

Volleyball Canada
Media Release

February 20, 2008

Sitting Volleyball arrives in Vancouver!

Ottawa, ON - Volleyball Canada is proud to announce that Vancouver, BC, will be the first location in Canada to run regular Sitting Volleyball Train and Play Clinics. The sessions will be taking place at the G.F. Strong Rehabilitation Centre and Windermere Secondary School (through the Vancouver Park Board).

The first session will begin on Thursday, February 21st, 2008 at G.F. Strong, and the second begins on Saturday, March 15th, 2008 at Windermere Secondary School.

The sessions – six weeks at each location – have been built around a Train and Play format, which is designed to provide the participants with a fun mix of instruction and game play.

“We’re extremely excited about this opportunity to move sitting volleyball forward in Canada,” said Phil Allen, Coordinator of Disabled Volleyball Programs for Volleyball Canada. “The Vancouver clinics are designed to be inclusive as it’s a sport that can be played by just about anyone, and we’re encouraging everyone – men and women; those with a physical disability and those without – to come and try it out.”

Sitting Volleyball is a Paralympic sport that is very popular in Europe, but is quite new to Canada. Volleyball Canada has run a national team program for both men and women since early 2007, and despite having such a new program, the men’s team won the bronze medal at last year’s Parapanamerican Games in Brazil.

The Windermere clinics are being offered through the Get Up and Go! program, launched by the Vancouver Park Board in conjunction with the Vancouver School Board in January 2008. Under the program, school gymnasiums are opened on Saturdays for use by public for recreational sport programs that were previously only held at community centres, which have become overbooked.

“At this point we’re getting the word out to as many people as possible so we can populate the programs,” said Travis Dodds, a local coach and co-founder of Optimum Volleyball who managed much of the on-the-ground logistics in Vancouver. Dodds will also be one of two individuals providing the instruction at the clinics. “Ultimately it’s our hope that these

sessions will blossom into the first sitting volleyball league in the country. Participants at these sessions will be able to boast that they had a hand in developing a new sport in Canada - and that's certainly not something many Canadians can say!"

The 'Train and Play' clinics are scheduled as follows:

At G. F. Strong Rehabilitation Centre gymnasium
4255 Laurel Street, Vancouver
Thursday evenings from 7:00 pm to 9:00 pm
February 21st through March 27th

At Windermere Secondary School
3155 E. 27th Avenue, Vancouver
Saturday afternoons from 2:00 pm to 4:00 pm
March 15th through April 26th

Cost for the sessions is a reasonable \$20.00 for each six week session, or \$5.00 for those who wish to simply drop in. Participants are encouraged to register ahead of time for the clinics by visiting www.optimumvolleyball.com/sitting.html .

For more information about the Train and Play Sitting Volleyball Clinics, please visit www.optimumvolleyball.com.

To find out more about the sport of sitting volleyball, please visit www.volleyball.ca and follow the Team Canada link.

Volleyball Canada would like to thank the following for their support in making this initiative a success:

Travis Dodds – Optimum Volleyball
Vancouver Park Board
G. F. Strong Rehabilitation Centre
Volleyball BC
BC Wheelchair Sports
BC Paraplegic Association
BC Disability Sports
Canadian Paralympic Committee

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