



## TEAM BC SELECT 18U VIDEO IDENTIFICATION PROCESS

The Team BC Select is the pinnacle program for athletes in the Team BC Development Pathway. Athletes are identified that have future potential to excel and compete for Canada at international levels in the future.

The 2024 Team BC Select program will identify BC's top athletes (18U), and select to train and compete at the **Canada Cup**. Athletes will train in a camp-based program for up to 12 days. Training is led by a full coaching staff and integrated support team to ensure athletes meet their full potential.

Full program details can be found at <http://www.volleyballbc.org/team-bc/teambc-select/>

Eligible Athletes who have not been previously identified may submit a video application for identification to be invited to the program selection camp. Athletes who have received an invitation for the program do not need to submit a video for evaluation.

Cost: \$30

Registration opens: March 1st, submission is due March 17, 2024

Athletes submission to be evaluated after the registration deadline, and to be notified by no later than April 12th.

Registration: <https://volleyballbc.canada.sportsmanager.ie/sportlomo/users/registration-login/1840>

Full video identification submission details can be found below. Volleyball BC selection committee will utilize the [Team BC Selection Criteria](#) and [Identification Matrix](#) .

### Athletes Physical Measurements Submission

Athletes are to input 2 mandatory and 2 optional physical measurement metrics at the time of registration. Full details on how to complete the physical measurements can be found below.

1. Height - what is your height in cm?
  - a. With shoes off, standing with heels, upper back and back of head flat against the wall, use a flat object (ie. ruler or book) to mark the top of your head on the wall.
  - b. Measure from the floor to this spot on the wall
  
2. 1-Hand Reach - What is your 1-hand reach in cm?
  - a. With shoes on, stand perpendicular to the wall, reach as high as possible with your dominant hand
  - b. Mark the highest spot where the tip of your middle fingers can reach and maintain contact.
  - c. Measure between this point and the floor.
  
3. Spike Touch (Optional) - What is your maximal spike touch in cm?
  - a. Athlete is positioned at the desired approach distance from the Vertec
  - b. A full spike approach is performed with the athlete touching the highest possible point with one hand as they pass beneath the Vertec in their jump.
  - c. Athlete should be given feedback as to where to position their start in order to reach peak jump height as they pass under the Vertec.

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All information is subject to change*

- d. Jumps are performed until 3 consecutive attempts are missed. Allow 15-20 second rest minimum between jumps.
  - e. Highest point is recorded in feet and inches and converted to centimeters (by multiplying total inches by 2.54)
4. Block Touch (Optional) - What is your maximal block touch in cm?
- a. Athlete is positioned beneath and slightly behind the Vertec with hands in front of the chest, palms facing forward.
  - b. Without swinging the arms (although the arms may be thrust upwards), the athlete performs a counter-movement jump and reaches up to touch the highest possible point with both hands.
  - c. Hands must reach together and touch simultaneously; palms must remain in view and be facing out away from the body throughout the entire movement.
  - d. Jumps are performed until 3 consecutive attempts are missed. Allow 15-20 second rest minimum between jumps.
  - e. Highest point is recorded in feet and inches and converted to centimeters (by multiplying total inches by 2.54).

### Athlete Video Submission Details

Athletes are to submit 3 separate video links for video evaluation. The three video descriptions can be found below. Videos are submitted via Youtube Link during registration for video evaluation. Other video formats, or platforms will not be accepted for submission.

#### Video 1 - Athlete Introductions:

5. Introduce Yourself
  - a. Upload a video (1 min 30 secs maximum) in French or English
  - b. We want to know more about you. Looking right into the camera, tell us about yourself.
    - i. What is your volleyball background?
    - ii. What are your goals in the sport of volleyball?
    - iii. Most importantly, why do you want to play with the Team BC program?
    - iv. Where are you from?
    - v. How old are you?
    - vi. What position do you currently play?
    - vii. What do you like about that position?
    - viii. Life outside of volleyball - family, school, favorite subject

#### Video 2 - Highlights

1. Upload a game highlight video (6 mins maximum)
  - i. Outside Hitters - be sure to include actions of serving, passing, attacking, blocking and defense/h setting
  - ii. Middle Blockers - be sure to include actions of serving, attacking, blocking and defense/hb setting
  - iii. Setters- be sure to include actions of serving, setting, blocking and defense/hb setting.
  - iv. Liberos - be sure to include actions of serving, defense/high ball setting
2. Video needs to include
  - i. Jersey Number and Colour
  - ii. Position
3. Ideal camera position is from the baseline of the court.

### **Video 3 - Unedited Match Footage**

1. Upload 1 set of unedited volleyball, 15-30 minutes in length. Footage can come from matches, or practice 6v6 footage from the last 12 months. Athletes should be participating in the position they would like to be evaluated for.
2. Unacceptable edits of the footage include highlights only, cut off film.
3. Preferred video footage is with an end line view, the entire court is visible, athlete is on the near side of the court, athlete jersey number is clearly visible.