

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

The Head Coach

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



St. Mary's Academy

Volleyball Experience



Academy

2019

Sep

Oct

Nov

Flames Academy Training Schedule



Grade 7



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 form)
- **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



Please make cheque payable to **Volleyball Experience** and mail along with this application form to:
Volleyball Experience, 580 Beresford Avenue, Winnipeg, MB R3L 1J7

Name _____

Address _____

City/Town _____ Postal Code _____

Telephone _____ Email address _____

Grade _____ (Sept. 2019)

Please check one

Grade 7 Grade 8 Grades 9 + 10

Date _____

Parents/Guardian Signature _____

I understand that Volleyball Experience, St. Mary's Academy and their staff are not responsible for lost or stolen articles nor for any injuries incurred as a result of participation in this camp.