



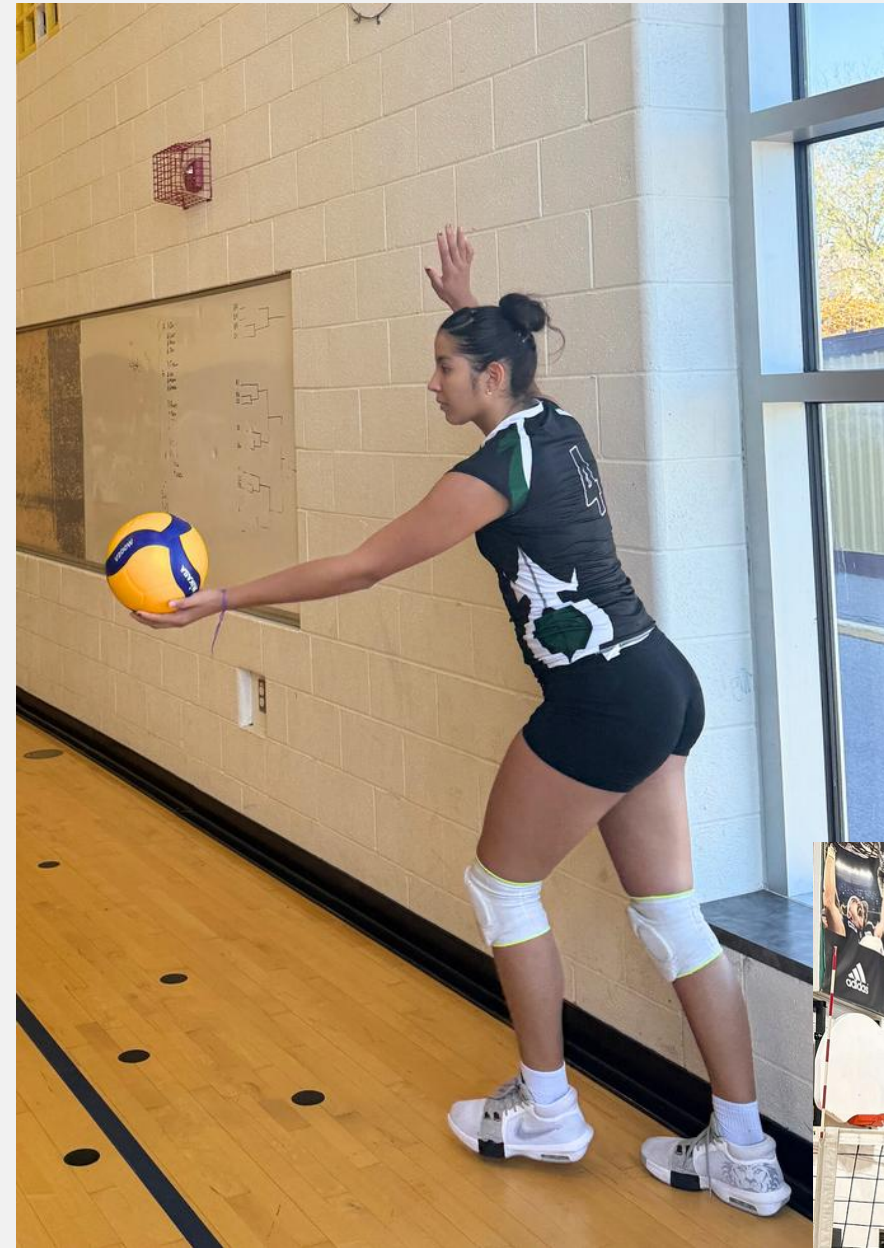
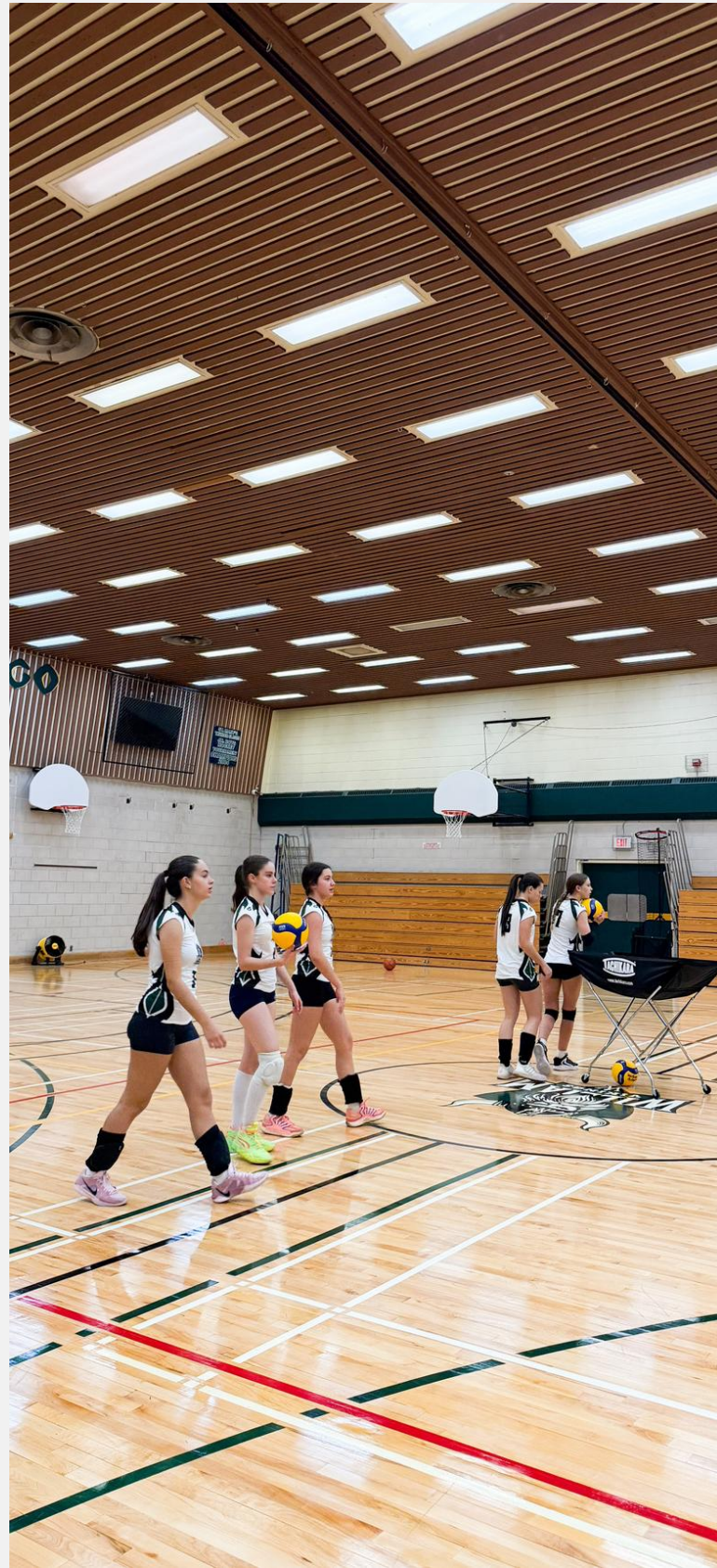
U18 - VOLLEYBALL



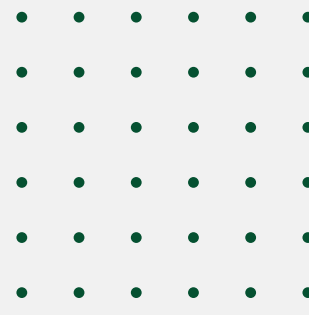
COBOURG, CANADA

Welcome to WA Vikings Club

Our girls' volleyball program features talented athletes from around the world. Our competitive school team is guided by world-class coaches, with the goal of helping club members improve and achieve their full potential.



VOLLEYBALL PROGRAM HIGHLIGHTS



- ✓ Year-round girls' volleyball program
- ✓ Under 18
- ✓ Specific and tailored coaching
- ✓ Long-term community involvement

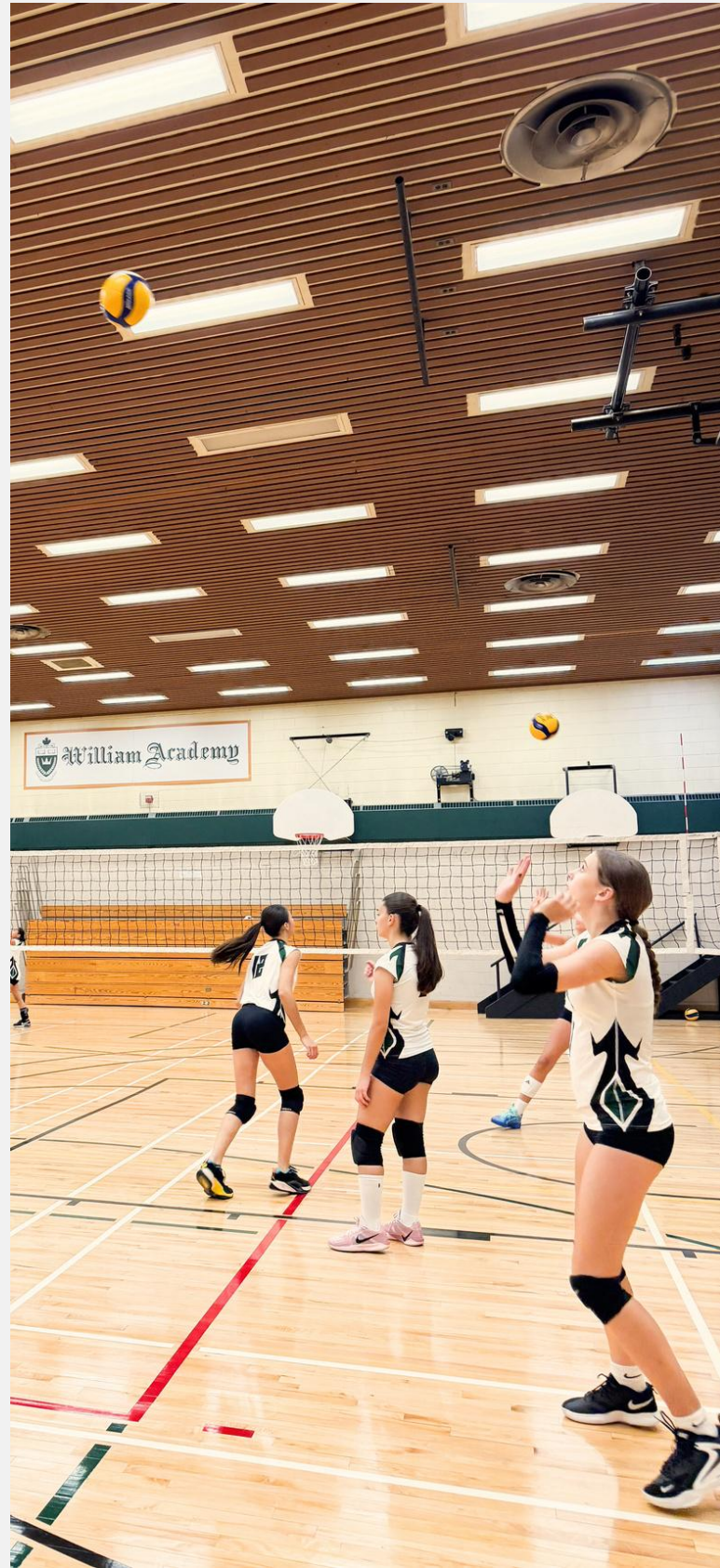
Members
20

Total Weekly Training
8 + hours





ATHLETIC TRAINING



**TRAVEL &
COMPETITION**

Travel around the province of Ontario to compete against other high-level teams.

**REGISTERED
CLUB**

WA Vikings Club is acquiring Ontario Volleyball Association (OVA) Club status. Be a part of a team of successful and talented developing athletes.

**SKILL
DEVELOPMENT**

Daily practice to enhance individual and team skills. Team coaching to achieve success on the court.

**SPORT-SPECIFIC
DRILLS**

Specific training to improve volleyball skills such as serves, spikes, blocks, etc. Different coaching styles offered.

STRENGTH & CONDITIONING

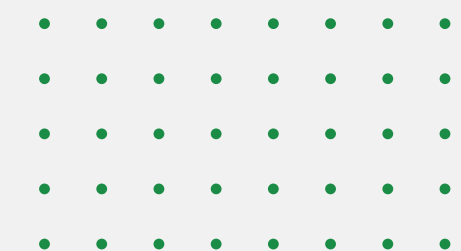
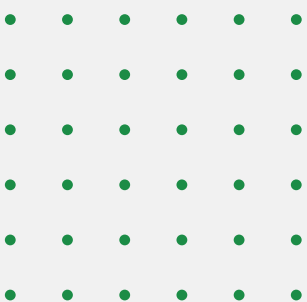
Daily sessions to build physical fitness and endurance. Individualized training plans.



WEEKLY TRAINING SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3:30PM - 5:30PM		Team Practice <i>Coach-led</i>		Team Practice <i>Coach-led</i>	NO PRACTICE	<i>Athlete-led Sessions</i> - Dedicate to serve-receiving training - Position-specific drills and skill work as proposed by the Head Coach on Thursday's practices	
6:30PM - 8:30PM	Team Practice <i>Coach-led</i>		Team Practice <i>Coach-led</i>				

**Week 3, Wednesday: Fitness Program overview provided by the coach. Players will then be responsible for running the fitness and conditioning program independently.*



ACHIEVEMENTS



- **1st Place** - MYVB U18 Girls Tournament
- **Gold** - Tier 1 Competitive Tournament



[WATCH THE RECAP](#)



STAR PLAYER MIA



Hi, my name is Mia Lemke. I'm 15 years old and have been playing volleyball for two years. I play both left side and middle, and I love the fast pace and competitive energy of the game. I'm a team captain at Centre Hastings Volleyball Academy and play for William Academy's U17 and U18 teams. I was honored to receive the Most Dedicated Award in my first year and was later selected for Team Ontario, where I've trained and competed with some of the best young athletes in the province. Volleyball has taught me teamwork, communication, and dedication, and I'm proud to keep growing as a player and leader.



BEACH VOLLEYBALL AT COBOURG CAMPUS

Our Club location is only 300 meters walking distance from one of the nicest beachfronts in Ontario. Cobourg is a wonderful place for international students to learn about and immerse themselves within Canadian culture. A range of sporting and cultural activities will accelerate students' English language ability and, just as importantly, give them insight into Canadian culture.

[More Info](#)





WA VIKINGS CLUB BEACH VOLLEYBALL PROGRAM

Train year-round with one of the most competitive beach volleyball programs available.

- 🏐 **Summer Season:** Cobourg & Toronto
- ☀️ **Winter Season:** Cancún, Mexico

Our athletes benefit from:

- Elite, experienced coaches
- High-performance training environment
- Competitive tournament opportunities
- Clear pathways to NCAA Division I recruitment



OTHER FEES

Club fees

CAD\$3,500/Annual

Club fees include:

- ✔ Qualification and entry fees for Ontario and national competitions
- ✔ Club uniforms
- ✔ Coaching fees
- ✔ Transportation to competitions outside the city
- ✔ Airfare, hotel accommodations, and food expenses are not included



CONTACT US

Email: Info@WAVikings.ca

Tel.: (437) 992-2888

ADDRESS

135 King Street West
Cobourg, Ontario
Canada K9A 2M7

