

Parent Handbook 2026 - 2027

Updated August 27, 2026

Welcome to the Toronto West family! We are excited that you & your child athlete have decided to join us! We are proud to be an organization that is dedicated to working hard to service our volleyball community promoting excellence at all levels within an athlete's growth potential, while knowing that having fun and team bonding make the journey a great one. With that in mind, we strive to work together with our coaches, parents & athletes to make the Toronto West Volleyball Club the place to be. It's the ideas, talents and energy of this collective group that keep us moving ahead. Thank you for being here. Let's make this year great!

About Toronto West Volleyball

Founded in 1969 by John & Val Long as a Club to provide a higher level of volleyball competition for young athletes, T-WEST Volleyball continues to serve Etobicoke and the Western GTA in providing our youth with high quality volleyball programs. We take pride in our successful track record of promoting and fostering leadership, organizational, team and life skills for our members.

T-WEST offers REP programs to provide a well-rounded volleyball experience for all athletes over the course of adolescent growth and development. Each program has unique characteristics such as three training sessions per week, competition opportunities, training environment, travel opportunities and much more. Our programs are developed using a combination of the latest Long Term Athlete Development science and 50+ years of Toronto West Volleyball experience.

This season, we provide training of competitive teams that are chosen after tryouts:

Toronto West is projecting **10 REP teams for the 2026-2027 season:**

- 6v6B (13U) EAGLES Coaches: Alba Martinez, Andre Carson
- 6v6G (13U) DUCKS Coaches: Anwar Diouman, Alexa Martinez
- TLSG (14U) FALCONS Coaches: Taylor Pracek & Mara Oita
- 15UG HAWKS Coaches: Antonia Bonaldi & Casandra Reyes-Morales
- 16UB HARRIERS Coach: Ed Turalinski

- 16UG SPARROWS Coach: Anwar Diouman, Mara Oita
- 16UG CARDINALS Coach: Sierra Archee, Casandra Reyes-Morales
- 17UG CONDORS Coach: John Long, Claire Hamilton
- 17UB DRAGONS Coach: Richard Serote & Samuel Girouard
- 18UG RAVENS Coach: Byron Long, Taylor Pracek

REP TEAM TRYOUTS

First Tryouts for 2025-2026 Rep Teams:

> Tuesday, September 8, 6 - 10 PM to Friday, September 10, 6 - 10 PM

> Location: King's Court, 1589 The Queensway, Etobicoke

Tuesday, September 8, 2026

6:00 - 8:00 PM: 13U Girls DUCKS and 15U Girls HAWKS

8:00 - 10:00 PM: 16U Girls SPARROWS and 16U Girls CARDINALS

Wednesday, September 9

6:00 - 8:00 PM: 16U Boys HARRIERS and 17U Boys DRAGONS

Thursday, September 10

6:00 - 8:00 PM: 13/14U Boys EAGLES and TLS 14U Girls FALCONS

8:00 - 10:00 PM: 17U Girls CONDORS and 18U Girls RAVENS

Saturday, September 12

6:00 - 8:00 PM: 13U Girls DUCKS and 13/14U Boys EAGLES

8:00 - 10:00 PM: 16U Girls SPARROWS and 15U Girls HAWKS

T-WEST WEEKLY TRAINING SCHEDULE AND LOCATIONS FOR 2026 - 2027 SEASON																		
MONDAY			TUESDAY				WEDNESDAY		THURSDAY				FRIDAY	SATURDAY		SUNDAY		
St Mark CS	St Ambrose CS	Runnymede Ct 3	Runnymede Ct 3	James Culnan CS	Runnymede Ct 1	Runnymede Ct 2	Runnymede Ct 1	Runnymede Ct 2	Runnymede Ct 1	Runnymede Ct 2	Runnymede Ct 3	Humberscrest PS	WCI	Humberside CI UPPER GYM LOWER GYM		Runnymede Ct 1	Runnymede Ct 2	
6:00-8:00	6:00-8:00	6:00-8:00	6:00-8:00	6:00-8:00	6:00-8:00	6:00-8:00	6:00-8:00	6:00-8:00	6:00-8:00	6:00-8:00	6:00-8:00	6:00-8:00	7:00-10:00	8:00-10:00		9:00-12:00	9:00-11:00	
16U HARRIERS - 1	13U EAGLES - 1	Optional Training for CONDORS SPARROWS DUCKS & OTHERS	14U FALCONS - 1	15U HAWKS - 1	17U CONDORS - 1	13U DUCKS - 1	13U EAGLES - 2	16U HARRIERS - 2	17U CONDORS - 2	13U DUCKS - 2	14U FALCONS - 2	15U HAWKS - 2	13U EAGLES - 3	16U CARDINALS - 3		17U CONDORS - 3		
8:00-10:00				8:00-10:00	8:00-10:00	8:00-10:00	8:00-10:00		8:00-10:00	8:00-10:00		8:00-10:00	7:00-10:00	10:00-12:00			11:00-1:00	
17U DRAGONS - 1				16U CARDINALS - 1	18U RAVENS - 1	16U SPARROWS - 1	17U DRAGONS - 2		18U RAVENS - 2	16U SPARROWS - 2		16U CARDINALS - 2	16U HARRIERS - 3	15U HAWKS - 3			13U DUCKS - 3	
																	12:00 - 3:00	
																	12:00-2:00	1:00 - 3:00
														18U RAVENS - 3		16U SPARROWS - 3		
														2:00-4:00				
														14U FALCONS - 3				
1	2	3	4	5	6	7	8	9	10					4:00-6:00	4:00-6:00			
EAGLES 13/14U Boys HC: ALBA AC: DANIEL	DRAGONS 16U Boys CC: RICHARD CC: SAM	HARRIERS 16U Boys HC: ED AC: TBA	CARDINALS 16U Girls HC: SIERRA AC: CASANDRA	RAVENS 18U Girls HC: BYRON AC: TAYLOR	CONDORS 17U Girls HC: JOHN AC: CLAIRE	SPARROWS 16U Girls HC: ANWAR AC: MARA	DUCKS 13U Girls HC: ANWAR AC: ALEXA New Team	HAWKS 15U Girls CC: TONI CC: CASANDRA	FALCONS 14U Girls CC: MARA CC: TAYLOR					17U DRAGONS - 3	BACKUP GYM FOR SUNDAY TRAINING: CONDORS SPARROWS DUCKS			

- Details of above listed summer programs are all posted on this website.**

> > > July 1st to September 4th – OPEN COMMITMENT PERIOD < < <

The open commitment period allows athletes to commit to accepting a verbal offer in September from a new club. These commitments can be made at any time between July 1st and September 4th and do not require an OVA offer form. Clubs may collect deposits to secure the commitment. More details on the Open Commitment Period are available In the OVA website's TRYOUT WINDOW REGULATIONS.

Over 6 decades, Toronto West Volleyball has made its mark as one of the longest serving volleyball organization in Canada. Its smooth operation depends on a dedicate group of coaches and volleyball enthusiasts to function efficiently.

We are thankful to our skilled coaches who continue to impress everyone with their dedication and passion for their athletes. Toronto West places a strong focus on the growth, development, and certification of our coaches – we do our best to support their needs as they guide the development of their athletes.

We owe the success of our Club to our dedicated coaches who share their time and expertise to develop our athletes. Our team of coaches is composed of individuals coming from diverse backgrounds and experiences who, on top of their daily work schedules, dedicate hours to planning practices, establishing seasonal plans, running training sessions and, in many cases, travelling to tournaments with their teams (in addition to guiding young athletes to become team players and caring people).

Our coaches have completed or are in the process of completing all Ontario Volleyball Association and Volleyball Canada's coaching certification requirements. Throughout their coaching career with the Toronto West Volleyball Club, the Club ensures that coaches continually aspire to learn and develop through the benefits of new volleyball curriculum as offered by various resources such as Volleyball Canada, the OVA and Art of Coaching. Furthermore, the Club provides opportunities and incentives for coaches to consistently develop and grow professionally through learning modules, workshops, seminars, and skills enhancement.

Toronto West REP teams are not-for-profit programs. Coaches are paid coaching fees, and their expenses are covered.

We continuously look for strong, dedicated, and passionate coaches for all age groups. If you are interested in joining our coaching team, please contact John Long at torontowestvolleyball@gmail.com

OUR PROGRAMS

TRADITIONAL: Competitive REP Teams

This intensive training program is for athletes who have been selected in tryouts and then were offered and have accepted a spot on an age-specific REP TEAM of 10 – 12 players. The team trains 3 times weekly and then competes in OVA and other major tournaments across the province, sometimes inter-provincially, and sometimes internationally (depending on coach and parent aspirations). For example, 17U Girls teams compete in the Presidents Day LAS VEGAS CLASSIC and 18U Girls play in Miami during the March Break. This spring, eight T-WEST teams competed at the Calgary Nationals.

The Toronto West Commitment to Coaching

- enables premier coaches to act as a mentor to other developing coaches.
- ensures the guidance and consistency of teaching the game at the highest level.
- ensures a high-performance environment that promotes excellence and achievement of athletes following the Long-Term Athlete Development (LTAD); and
- maintains a roster of premier coaching and developing new prospects.

REP TEAM Fees

Athletes must register for and participate in tryouts. Offer letters go out to those successful at tryouts. Acceptance by the athlete and their family must be accompanied by a \$500 deposit. The remainder of the fee varies between ages and is split up in 4 monthly installments with balances being reconciled in January.

The remainder of the fee can be made in a lump sum payment based on your preference.

Base fees are set in advance, and cover most items (see below), except related to travel, optional playing up and possible post-season tournaments), so parents know what they are getting into.

Estimated Cost per Player

Athletes must register for and participate in tryouts. Tryout registration must include registration as a **TRYOUT MEMBER** with both the OVA and Toronto West. (Note: When registering with the OVA, go to ontariovolleyball.org and **register the athlete**. When registering with Toronto West, **the parent is the Guardian-client**, and the athlete the dependant.)

Offer letters go out to those successful at tryouts. If accepted, a letter of commitment by the athlete and their family must be accompanied by online registration at Toronto West Powerup and a **\$500** deposit: Go to **REGISTRATION** on torontowestvolleyball.ca and enter the **MEMBER ZONE**. Further installments are made over the next four months by pre-approved credit card payment. The total base budget varies according to age and program specifics between \$2,200 and \$3,500 for the full September to April season. The remainder of the fee can be made in monthly installments, or a lump sum payment based on your preference; but the **final payment must be received before Provincials**.

Note: The \$500 Signing Deposits is due at time of signing and is to be made by e-Transfer to torontowestvolleyball@gmail.com
The Signing Deposit is included in the Base Program Fee.

The year-end fee reconciliation is completed in May and potential refunds are issued in June.

SAMPLE BUDGET:

Cost per returning Player includes	Cost
Facility rentals – 3 practices (6 – 8 hours) per week	varies

Cost per returning Player includes	Cost
Tournaments (across Ontario)	
– Registrations (4 Provincial tournaments, 1 Provincial Championship)	varies
– Coach accommodation & travel	
Additional Team Training	
– Training Camps /Additional Facility Rentals	
– Team Building / Socials	varies
– Mental Training, Nutrition workshop	
– Plyometric and Yoga training (where applicable)	
Coaching Fees	
– 1 Head Coach	varies
– 1 Assistant Coach	
OVA mandatory registration fees	
– Coach registration fees	varies
– Player Registration Fee	
Club overhead fees	
– Software licences	
– Coach Development	\$360
– Awards & Functions	
- Administration	
TOTAL	Range: \$2,700 to \$3,550.00

The above table is an example of the cost categories that are divided up per player.

Some Cost Items:

Facility Rental: Costs are included.

Travel: Travel and accommodations for individual athletes or their families **are not included.**

Tournaments: Tournaments cost will vary based on seasonal plan and (i.e. number of tournaments registered, location of tournaments).

Three Day Provincial Championships are included; however, related travel and accommodation costs are NOT included.

Playing Up tournaments are NOT included. The HUMBER CLASSIC tournament for 15-18U Girls is NOT included.

Additional Team Training is included.

Additional Private Training (upon request) is not included.

Coaching Fees: Fees vary based on coaching staff level of certification and time spent coaching in the gym. Head coaches' planning time is included. Tournament coaching is included.

OVA Fees: The OVA has a mandatory registration fee for the club, each coach, and each player. **The approx. \$100 OVA PLAYER REGISTRATION fee is included.**

Club Fees: Includes general cost to properly operate the club (i.e. OVA club registration, administration, legal, bank fees, accounting, and bookkeeping, coaching professional development, program development), extra plyometric & strength training, nutrition training, new training equipment, advertising & promotion, training & 1st Aid, TEAM SNAP, etc. These fees are applicable to all athletes.

Travel: Travel and accommodations for individual athletes or their families are **not** included. Coaches' travel and accommodation costs at overnight (far out of town) OVA tournaments are NOT included.

HUDL statistics and diagnostic services are not included.

Uniforms, tech shirts and team apparel Sizing will take place in September. This expedites eventual procurement of player / team equipment. For the 2026-2027 season, equipment from the previous season will be carried forward. Full equipment for new players includes 2 uniform jerseys, warmup suite, tech shirts (2 for girls, 3 for boys), shorts (boys) and team pack amount to about \$250.

Approximate 2026-2027 Base Program Fees
for returning players

\$250 EX\$TRA FOR New players to cover equipment

13UG DUCKS / 13UB EAGLES.....	\$2,700
14UG TLS FALCONS.....	\$2,800
15UG HAWKS.....	\$3,000
16UG SPARROWS / CARDINALS...	\$3,350
16UB HARRIERS.....	\$3,350
17UG CONDORS.....	\$3,450
17UB DRAGONS.....	\$3,450
18UG RAVENS.....	\$3,550

Additional Program Items and related costs
(Playing Up, Invitational tournaments)
will be discussed with and approved by team parents
at the Team's September Meeting

OVA Requirement - MANDATORY (ONE TIME) Respect in Sport Module for parents

Club, Parent and Athlete Volunteers

Toronto West welcomes parents and friends to participate in helping make the club successful. There are various volunteer roles to play – something for everyone! For example, at the club level, we welcome support in different areas, such as fundraising, event planning, communications, photography and more. Parents who volunteer with their athlete's team will support the coaches to allow them to focus on volleyball. Athletes who are looking for volunteer hours can find numerous opportunities throughout the year with Toronto West

Team Volunteers

Each team can benefit from the following parent volunteers:

- Certified Parent Assistant (Administrative) Coach & EAP Call Person
- Team Manager
- Team SCORE KEEPER (all parents share in this game day duty)
- Team Clothing Coordinator
- Team Travel Coordinator
- Team Photographer/Videographer
- Tournament Food Coordinator (essential!)
- Team Fundraisers

Parents volunteering in contact with athletes (Team Manager, Assistant Coach) must complete the OVA Screening Disclosure form.

We thank each and everyone of our parent volunteers!

Other General Items

Practice locations: Practices will be held at various school gyms throughout Toronto's West End. The main gyms used are Runnymede CI, Humberside CI, Weston CI, Humbercrest PS, James Culnan CS, St Mark CS

T-WEST CHISTMAS PARTY: This is a fun evening for all athletes to come together for fun competition, Secret Santa, and PIZZA & POP. Team and club pictures will be taken.

YEAR-END AWARDS BANQUET: All T-WEST players look forward to the wildly successful Awards Banquet at the end of April / beginning of May. We look forward to many repeats: A fun evening recognising excellence in individuals and teams. Players, parents, and coaches of all teams come together to celebrate the end of the season and look forward to summer volleyball and the next season.

PARENT RESOURCES

> **OVA MRS** link for required **FREE TRYOUT MEMBER** registration (as of September 1)

> **ontariovolleyball.org**

> **Tutorial:** How to register in **PowerUp** as a Tryout Member and then, if successful, as part of a team.

<https://youtu.be/TNw6-tf2lj4>

> **Link to RESPECT IN SPORTS:** <https://ontvolleyballparent.respectgroupinc.com/start.jsp>

> **OVA COMPETITIONS CALENDAR**, including Provincial and National Championship dates & Locations. To be updated late August / early September 2025:

file:///E:/YOUTH%20COMP%20MANUAL/YCM_2024-2025_September_4th_Update.pdf