



# MARINERS

## VOLLEYBALL CLUB

## 2023 Indoor Programs and Coaches

The philosophy of the Mariners Volleyball Club is to provide developmentally appropriate volleyball opportunities to as many athletes as possible. To accomplish this, the Mariners Volleyball Club runs an inclusive variety of programs for different ages and genders. Each age category will have a different age and team philosophy that aligns with the Mariners Volleyball Club core values and club philosophy, which can be found [here](#).



# 17/18U Boys and Girls

The 17/18U age category provides athletes with an opportunity to refine individual and positional specific skills and team tactics. Developmentally appropriate training and meaningful competitive experiences seek to enhance athletes' developmental plan. The 17/18U programs will follow the Mariners Volleyball Club Playtime Policy when in competition. The MVC Playtime Policy can be found [here](#). For more information, please go to our FAQs found [here](#).

For the 2022/23 Indoor Club Season, Mariners Volleyball Club will be running one competitive 17/18U boys team (12 athletes maximum). In the girls 17/18U program, there will be two competitive teams: one Performance team (12 athletes maximum) and one Club team (12 athletes maximum). Mariners Volleyball Club will review the possibility of running a third 17/18U girls team, depending on the number of coaches, athletes, and facilities available. Male and female athletes who are selected to the Performance & Club programs will participate in Volleyball BC Super Series events, Island play days, Island Championships, and Provincial Championships, which are held in the LM/FV.



# MEET <sup>the</sup> COACHES



## **Brett Synnott** - Boys Performance Program Lead

Brett's passion for volleyball started in grade 8 while living in Alberta. His four years of varsity volleyball saw him playing at Lethbridge College in the ACAC and at Vancouver Island University in the PacWest. Post-varsity, his passion for volleyball is continuing through his dedication to coaching. Brett has been giving back to the Nanaimo community for the last four years by head coaching the boys program at NDSS and being the Head Coach of the Mariners 18U Girls team in 2020. His desire for continued excellence in coaching is evident through his commitment to working directly with our MVC Technical Director over the past years to deliver local quality youth programs. Brett graduated with a teaching degree in December of 2021.

## **Alicia Wynia** - Girls Performance Program Lead

Alicia brings a vast background to the Mariners Volleyball Club as both an athlete and coach. During her playing career Alicia was a member of Team BC. Alicia came to Nanaimo after finishing her playing days in the Okanagan. Since this time, she has been active in the volleyball community in a variety of areas. As an assistant coach with the VIU Women's Mariners Volleyball Team in 2010-11, she helped the team to a PACWEST Gold and National Silver. In 2019, Alicia worked alongside Volleyball BC's Director of Coach Development to deliver training to the 15U Girls Team BC Island Program. She has been coaching within the Mariners Volleyball Club System over the past five seasons and has delivered numerous youth and high-performance programs for Volleyball BC.



## **Roger Beck** - Girls Club Program Lead

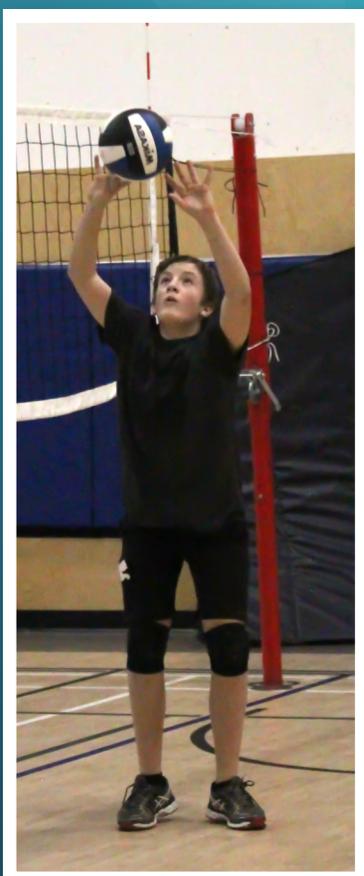
Roger has been involved in playing and coaching volleyball for over 40 years. His playing career included Team BC and two years at Selkirk College. Over the past ten years, he has been coaching in Nanaimo with the 14U-18U girls' in both high school and club programs. Roger loves being involved in the volleyball community and believes that sports are a great way to learn and grow in life. Discipline, leadership, healthy lifestyle and just having fun are things he tries to incorporate into his coaching and instill in his athletes' development.

# 15/16U Boys and Girls

The 15/16U age category provides athletes with an opportunity to further develop their love for training in a developmentally appropriate environment. Skills and tactics will be developed through a team environment for competitive programs and through a group environment for the House League program. The 15/16U programs will follow the Mariners Volleyball Club Playtime Policy when in competition. The MVC Playtime Policy can be found [here](#). For more information, please go to our FAQs found [here](#).

For the 2022/23 Indoor Club Season, Mariners Volleyball Club will be running one 15/16U Boys competitive boys' team (12 athletes maximum). Mariners Volleyball Club will review the possibility of running a second 15/16U boys team or a Train & Play program, depending on the number of coaches, athletes, and facilities available. In the girls 15/16U program, there will be three competitive 15/16U Girls teams: one Performance team (12 athletes maximum) and two Club teams (24 athletes maximum). Female athletes who are not selected to the Performance or Club teams will have the opportunity to participate in a local House League program. Male and female athletes who are selected to the Performance & Club programs will participate in Volleyball BC Super Series events, Island play days, Island Championships, and Provincial Championships, which are held in the LM/FV.

Please note: Mariners Volleyball Club is running a combined 15/16U age category this year to provide an appropriate training and competition level for all athletes in the Performance, Club, and House League Programs. This will also allow the 15U athletes to utilize a libero and allow for more developmentally appropriate opportunities.



# MEET <sup>the</sup> COACHES

## **Zach Andres** - Boys Performance Program Lead

After a successful high school volleyball career, Zach fulfilled his desire to play post-secondary at the College of the Rockies for two seasons before finishing his final three seasons as a VIU Mariner. He has been actively coaching during his varsity tenure both in Northern BC at the Volleyball Canada Centre of Excellence (Kootenays) from 2012-14 and with the Mariners Volleyball Club since his arrival in Nanaimo. He continues to further his coaching excellence by acting as assistant coach with the VIU Men's Mariners Volleyball Team. Zach is also an active coach within the MVC youth programs running both indoor and beach programs.



## **Jordan Church** - Girls Performance Program Lead

Jordan has dedicated multiple years to coaching the 16U and 18U girls' club programs at MVC. He has also coached in numerous recreational programs, from youth volleyball camps, to youth beach clinics. Jordan ran the Woodlands/NDSS beach volleyball academy for two years. His coaching highlights include head coaching BC summer games for both indoor and beach volleyball programs and finishing 2nd at the 2014 high school provincial championships as the assistant coach of the Ladysmith Secondary School senior girls' team. In 2015, Jordan was identified as the British Columbia rising star coach of the year for coaches under 25. His varsity experience includes working as the assistant coach for the VIU womens' program, winning multiple provincial and national championships.



## **Stephen Epp** - Girls Club Program Lead

Stephen worked as the Vancouver Island Regional Manager for over 9 years with Volleyball BC. During his 16-year coaching career he has worked as an assistant coach with the VIU/Malaspina Mariners Men's Volleyball team winning multiple provincial and national medals, led the 2013 NDSS Sr. Girls to the Provincial Gold, 2014 Ladysmith Sr. Girls to the Provincial Silver and was an assistant coach with the 2011 18U Girls Team BC program that won a National Gold medal. Stephen has also been the lead coach for Team BC Beach, BC Summer Games indoor and beach and won the 2009 Volleyball BC Athlete Development Coach of the Year award.



# 14U Boys and Girls

The 14U age category provides athletes the opportunity to learn and build on their love of volleyball within a developmentally appropriate environment. This program has an emphasis on learning and acquiring fundamental skills and tactics through a team environment. The 14U programs will follow the Mariners Volleyball Club Playtime Policy when in competition. The MVC Playtime Policy can be found [here](#). For more information, please go to our FAQs found [here](#).

For the 2022/23 Indoor Club Season, Mariners Volleyball Club will be running one 13/14U Boys competitive boys team (12 athletes maximum). Mariners Volleyball Club will review the possibility of running a second 13/14U boys team or a Train & Play program, depending on the number of coaches, athletes, and facilities available. In the 14U girls program, there will be two competitive Club teams (24 athletes maximum). Female athletes who are not selected to the Club teams will have the opportunity to participate in a local House League program (up to 60 athletes total). Male and female athletes who are selected to the Club programs will participate in the Volleyball BC Island Super Spike event, Island/local play days, Island Championships, and Provincial Championships, which are held in the LM/FV.

## MEET the COACHES



**Joel Hampson** - Boys Club Program Lead

Joel's passion and love for volleyball brought him to the Mariners Volleyball Club in the summer of 2021. Since then, Joel has coached the 15/16U boys and girls in beach volleyball and the 15/16U girls, 14U girls and grade 5/6 girls in indoor volleyball. He is a Manager at the Nanaimo Loaves and Fishes Food Bank while also completing his Master's in Educational Leadership. As a first-year coach of the 14U boys, Joel is excited to bring his leadership skills and passion for volleyball to the program with the hope of leading and inspiring his athletes to achieve excellence on and off the court.

**Keri Chapdelaine** - Girls Club Program Lead

Keri's passion for volleyball started as a young child when she spent countless hours in the gym with her dad while he coached volleyball - she was even named after one of her father's favourite volleyball athletes. This passion grew when she had an opportunity to represent Canada as an athlete on the Youth National Team and Provincial Team. Keri started coaching while she was still playing volleyball at Vancouver Island University and Simon Fraser University, and in 2014 she joined the MVC roster as a coach. Although Keri enjoys teaching athletes how to improve their skills on the court, her biggest coaching motivation comes from seeing the athletes develop off the court.



# 23U Male and Female

The philosophy of the 23U Male and Female Programs is to provide an opportunity for athletes who are looking to continue playing volleyball after they have graduated high school. By providing this opportunity, we are filling a gap that has been identified by our athletes who wish to continue playing for both physical and social aspects. Both the 23U Male and Female Programs will participate in adult play days / tournaments and will attend the Adult Provincial Championships, which are typically held in March.



## MEET the COACHES

### **Vedran Obradovic** - 23U Male Program Lead

Born in Zagreb, Croatia, Vedran started playing Volleyball in 2002. His love and dedication to the sport earned him a spot on the Croatian U18 and U21 National teams. Vedran then moved to Canada and from 2015-2019, he was a member of the VIU Mariners Men's volleyball team. 'After wrapping up his athletic career at VIU, Vedran furthered his connection to the sport in both coaching and refereeing. He has been a dedicated Mariners coach for both indoor and beach programs since 2020 in head coach and assistant coach roles. Vedran is also a Level 2 Volleyball Official and intends to complete his Level 3 in 2023.



### **Shawn Owen** - 23U Female Program Lead

Shawn's biggest passion is in seeing people realize their fullest potential whether that be in athletics, in business or in life. As a former university athlete, Shawn has coached at all levels including high school, club and at the varsity level at both VIU and UVic. Shawn has enjoyed being involved within all aspects of the sport of volleyball and is currently the acting President of Mariners Volleyball Club. In addition, Shawn owns and operates a successful health and nutrition business along with a business/corporate leadership consulting business. He has spent time coaching and mentoring people in person and on stage around the world for the past 15 years since leaving his role as a high school teacher. As much as Shawn loves being involved in the business world, he is committed to spend as much time as possible giving back to the community and the young MVC athletes.

