



Yellowknife Ice Volleyball Club

2026 Season

Questions & Answers

What are the Club's age categories?

We are not specific to any one age category. The Yellowknife Ice Volleyball Club is a competitive girls volleyball club for female athletes, **born January 1, 2007 or later**, who are ready to train and compete at a higher level. We encourage dedicated and experienced players to attend tryouts and be part of something exciting!

How many players does the Club select?

We plan to select anywhere from 16-24 of the top players at tryouts to join the club for the season. The actual number will depend on variables such as....

- how many players attend tryouts
- overall skill level and suitability for our club
- communication skills
- willingness to work hard
- positive attitude
- effort

How much will it cost to join Ice Volleyball this season?

The budget hasn't been finalized yet, but it's expected that Club fees will be approximately \$900.00.

What exactly do Club fees cover?

Club fees cover:

- Gym time
- Uniform (two jerseys, spandex shorts and arm sleeves)
- Off court clothing: Usually includes things like practice tees, joggers, hoodies, bags etc
- Volleyball NT & Volleyball Canada competitive player membership
- Coach training, VNT/Canada membership and off court clothing
- First aid kit re-stock
- Yoga classes
- Misc items (eg: whiteboard markers, paper, pens, tape etc)

Club fees DO NOT cover:

- Any tournament expenses
- Travel expenses
- Team building activities
- Anything else not listed

When are Club fees due?

We will ask that a non-refundable initial payment of \$300.00 be made by October 15th to hold your spot on the team.

For the balance of the Club fees, we will have a default payment plan that you can choose on the online registration form. If that plan doesn't work for you, we're open to a custom payment plan that better suits your unique situation.

What tournaments will you attend?

We're fortunate to have many different volleyball tournaments to choose from. A listing of possible events can be found on our Club website (icevolleyball.ca). As tournament dates/locations are announced, that information will be updated on the website.

We'll start planning which of these events to attend, shortly after the team has been selected.

It's our hope that by opening up the Club to various ages and selecting a large number of players, that our options will open up and we can look at attend 18U, 17U and/or 16U events, depending on interest and availability.

How do you decide who gets to travel to a tournament?

We'll start planning for southern travel as soon as the team is selected and tournament dates/locations have been made public. We'll check with everyone to see how many tournaments each player can afford to attend, their availability for the various dates and interest level for each event.

After that information is gathered, the coaches will start to put together rosters for each event, considering things like: Do we have enough players interested? Do we have coaches/chaperones available to attend? Positional needs of the team, tournament competition level (eg: Nationals is very competitive.....A smaller club tournament may not be very competitive), skill level of the player, commitment (who has been attending practices, team building, classroom sessions and other team events regularly), general attitude of the player, demonstrated proof that a player can be a good teammate (eg: helpful, supportive, respectful, team-first attitude).

Does the Club organize fundraising?

The club organizes some fundraising activities, such as:

- beef jerky sales in November (delivery in time for Christmas)
- Elk's TV Bingo (November and December 2025...possibly more, in 2026?)
- Beverage container recycling (drop-and-go using the club account, report your drop-off via email to get credit)

Parents are strongly encouraged to plan and organize additional fundraising activities.

Does any fundraised money go to the Club?

No. All money fundraised by an athlete is held for their own individual use towards local tournament fees, southern travel or other expenses not covered by Club fees. The more fundraising an athlete does, the more they will have in their account. If an athlete isn't interested in fundraising, there's no pressure to do so.

How will I know how much fundraising money I have in my account?

Each player selected to the club will be provided with a link to their own individual "Athlete Summary" spreadsheet. It will include a running list of fundraising activities, amounts earned at each activity, any funds used for travel and a running balance.

We will payout this money to you at any time, with the written request of a parent/guardian.

Any money left in your account at the end of the season will be refunded to you, unless you specifically ask us to hold onto it for the next season.

When does the Club practice?

Subject to change - The club practices on Sundays (6pm-8pm), Tuesdays (7pm-9pm) and Thursdays (7pm-9pm). This is the most we will practice. Everyone will practice together.

We lose some dates, due to school/city events, stat holidays, and other events.

Our goal is to get the team together at least three times a week. If we don't have the gym on one night, that may be replaced by team building activities, classroom sessions, online meetings, video review sessions etc.

Also, if there is a local tournament that we are in, we will likely cancel the Thursday prior and the Sunday.

Where does the Club practice?

It's subject to change, but right now, all practices are scheduled to be held at the Weledah Gym. It's a large space, with two full volleyball courts. We also have our equipment storage locker there.

What is the training plan for the season?

Tryouts will be held September 27-28

Training Camp November 7-9

Training Camp December 5-7

Regular season practices (three times a week, on average) January through May

Aside from volleyball practices and tournaments, what else can I expect if I join Ice Volleyball this season?

This season players can expect to have plyometric conditioning sessions included as part of the practices for the first six weeks.

- Yoga classes (x4)
- Team building activities
- Strength and Conditioning (on your own time, with Teambuildr app)
- Mental Training (At practice and on your own, with Neurofuel app)
- Classroom/online sessions (nutrition, watching game video etc)
- Fundraising activities (as little or as much as you like)

What if I don't want to travel?

No problem! We're just happy to have girls out playing volleyball and being part of our Club. If you'd prefer not to travel, just let us know — there's still lots of opportunity to learn, grow, and have fun right here at home!