

https://www.youtube.com/watch?v=liEjV83KA3Q





Utilizing the very best in training equipment, video analysis and coaching to develop and refine strong technical skills.







HEAD COACH - JAY MOONEY STRENGTH COACH - CHRIS SCHWARZ

Focused on expanding each athletes athleticism and conditioning while developing the unique skills and tactics in the sport of beach volleyball





DAILY AGENDA

BEACH / FITQUEST

- AM
 - Athleticism and Physical Literacy Development
 - Skills & Drills (technical)
- PM
 - Fitquest (Conditioing)
 - Skills & Drills (Tactical)
 - Scrimmages (2vs2)

INDOOR

- AM
 - Technical Skill Refinement with Video Analysis
- PM
 - Continued Technical Skill Refinement with Video Analysis
 - Game Play Drills



Girls Training Schedule

13U – 14U (20 Total Spaces)

Tuesdays - Maurice Lapointe Thursdays - Sensplex Kanata

15U – 16U (20 Total Spaces)
Tuesdays – Sensplex Kanata
Thursdays – Maurice Lapointe

17U – 18U (20 Total Spaces)
Wednesdays – Sensplex Kanata
Fridays – Maurice Lapointe

Boys Training Schedule

14U – 18U (20 Total Spaces)

Wednesdays – Sensplex Kanata Fridays – Maurice Lapointe

ALL TRAINING DAYS 8:30am – 4:30pm

NOTE: Beach Days are rain or shine



Pricing

- \$649.98+HST (Before Feb 16th)
- \$749.98+HST (After Feb 16th)
 - \$200 Non Refundable
 Deposit with remainder payable by cheque dates
 June 15th.

Includes

- 2 Full Days Each Week
- July 4th Aug 11th
 - 1 Indoor Training Day
 - 1 Beach Training Day
 - Fitquest Training Session
 - (During Beach Day)



FULL DAY FUN TOURNAMENTS

Max Volley Beach Courts (Sheffield Location)

Different format each week with different teams

FUSION MEMBERS

PART OF CLUB FEE

NON FUSION MEMBERS

\$100

WITH PURCHASE OF ELITE SUMMER TRAINING PROGRAM





HOW TO REGISTER

Contact Club Head Coach
 Jay Mooney at jmooney@ottawafusion.ca