Insurance Information

Manitoba Health Registration #	Pin #	Student is covered for accidents in one of the following plans:	Parental Benefit Plan #	Will purchase student accident insurance from Reliable Insurance
M	Fi	: 1 5		



MIKE BURCHUK

- Two-time Olympic coach assistant at 1984 Los Angeles Games and head coach at 1996 Atlanta Games
- Coached the University of Winnipeg Wesmen to six

consecutive national championships from 1983-88. record during this time: 327 wins, 9 losses

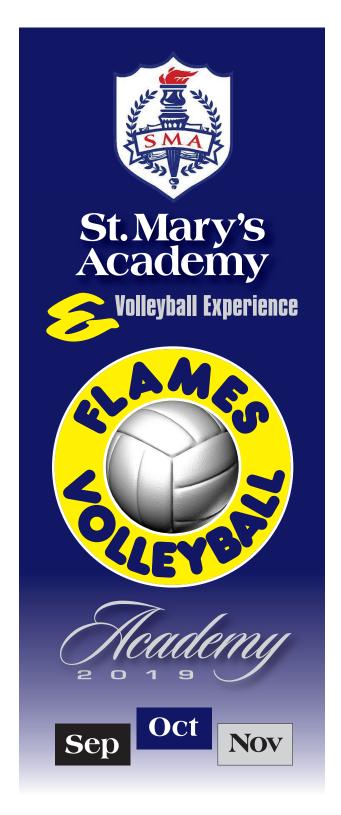
- Assistant coach/consultant to Rick Scott and Lord Selkirk Royals 2004-2007 - four-time Provincial 4A Champs
- Assistant coach/consultant to Christine Rewniak and St. Mary's Academy Flames - 2009 Final Four and 2011 Provincial 4A Champs
- Coached Shock (with Brenda Westwood) from 2010-2015
- The Shock club team won five consecutive Provincial Championships and also five medals at Nationals
- Inducted into the University of Winnipeg Wesmen Ring of Honour in 2019
- Has coached approximately 404 girls at St. Mary's Academy morning program in the last ten years





www.volleyballexperience.net

For more information contact Mike Burchuk at 204,479,9324 or email mburchuk@shaw.ca



Flames Academy Training Schedule





Grade 8 Grades 9 + 10

SEPTEMBER 2019

MON	TUE	WED	THU	FRI
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27

OCTOBER 2019

MON	TUE	WED	THU	FRI
30	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	

NOVEMBER 2019

MON	TUE	WED	THU	FRI
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22

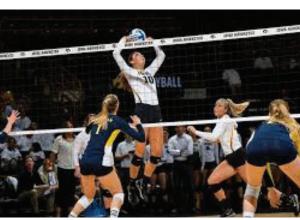
General Information

The 2019 St. Mary's Volleyball Academy will mark the eleventh year of this program. A total of 404 girls (Grades 7-12) have participated in this morning program over the last 10 years

- Each respective group will train twice per 6 day cycle (as per schedule included in this brochure)
- The program will start on September 9th and will end approximately mid-November. The training will be held each morning from 7:00 am to 8:15 am
- If a morning session is canceled for whatever reason, it will be made up in mid-November.
- Each training session will include
- (1) a brief warm-up
- (2) a brief circuit involving footwork, movement, etc.
- (3) most of the sessions (approximately 1 hour) will include drills covering the various technical aspects of the game

The program will offer 3 levels of instruction:

- (1) Grade Seven
- (2) Grade Eight
- (3) Grades Nine and Ten
- The cost of this program is \$225.00 per athlete. Please make cheques payable to **VOLLEYBALL EXPERIENCE**.
- **Insurance** Participants must have accident insurance. either through a parental benefits package or through student accident insurance. (See back of application
- Withdrawal No refunds will be given for students who drop out once the program begins unless a student is unable to continue in the program due to illness or injury



I understand that Volleyball Experience, St. Mary's Academy and their staff are not responsible for lost or stolen incurred as

Please check one Please make cheque payable to Volleyball Experience
Volleyball Experience, 580 Beresford Av Email address Postal I Code Avenue, and mail along with this application form enue, Winnipeg, MB R3L 1J7 Grades Winnipeg 10

Date