyball program, based in Winnipeg, Manitoba, as an assistant coach at various international events.

WHAT'S SPECIAL ABOUT THE VOLLEYBALL PROGRAM AT THE UNIVERSITY OF WINNIPEG:

The University of Winnipeg Women's Volleyball program is rich with success, having been crowned CIS National Champion seven times, silver medalists three times, and top four finishers three times. The program has developed 20 First and Second Team All-Canadians, two Coaches of the Year, two Rookies of the Year, along with numerous role models. The University of Winnipeg Wesmen Women's Volleyball Team compete in the Canada West conference, which boasts the record of having won 21 of the last 25 CIS Women's Volleyball Championships.

If you are interested in exploring playing at the University of Winnipeg here's what you should do:

Contact Head Coach Diane Scott directly at 204-786-9819, or via e-mail d.scott@uwinnipeg.ca.
You can also visit the web page at www.wesmen.ca.

Finances: Undergraduate tuition costs for arts degree in 2007-2008: \$2,400-\$3,400, dependent on course load.

Scholarships and Athletic Awards issued by the university to women's volleyball in 2006-2007:

- 7 at full tuition and fees
- 1 at \$2,000
- 5 at \$1,500

Other opportunities for financial support:

Manitoba high school graduates are eligible for entrance scholarships that range from \$800-\$2,400. All students must have a minimum of 80% to be eligible for these scholarship funds.

All student-athletes are eligible for an athletic scholarship of \$1,500 to go towards their tuition fees. Student-athletes who enter with an average of 80% or higher are eligible to receive full-tuition and fees. All student-athletes who attain a 3.0 or "B" average are also eligible to receive full-tuition and fees, as a result of attaining Academic All-Canadian status.

ABOUT THE UNIVERSITY OF WINNIPEG:

The University of Winnipeg is a downtown campus in the heart of Winnipeg with 10,000 students, consisting of two blocks of academic and athletic excellence. We train and play out of the Duckworth Athletic Center, complete with a new fitness facility, athletic therapy resources, racquetball and squash courts, full locker and shower facilities, as well as public access and community support. We are primarily an undergraduate institution with an exceptional tradition in science and humanities.

Parting Comments:

Learn.Grow.Evolve. UWinnipeg: Small school with a big reputation.

"The University of Winnipeg feels more like a community than a school. With its small class sizes it's easier to develop personal relationships with both students and professors. As a student-athlete I get the support from my school and professors to help me excel in both athletics and academics."

Nicola Dirks, Kinesiology Major, Academic All-Canadian and 2006-07 CIS All-Canadian, outside hitter

YORK UNIVERSITY (Toronto)

Name of Head Coach: Mr. Arif Nathoo

Head Coach Phone #: 416-736-2100, ext. 77212



Team Name: Lions

Head Coach E-mail: anathoo@yorku.ca

Website: www.sport.yorku.ca

HEAD COACH BIO:

Nathoo was hired in the Spring of 2007 to replace the retired Hernan Humana. While attending York as a student, Nathoo was an assistant coach for the women's volleyball team under Merv Mosher and Humana from 1992-96. That stint led to a successful nine-year run as head coach of the Ryerson Rams, highlighted by the school's first trip to the CIS National Championship in 2002, their first OUA medal in 2002, and the university's first appearance in the playoffs in 1999. Nathoo was named OUA East Coach of the Year in 1999-2000 after leading the university to its first playoff appearance. During the summer of 2006, Nathoo coached the Ontario Provincial Team to a bronze medal at the National Cup. The summer of 2005 saw Nathoo coach the Ontario Regional Team to a gold medal.

WHAT'S SPECIAL ABOUT THE VOLLEYBALL PROGRAM AT YORK UNIVERSITY:

York University leads the province with the most Ontario Volleyball Championship wins in women's volleyball. It is a leader in creating volleyball clinics and training for future volleyball coaches and players. With top quality facilities, personal trainers, and personal athletic therapists, York University offers their student athletes the best in post secondary varsity athletics. In addition to state of the art facilities, York University offers its varsity athletes a personal locker room dedicated only to women's volleyball – complete with TV-DVD to observe game film, and its own varsity strength and conditioning centre.

If you are interested in exploring playing at York here's what you should do:

Visit our school website at www.sport.yorku.ca. Contact Arif Nathoo by phone or by email to arrange a visit.

Finances: Undergraduate tuition costs for arts degree in 2007-2008: \$5,278

Scholarships and Athletic Awards issued by the university to women's volleyball in 2006-2007:

1 entrance scholarship at \$3,500 - renewable

3 department scholarships (1 at \$3,500, 2 at \$1,500)

Other opportunities for financial support:

Department bursaries and scholarships based on varsity performance and academics

ABOUT YORK UNIVERSITY:

Founded in 1959, York caters to over 50,000 students. Recognized all over the world for its academics, a York experience allows you to create your own destiny, seek success on varsity teams, experience surprising moments, and take unexpected paths and expanded horizons. Being at a big, urban university can really pay off! Experience all that York offers and make your York years some of the most memorable of your life!

