



Welcome to the Rapids 2025 -2026 Season!!

Rapids Philosophy

We believe that competing on a team develops not only athletic skill but teaches commitment, discipline, perseverance, builds confidence and instills a sense of belonging.

The Rapids club welcomes all athletes!!

We offer multiple teams in each age division. This allows athletes to participate on a high-performance team, as well as providing opportunity for a broad range of experience and skill on a competitive team.

We are committed to providing a great team experience for all!!

Rapids High Performance (HP) Stream 15-18u	Rapids Competitive Stream 12u -18u
<ul style="list-style-type: none">• HP coaching staff are University/College athletes and coaches or have significant years of Club coaching experience.• 3 practices a week – (consideration will be made when athletes are in high school season)• Strength and conditioning training @ Iron Performance Center• Teams can choose from additional modules offered: these include positional clinics, sports psych, nutrition, Hudl (video and data software)• All OVA tournaments, Ontario Championships, plus additional age-up and exhibition tournaments for a minimum of 8 tournaments during the season• Participation in 1-2 US tournaments• All A teams will be designated as High Performance teams.• B team coaches can choose to be a High Performance team if they feel it's a good fit for their athletes.	<ul style="list-style-type: none">• All coaches in the competitive stream will have Advanced Development Coach Certification• 2 practices a week• 4 OVA tournaments and Ontario Championships• Teams are strongly encouraged to participate in 1 -2 exhibition tournaments• Participation in the Rapids Kick Off Tournament October 18th @ Heritage• Competitive teams can also choose to participate in HP modules

Athlete Fees for the 2025 – 2026 Season

Athlete fees will vary depending on team designation. Each team will have TWO (2) fees that include a base club fee and their team fee. The team fee will include any additional features coaches would like to add into their program (this could include extra tournaments, nationals, team events, and other additional features listed below.

Competitive Team

1. Club Fee: \$1525.00

Competitive Club Fee Includes

- Athlete membership for Ontario Volleyball
- Two (2) Practices per week
- Four (4) x OVA Tournament Registration Fees
- Provincial Championship Registration Fee
- Athlete Swag Package
- Jersey & Shorts
- Rapids Equipment
- Club Administration Expenses
- Coaching Honorariums
- Rapids Kick Off Tournament (October 18th)



Each Competitive team will have a unique team fee that will reflect the number of additions/events a coach chooses to include in their team package.

2. Team Expenses: Based on Head Coach discretion

Team Expenses are not included in club fees and are to be fundraised or contributed to by each family:

Competitive Team Expense WILL include:

- One coach hotel room for all overnight tournaments to be shared by head and assistant coaches

Competitive Team Expense CAN Include:

- Age Up Tournaments : 3-4 additional tournaments (optional)
- Additional Exhibition Matches/Tournaments (optional)
- National Championships (optional)
- USA Tournaments 1-2 (optional)
- Additional HP features coaches may choose to include (see HP additional list)
- A second coach hotel room for all overnight tournaments

High Performance Team

1. Club Fee: \$2175.00



High Performance Team Club Fee includes all of the same features as the Competitive Team Club fee with the addition of:

- 3rd practice per week (in high school off-season)
- Strength and Conditioning Training at Iron Performance Center (IPC: 1-2 Sessions per week)
- Coaches will directly work with Rapids Technical Coaches Lauren Sokolowski (girls) and Rob Wojcik (boys)
- The Technical Coaches will work with the HP coaching Staff to create/review season plan, practice and drill planning, video and statistical analysis, as well as requiring meeting performance indicators through development of coaches for our athletes.



Each HP team will have a unique team fee and will reflect the number of additions/events a coach chooses to include in their team package.

2. Team Expenses: Based on Head Coach discretion

Team Expenses are not included in club fees and are to be fundraised or contributed to by each family:

HP Team Expenses WILL include:

- Two coach hotel rooms for all overnight tournaments to be shared by head and assistant coaches

HP Team Expenses CAN Include:

- Age Up Tournaments : 3-4 additional tournaments (expected)
- Additional Exhibition Matches/Tournaments (optional)
- National Championships (optional)
- USA Tournaments 1-2 (expected for girls, optional for boys)
- Hudl: Sport Video platform that stores, cuts, stats, and provides analysis for teams
- Sports Psychology sessions
- Nutrition sessions
- Additional features coaches may choose to include
- A second hotel room for all overnight tournaments