



Athlete Profile

Makenzie Owen

MVC Graduating Class of 2021.

Makenzie Owen started playing with the Mariners Volleyball Club during the 2016/17 season. This year she will be entering grade 11 at Dover Bay Secondary School. This past year with the Mariners Volleyball Club she participated at the 16U National Championships where her team finished 2nd place in division three. Last year Makenzie played for Zone 6 at the 2018 BC Summer Games. She helped lead her team to a silver medal.

This past summer Makenzie was selected to the 16U Team BC Red / Blue Program where she trained in Kamloops with the best athletes in the province.



*2019 National Silver Medalist – Div. 3
Mariners Volleyball Club 16U - Regina*



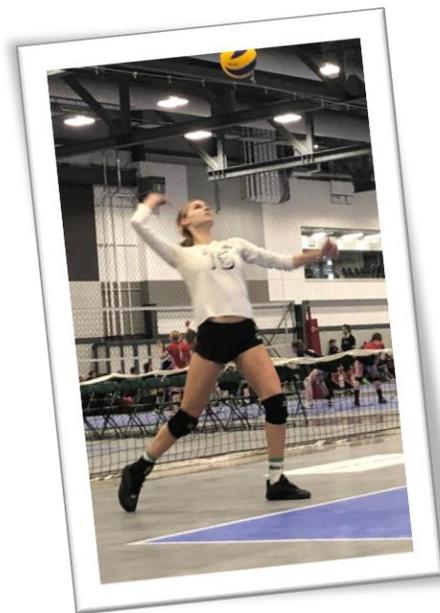
Athlete Interview

1. How did you get started playing volleyball?

I began playing volleyball in grade 6 very casually in the elementary school leagues and was inspired to play by my dad, Shawn Owen and my brother Kristian Owen. Seeing my brother grow up athletic and playing volleyball inspired me to try the sport out. I eventually took it more and more seriously and that got me where I am today.

2. Do you prefer playing indoor volleyball or beach volleyball? Why?

I prefer indoor volleyball over beach but I do enjoy them both. I like the team feeling of indoor volleyball and see more of a future in that aspect. I also spend more time training indoor and enjoy playing different positions and being capable of running different plays. Beach volleyball is a lot of fun and uses completely different skills mentally and physically which are fun to learn as well.



3. Who would you say are your top influencers / mentors?

My main influencer would be 5 time Olympian, 2000 Olympic Gold Medalist and inductee into the Volleyball Hall of Fame Natalie Cook and my dad Shawn Owen. I would not have started playing without my dad's influence through stories and teaching me small skills when I was younger. As I grew up I also had the influence of Natalie Cook from Australia who supported me through my pre-teen years and continues to do so today.

4. Do you have any pregame ritual(s) that you do before every game?

I have multiple pregame rituals that seem to be constantly evolving. Things such as mindful breathing certain warm ups and specific songs get me prepared for an upcoming match. My rituals have changed since my Team BC experience because I was taught a lot more exercises and strategies for pre and post-game preparation. I was taught a completely new warm up that warms up your muscles, mind and nervous system which has now become my favourite pre game ritual.

5. What other sports do you play?

I play soccer as a secondary sport. I have played soccer since I was 5 and it started as my main sport but I began enjoying volleyball more and started being less competitive in soccer.



6. What was your experience like this past summer playing within the Team BC Red / Blue program?

The experience I had with Team BC this summer was extraordinary. I had high level coaching for not only volleyball but mental coaching and health and wellness coaching. My favourite part was definitely the people I met on this team, these are the girls you see on the other side of the net in a tense game and you are now suddenly close friends with them in the matter of a few weeks. The girls on the team have quickly become some of my favourite people and we have supported each other so much during the program. Team BC introduced me to new coaches from around BC who helped me improve in different aspects of my play. Team BC was truly a great experience.



7. What are your plans for 5 years down the line?

In the next five years I am planning to go to school in America. Hopefully a Div.1 school playing volleyball for their team. I am working to earn a scholarship at one of these schools and study abnormal psychology.

8. Of all your accomplishment as a volleyball player, is there a match, tournament or accomplishment that stands out in your mind? Why?

I think of my accomplishments I am most proud of being a part of Team BC. It was crazy to see that amount of highly skilled players all in the same place trying out for a team, and then being fortunate enough to have a place in the program. That was a really special experience for me.



9. What impact do you think the Mariners Volleyball Club has had on your personal development as a Volleyball player?

Mariners had a huge impact on my growth as a volleyball player. The club was my first step into a competitive volleyball league. Even though it is a developmental club over a competitive one it gave me a positive environment that helped me grow as a player. Stephen Epp and my dad Shawn Owen coached my first club season, and I couldn't explain the amount of fun I had in that season learning the basics of volleyball and starting to truly fall in love with the sport.



10. What advice do you have for young athletes in the Mariners Volleyball Club?

Advice I would give to young athletes in the Mariners club is to soak up all the information the coaches give you. The more open I was as a player the more I improved. As a developing player it is key to be seen as a coachable and positive player because coaches love to work with those athletes. I would also say to stay out of the comparison trap, it is always hard to see players improve faster or become better but everyone grows at their own rates and no matter where you go there will be someone who seems better than you but it is important to focus on yourself and your personal goals. Overall enjoy the moments throughout the different seasons, make new friends and have as much fun as possible!