



ASPEN GROVE



**ASPEN GROVE**  
**VOLLEYBALL**

# VOLLEYBALL

Volleyball is a dynamic and fast-paced sport that brings together athletes from around the world through teamwork, strategy, and a shared love for the game. It fosters communication, mental toughness, and collaboration - skills that carry over into all aspects of life.

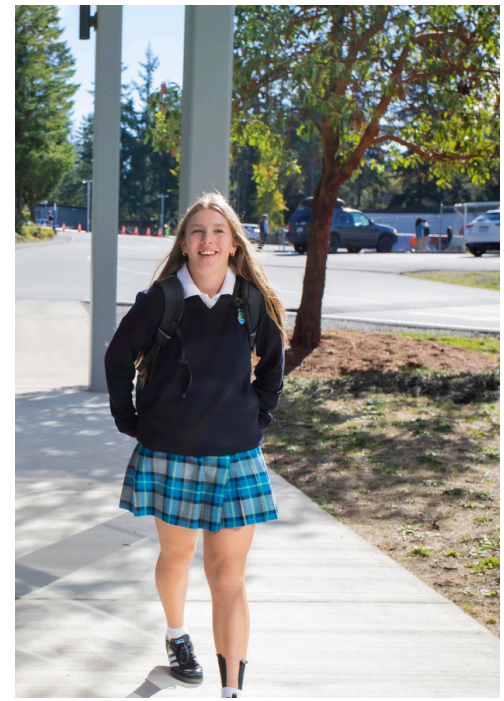
At Aspengrove School, we are proud to offer competitive Volleyball - an advanced training program dedicated to supporting ambitious student-athletes to excel both on the court and in the classroom.



# PROGRAM OVERVIEW

Aspengrove School's elite Volleyball Program is high-performance and supports student-athletes in reaching their full potential both athletically and academically. Through advanced training, expert coaching, and strength and conditioning, athletes refine their skills and elevate their game. The program also emphasizes academic achievement, time management, and character development. Students are encouraged to take an active role in the school community, building leadership and teamwork skills that extend beyond the court.





# ABOUT ASPENGROVE

Aspengrove School is one of Vancouver Island's leading independent schools, serving students from Junior Kindergarten through Grade 12.

Our foundation is built on academic excellence, character and leadership development, and a purpose-driven, structured environment where **every student is seen, known, and challenged.**

For student-athletes, this matters. High performance requires discipline, time management, and strong mentorship - qualities we intentionally cultivate every day.



**ASPENGROVE**  
SCHOOL

*Strong Roots, Bright Futures*

# OUR GYMNASIUM

The Ravens Nest Activity Centre is a 15,000 square foot state-of-the-art athletic and learning facility built in 2020. At its core is a 7,800 square foot gymnasium featuring a full-sized indoor court, glass backboards, state-of-the-art lighting, and retractable spectator bleachers—creating an ideal environment for both training and competition. The gymnasium is fully configured to support two full-sized volleyball courts, complete with adjustable net systems, clearly marked court lines, and ample overhead clearance—making it perfectly suited for training, scrimmages, and tournament play. The Nest offers a professional-grade setting ideal for hosting club events, elite volleyball training, skills development camps, and high-performance athlete programming.

The facility is built to support:

- Competitive league games across multiple sports
- Elite volleyball training and development
- Student-athlete performance programs
- School-wide athletic and showcase events

Complementing the gym is a fully equipped fitness centre designed to meet the unique needs of volleyball athletes, with specialized equipment for cardio, strength, agility, and vertical jump training. With its flexible space, modern amenities, and high-performance focus, the Ravens Nest is an exceptional home for any volleyball academy.



# PROGRAM GOALS

At the Aspengrove Volleyball Program, our goal is to to empower female student-athletes from grades 8-10, to reach their full potential by fostering excellence in volleyball, academics, and personal growth within a supportive and values-driven community. Our core objectives include:

## **ATHLETIC EXCELLENCE:**

Develop high-level volleyball skills through consistent technical training, tactical development, and competitive gameplay.

## **PHYSICAL CONDITIONING:**

Enhance strength, agility, and injury prevention through a comprehensive fitness and conditioning program tailored to the demands of volleyball.

## **ACADEMIC ACHIEVEMENT:**

Support student-athletes in maintaining strong academic performance through structured time management, mentorship, and access to academic resources.

## **LEADERSHIP & CHARACTER:**

Build resilience, confidence, and sportsmanship by fostering leadership opportunities both on and off the court.

## **TEAMWORK & COMMUNICATION:**

Promote strong communication, collaboration, and respect within team environments to cultivate a positive and cohesive culture.

## **COMMUNITY ENGAGEMENT:**

Encourage active participation in the school community through volunteerism, school spirit events, and extracurricular involvement.

## **PATHWAY DEVELOPMENT:**

Prepare athletes for post-secondary opportunities—whether in collegiate athletics or leadership roles—by offering exposure, guidance, and personalized growth plans.

# PROGRAM DIRECTOR

## SHANE HYDE

is the longtime head coach of the Vancouver Island University (VIU) Mariners women's volleyball team, widely recognized as one of Canada's most successful collegiate volleyball programs. Raised in Parksville, British Columbia, and a graduate of Ballenas Secondary School, Hyde began his coaching career in 1993 with the Ballenas senior boys team and the Parksville Volleyball Club, where he also served as vice-president.



Since taking the helm at VIU, Hyde has led the Mariners to seven CCAA National Championships, including titles in 2008, 2012, 2018, 2019, 2020, and 2022. In his 23 years at VIU his team has medalled at provincials every year (14 Gold, 7 Silver, 2 Bronze). On the National stage in his 23 years the Mariners have won 17 medals (7 Gold, 5 Silver, 5 Bronze). This impressive record makes him the most decorated coach in CCAA women's volleyball history. Under his leadership, he has had numerous athletes carry on their volleyball careers with our National teams as well as Professional teams.

Hyde's coaching philosophy emphasizes strategic play and team chemistry over technical perfection, a method that has proven highly effective in fostering a winning culture. His outstanding contributions to the sport have been recognized with several accolades, including numerous PACWEST and CCAA Coach of the Year awards.

Beyond his coaching duties, Hyde is deeply involved in the local volleyball community, organizing beach volleyball leagues in Parksville and mentoring young athletes. His commitment to the athletic and personal growth of his players has left a lasting impact on volleyball throughout British Columbia and Canada.



# SAMPLE SCHEDULE

\*Schedule will change based on time of year

	Monday	Tuesday	Wednesday	Thursday	Friday <small>1/2 Day</small>
8:30 - 9:50	Practice & Skills	English	Practice & Skills	English	Social Studies
9:50 - 10:20	Assembly	Advisory	Advisory	Advisory	Math
10:30 - 11:50	Math	Social Studies	Math	Social Studies	Science
11:50 - 1:10	Science	Elective	Science	Elective	French <small>Classes ends at 12:45 pm</small>
2:00 - 3:20	French	Practice & Skills	French	Practice & Skills	
3:30 - 5:30		Strength	Strength	Strength	



# STUDENT/PLAYER EXPECTATIONS

At Aspengrove's Volleyball Program, we are committed to developing more than just skilled volleyball players — we are building future leaders. Each student-athlete represents the values of Aspengrove School and the spirit of competitive, high-performance volleyball.

Our program focuses on developing strong character, discipline, and respect alongside athletic excellence. These expectations are designed to create a culture of accountability, teamwork, and continuous improvement.

Successful applicants pledge to uphold the standards of both Aspengrove School and the Volleyball Academy, including the student code of conduct. At Aspengrove, we aim for personal and team excellence.



## COMMITMENT & ATTENDANCE

- Arrive on time and ready to give your best at every practice, match, and team event.
- Be prepared with your volleyball gear — proper shoes, knee pads, and practice attire.



## ACADEMIC EXCELLENCE

- As a student-athlete, your academic responsibilities always come first.
- Maintain good grades and communicate proactively with teachers about your schedule.



## CHARACTER & CONDUCT

- Show respect to your coaches, teammates, opponents, referees, and all school staff.
- Demonstrate good sportsmanship on and off the court, regardless of the match outcome.



## EFFORT & ATTITUDE

- Bring high energy and focus to every drill, scrimmage, and game.
- Embrace feedback and maintain a growth mindset to improve your skills — from serving to blocking.



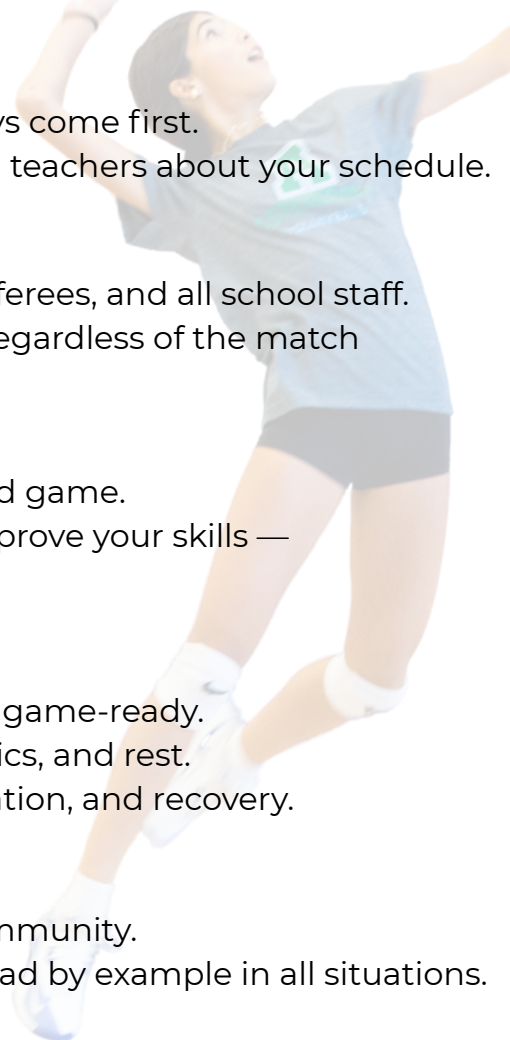
## PERSONAL RESPONSIBILITY

- Take care of your volleyball gear and ensure it's clean and game-ready.
- Manage your time effectively balancing training, academics, and rest.
- Prioritize your physical health with proper nutrition, hydration, and recovery.



## LEAD ON & OFF THE COURT

- Be a role model for others in the school and volleyball community.
- Support teammates, foster a positive team culture, and lead by example in all situations.



# ADMISSIONS

Students applying to the Volleyball Program must first complete Aspengrove's standard admissions process, which all school applicants follow. In addition, applicants will undergo a volleyball evaluation to assess their skills and suitability for the program.

For more information on the admissions process, please visit our website [here](#).

# TUITION & FEES

Tuition & Fee information can be found [here](#). Tuition includes the Volleyball Program costs. Some extra fees may apply for travel & tournaments.

# FINANCIAL ASSISTANCE

Aspengrove is committed to making our exceptional education and volleyball Program accessible to families who may benefit from financial assistance. To learn more about our bursary opportunities, please contact our Director of Enrollment, [Nicole Carpenter](#).



# FREQUENTLY ASKED QUESTIONS

## ***Who is eligible for the Academy?***

The Volleyball Program will be open to girls who are competitive/elite players in grades 8-11.

## ***Will my daughter compete in tournaments?***

Yes, students will compete in both single day and multiple day tournaments. For day trips, we will use a team bus for travel.

## ***Are there extra costs for travel & tournaments?***

Gear, practices, and tournament fees are included in tuition. However, parents are responsible for their own travel and accommodation fees where applicable.

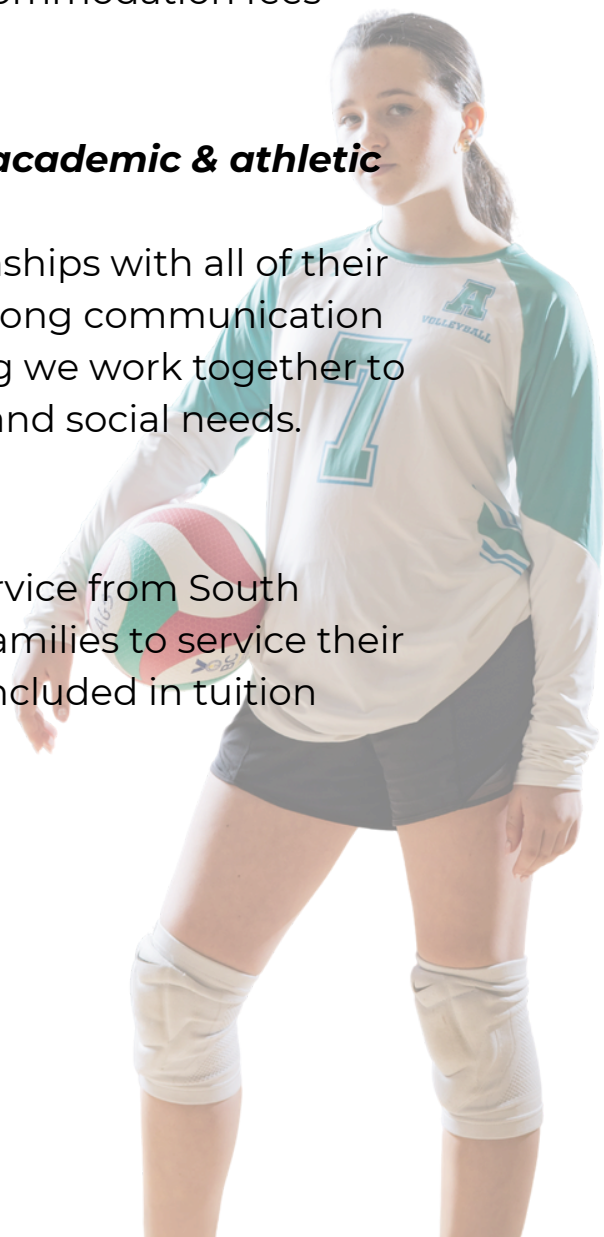
## ***How will my child be supported to balance their academic & athletic needs?***

At Aspengrove, our teachers develop strong relationships with all of their students, and understand their individual needs. Strong communication between home and school is our strength - ensuring we work together to proactively balance your child's academic, athletic, and social needs.

## ***Do you offer bus service?***

Aspengrove owns 3 school buses and offers daily service from South Nanaimo to Qualicum. We can typically work with families to service their neighbourhood, if we aren't already doing so. (Not included in tuition fees.)

**[General Aspengrove FAQ's can be found here.](#)**





# GET IN TOUCH WITH US.


Have Questions? Inquire Today!

**Inquire:** [admissions@aspengroveschool.ca](mailto:admissions@aspengroveschool.ca) 

**Apply Now:** [www.aspengroveschool.msm](http://www.aspengroveschool.msm) 

**Website:** [www.aspengroveschool.ca](http://www.aspengroveschool.ca) 

**Address:** 7660 Clark Dr, Lantzville, BC 

**Social Media** [Instagram](#)  [Facebook](#) 