**ASAD Volleyball – Durham**

ASAD is the only sports academy in the world for student athletes on able-bodied, Para Sport or Special Olympic pathways, with a focus on supporting the holistic development of each student athlete in a dedicated training environment. The program fosters the opportunity for individuals to achieve their personal goals in athletic performance, sport performance, academics and life.

As our program continues to grow, we are investing our efforts in the growth of a volleyball specific stream. This stream would welcome volleyball players from across the region to train at ASAD with two volleyball skill sessions each week with a dedicated volleyball coach. The focus would be on individual skill development and enhancing tactical game play and understanding. The training will be located at the Abilities Centre in Whitby, ON. We are currently collaborating with the Ontario Volleyball Association to develop the volleyball curriculum and appoint the coach.

These volleyball specific training sessions would be integrated into the ASAD program in which student athletes will attend the Abilities Centre for half of their school day and the other half is spent at their home school. The half day at the Abilities Centre includes two 75 min periods. One period will be academic, and one period will be physical education/ athletic training period. The Athletic Training period includes sport specific strength and conditioning, technical training (volleyball), sport psychology, sports nutrition and mental health seminars.

To learn more about the ASAD program, please review the video link below.

<https://youtu.be/xOJcgVaywbM>

If you are interested in applying to ASAD for September 2022, please submit the **2022-2023 Application Form** via this online form:  **<https://app.smartsheet.com/b/form/34cdd3a6d9c74aa9befcf2ac4d80165f>**

As you complete the application, we want to note that you are unable to save work and return to this form.  Therefore, it is suggested you draft your responses ahead of time and then submit once ready.

We are doing our best on our end to ensure our application process is accessible and inclusive. If you have any specific accommodation needs you would like to request that would help you during the application process, please let us know.

For more information on ASAD, please see attached FAQ Document attached.

If you have any questions about ASAD or the volleyball specific stream and/or the application process, please do not hesitate to reach out to Larissa Mankis at asadadmissions@abilitiescentre.org