
ASPENGROVE
VOLLEYBALL
ASPENGROVE SCHOOL
VANCOUVER ISLAND, CANADA

A PATHWAY FOR SERIOUS PLAYERS

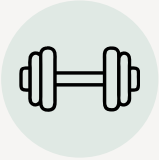
As a premier independent school, Aspengrove offers a high-performance girls volleyball program for student-athletes committed to competing, developing, and leading — on the court and in the classroom.

This is not recreational volleyball.
It's an elite performance pathway designed for serious student-athletes.



YEAR-ROUND DEVELOPMENT

Structured skill progression, strength and conditioning, individual performance feedback, and seasonal evaluations.



STRENGTH & PERFORMANCE

Integrated training designed to develop athleticism, strength, speed, movement, and confidence.



COMPETITIVE PLAY

Aspengrove teams compete in select tournaments, providing structured, high-level competition throughout the season.



ACADEMIC INTEGRATION

A full academic program designed to prepare student-athletes for university while balancing demanding volleyball commitments.



CHARACTER-DRIVEN CULTURE

Building disciplined, resilient, accountable athletes who are prepared to lead on and off the court.

Aspengrove offers a long-term development model supporting athletes from Grade 8 through graduation.

TRAINING & PRACTICE SCHEDULE

SESSION	SCHEDULE	FOCUS
Training Blocks	Mon, Tue, Wed, Thu, in timetable	Skills & Game Play
Strength & Conditioning	3 sessions per week, after school	Full team sessions with the coaching staff
Athlete Support	Integrated weekly, in timetable	Personalized Teacher Support for Student-Athletes

COMPETITION SEASON

Student-athletes train and compete year-round, with indoor volleyball from fall through early spring and beach volleyball from early spring through summer. The team travels throughout Canada and the United States to compete in tournaments and gain high-level competition experience.

ON-CAMPUS FACILITIES

RAVENS NEST ACTIVITY CENTRE

A professional-grade indoor facility featuring two full-sized volleyball courts with adjustable net systems, regulation court markings, and ample overhead clearance.

BEACH VOLLEYBALL COURTS

Two regulation-size outdoor beach volleyball courts provide dedicated space for training and competition throughout the spring and summer seasons.

FULLY EQUIPPED FITNESS CENTRE

A dedicated fitness centre supports the development of volleyball-specific strength, agility, cardio, and vertical jump performance, with specialized equipment designed for student-athletes.





A GLOBAL COMMUNITY

Join a small, globally focused school where international students integrate into local culture and form meaningful connections with Canadian and international classmates.

ENGLISH IMMERSION

Learn and live in an English-speaking environment, building confidence both inside and outside the classroom.

A HOME AWAY FROM HOME

International students can live with a member of the Aspengrove community through our Aspengrove-managed Homestay Program.

EXPERIENCE HOMESTAY

Scan to watch our Homestay video.



ACADEMICS BUILT AROUND AMBITIOUS ATHLETES

Aspengrove combines strong academic programming with exceptional support for ambitious volleyball players pursuing their passion while preparing for their future. Students complete the IB Programme through Grade 10, followed by Advanced Placement course options in Grades 11 and 12.

- ✓ Full academic course load alongside volleyball training
- ✓ Training integrated within the regular school day
- ✓ Small classes and teachers who know their athletes
- ✓ Full BC Graduation requirements
- ✓ Personalized guidance from the Volleyball Academy and University Counsellor

The result: an academic foundation designed to prepare athletes for post-secondary opportunities, whether in collegiate athletics or leadership roles, by offering exposure, guidance, and personalized growth plans.

SAMPLE DAILY TIMETABLE

8:30 - 9:50	HP Block ~ Skills & Game Play
10:30 - 11:50	Academic Block
11:50 - 13:10	Academic Block
13:10 - 14:00	Lunch
14:00 - 15:20	Academic Block
After School	Strength & Conditioning





UNLEASH YOUR POTENTIAL



VOLLEYBALL

INDEPENDENT SCHOOLS ASSOCIATION OF BRITISH COLUMBIA

CAIS

FISABC Federation of Independent School Associations British Columbia

WORLD SCHOOL

BRITISH COLUMBIA Ministry of Education

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