



Beach Volleyball High Performance Plan

A plan that describes Volleyball BC's goals, objectives and activities aimed at improving the performance of BC's top athletes and coaches.



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1 INTRODUCTION TO THE HIGH PERFORMANCE PLAN

When the Volleyball BC Indoor High Performance Plan was developed in 2022, it was noted that the scope would not include Beach Volleyball. The rationale at the time was that Indoor and Beach Volleyball had very different high performance needs and that Beach Volleyball would have a separate high performance plan developed at a later date. In the fall of 2024, work began on developing the plan that would “strengthen the pathways” to ensure Beach players, coaches and referees can learn, grow, and excel on the pathway they choose in our sport.

As part of this, our Strategic Plan identifies the need to create a strategy for sustainable high performance programming that prepares athletes, coaches, and referees to perform and contribute at a national and international level. The Beach High Performance Advisory Committee was established to guide and help develop the plan.

1.1 Purpose

The purpose of the Beach High Performance Plan is to articulate Volleyball BC’s role and objectives for high performance programming, training, development, and support. It describes the goals, objectives, and activities aimed at improving the performances of BC’s top athletes and coaches.

1.2 Methodology and Findings

The development team consulted with the Province’s leading Beach Volleyball coaches and program leads, and national team members and alumni. Interviews were conducted with leaders representing the Beach Volleyball programs at Alberta Volleyball Association, the Ontario Volleyball Association, and Volleyball Canada.

The strengths and challenges of the current program in BC include:

Strengths

- Highly successful Vancouver Open tournament
- Fantastic results at the Canada Summer Games with a silver for men and bronze for women in 2022 and a gold medal for men in 2025.
- Two 5th place finishes for BC teams at National Championships over the last 3 years
- 20 clubs that offer Beach Volleyball programs

Challenges

Programming

- Currently there is no Team BC Beach programming, dedicated Beach Volleyball staff within VBC or Team BC Beach coaches in non-Canada Summer Games years.

Coaching

- There is a lack of coach educators with extensive Beach Volleyball experience or knowledge. Coach education is being delivered by coach educators whose background is predominantly Indoor focused.
- There is an absence of tools that guide how the sport is coached and taught. Simple tools such as a scope and sequence for developing Beach Volleyball skills have yet to be developed.

Competitions

- Few non-tournament competitive opportunities for skill development.
- In the last 3 years, BC has only had 5 teams compete at nationals (5/320 teams).

Facilities

- Permitting with Vancouver Parks Board (VPB) is uncertain and clubs are concerned that VPB will centralize the delivery of Beach Volleyball programs like they have done with softball.
- Limited indoor Beach Volleyball facilities. Those that exist have high venue rental costs that discourage clubs from using the facilities.

Attracting Top Talent

- The de facto Beach Volleyball pathway identifies athletes after Indoor Volleyball selection rendering Beach into “an afterthought” or “second choice”.
- For men, Indoor Volleyball is perceived as a better pathway to Professional or Olympic competition due largely to greater potential for financial gain.
- Beach Volleyball is the preferred path for women wanting to compete at the Olympics, and NCAA Beach opportunities hasten specialization decisions.

The themes that emerged included from discussions with athletes, Provincial Sport Organizations (PSOs), and Volleyball Canada:

- The development pathways for Beach Volleyball athletes differ greatly between men and women. Often, women generally specialize earlier than men due in part to the possibility of competing in the NCAA. Men specialize during university/college or afterwards.
- Many PSOs do not distinguish development approaches between men and women and focus on teenage athletes.
- When we compare the Ontario and the Alberta programs, there is not a correlation between long term results and the length of their summer Provincial Team programs. This may suggest that clubs have a greater or equal role in developing players that have National Team or NextGen potential than the PSOs do.
- All three organizations have a full group of paid coaches to work with their programs. OVA and Volleyball Canada have full-time Beach Volleyball coaches.

Some of the themes that emerged from the broad consultation done for the Indoor Volleyball High Performance Plan is relevant to Beach Volleyball:

- Athletes need greater support for mental performance and mental health.
- There is value in providing better strength and conditioning opportunities for identified athletes, and leveraging support offered through the Canadian Sports Institute regional centres.
- Increasing coaching excellence will have a profound impact on the top athletes and the entire club system.



2 UNDERSTANDING HIGH PERFORMANCE

High performance results, such as podium finishes at Canada Summer Games, are the end result of a well functioning athlete development system. This starts with a strong club system where the key components of athlete development are present: excellent coaching, engaging programming, and a culture that balances values of holistic athlete development and excellence. The top athletes must then be identified and given the opportunity to work with other identified athletes and Team BC coaches in environments that include supportive facilities, Integrated Support Team services (IST), and appropriate competitive opportunities. The excitement of top results fuels the system and demonstrates that BC athletes and coaches are among the best in the nation.

2.1 Scope

There are many views as to where development transitions into high performance, and at what stage or age an athlete should be considered high performance. For the purpose of this plan, VBC considers that because specialization occurs later for Beach

Volleyball athletes than for Indoor players, that high performance will focus on those players who are selected to the Team BC program or other athletes on the pathway to Volleyball Canada National Team Beach Volleyball programs.



3 VOLLEYBALL BC'S ROLE IN HIGH PERFORMANCE

Volleyball BC provides high performance leadership by delivering opportunities for coach and athlete development and by facilitating talent identification.

The Team BC program is not just a source of motivation for BC's best volleyball athletes. It provides invaluable development opportunities for many of the province's athletes who come from rural communities, smaller clubs, or regions where there are few competitive opportunities.

BC has a reputation of having some of Canada's best Indoor Volleyball coaches, and its universities are consistently among the best in USport. VBC plays a critical role in developing top coaches and providing them with the education, mentoring, and enhanced learning opportunities to coach at the very top levels of the sport. Developing Beach Volleyball coaches has not had the same success due in part to the lack of Beach Volleyball coach developers and specific courses and resources.

VBC is responsible for developing and managing a transparent and technically sound system of talent identification. It is accountable for the quality assurance and consistency of this system.



4 GOALS AND OBJECTIVES

The High Performance Plan has the following goals, objectives, and activities:

Goal #1 Increase High Performance Capacity of BC Clubs		
Objective 1.1 Assist clubs in promoting Beach Volleyball to youth and parents.	Activities • Develop promotional tools. • Promote VBC Beach clubs and results.	Rationale Assist with local club recruitment to attract more youth to the sport of volleyball.
Objective 1.2 Host Regional and Provincial development opportunities for younger players.	Activities • Host Athlete/Coach training weekends and webinars.	Rationale Grow club capacity to attract, retain, and develop young athletes.
Objective 1.3 Provide technical and administrative leadership to clubs and club coaches.	Activities • Ensure that VBC technical newsletters include content that is relevant and helpful to Beach Volleyball participants and clubs. • Develop an online hub to share technical material and best practices. • Deliver regional clinics. • Provide professional development opportunities for Beach Volleyball club administrators.	Rationale Coordinate the delivery of capacity building initiatives to grow club capacity to deliver quality high performance programs.
Objective 1.4 Recognize and acknowledge top performing clubs and teams.	Activities • Develop beach club volleyball ranking system • Publish team rankings. • Recognition of the top BC clubs.	Rationale Recognition creates an ethos that values excellence. Club rankings enable more competitive seeding at VBC tournaments and fewer blow-out games.
Goal #2 Increase BC's High Performance Beach Coaching Expertise		
Objective 2.1 Recruit and train Beach Volleyball Coach Developers	Activities • Focused drive to recruit 3-5 Beach Volleyball experienced and certified coaches for coach development training. • Provide Coach Developer training. • Explore options to share Beach Coach Developers with other provinces.	Rationale Coach Developers are tasked with the role of providing NCCP education to coaches. To ensure that Beach Volleyball coach education is delivered by those with extensive Beach Volleyball experience, VBC must invest first in recruiting and training more coach developers.

Objective 2.2 Expand opportunities for Beach Volleyball NCCP education, professional development, and mentoring.	Activities • Host coach education in conjunction with athlete training camps, tournaments, and leagues. • Expand coaching clinics.	Rationale Investments in coach expertise yield benefits for generations of athletes. Improving coaching quality is the best high performance investment possible.
Objective 2.3 Develop a high performance Beach Volleyball Coach pathway.	Activities • Provide enhanced education, mentoring, and experiential opportunities for a select group of coaches. • Align Team BC coaching contracts with the Coaching Pathway.	Rationale There is a need to increase the pool of Team BC coaches and a benefit to providing additional learning opportunities to BC's most promising coaches. By raising the coaching competency of these top coaches, club coaching and athlete performance improves.
Objective 2.4 Develop Beach Volleyball coaching tools.	Activities • Develop or collate resources to assist in the systematic development of Beach Volleyball skills. • Instruct coaches in the use of these tools as a foundational part of their coach education.	Rationale Through a systemic and resource supported introduction to Beach Volleyball volleyball skill development, VBC can ensure quality control of skill and tactical competency.
Goal #3 Secure Sustainable Facility Access		
Objective 3.1 Provide leadership in the advocacy and access to outdoor Beach Volleyball facilities	Activities • Identify and provide financial assistance for facility development projects. • Develop a facility access strategy.	Rationale The development of high performance programs, clubs, athletes, and coaches relies on the sustainable availability of quality outdoor Beach Volleyball facilities.
Objective 3.2 Expand opportunities for indoor Beach Volleyball play.	Activities • Identify opportunities for new facilities and collaborations	Rationale High performance athlete development requires year-round programming. As more athletes and coaches specialize, Indoor Volleyball will no longer be viewed as the only winter skill developing focus.

Goal #4 Expand Competitive Opportunities		
Objective 4.1 Establish Club Championships for Beach Volleyball.	Activities Support local clubs in hosting Club Championships.	Rationale To better support clubs that are focused on Beach Volleyball, there is a need for exclusive championship tournaments.
Objective 4.2 Develop regional Beach Volleyball youth leagues	Activities Provide leadership and incentives to expand local non-tournament competitions for youth players.	Rationale Non-tournament play attracts more participants, provides more opportunity for tactical and skill development, attracts unaffiliated participants towards club membership, and encourages closer working relationships among Beach Volleyball clubs.
Goal #5 Support BC's Best Athletes		
Objective 5.1 Increase quality and quantity of training hours for Team BC players who have or are in the process of prioritizing Beach Volleyball.	Activities Provide Team BC selection, training and competition during Canada Games and non-Canada Games years.	Rationale Athlete development is enhanced by playing with BC's best under the guidance of Team BC coaches. Structuring the program to include both regional and centralized training weekends ensures that the program is affordable for athletes and distributed throughout the season.
Objective 5.2 Better support player development through strength and conditioning, skill consultants, and integrated support teams.	Activities - Leverage Pacific Sport Institute facility access to enable strength and conditioning - Develop a directory of skill consultants. - Deliver mental performance and mental health training. - Ensure that Team BC athletes have access to a network of IST support professionals.	Rationale Not all clubs are able to support all of the needs of their elite athletes. Athletes qualifying for Team BC would receive additional support throughout the year.

5 PERIODIZED PLAN

Year 1: Building the Foundation

Focus:

The first year establishes the essential structure and resources needed to grow beach volleyball in BC. Volleyball BC will concentrate on visibility, education, and program development, setting up the systems that support athletes, coaches, and clubs for years to come.

Key Priorities:

- Partner with clubs to promote beach volleyball and deliver regional development clinics for younger players.
- Integrate beach-specific content into VBC communications and technical resources.
- Recruit and train the first Beach Coach Developers and expand online professional development opportunities.
- Introduce Team BC Beach with new policies, training schedules, and athlete support systems.
- Launch foundational Integrated Support Team (IST) services, including strength training, mental performance, and wellness resources.

Year 2: Expansion and Integration

Focus:

With foundational systems in place, Year 2 emphasizes growth and alignment. Volleyball BC will expand regional delivery, strengthen technical and coach education resources, and host the first Beach Club Provincial Championships.

Key Priorities:

- Promote BC's beach clubs and athletes while hosting larger regional development weekends.
- Create an online hub for technical materials and best practices for coaches and administrators.
- Explore NCCP Coach Development and professional development clinics and launch the High Performance Coach Pathway.
- Collaborate with clubs and Local Organizing Committees to host the first Beach Club Provincial Championships.
- Continue refining IST supports for Team BC athletes and introduce new webinars and performance resources.

Year 3: Consolidation and Advancement

Focus:

Year 3 focuses on aligning and elevating existing programs. Coaching, athlete development, and competition pathways begin to fully connect, supported by new tools and regional league structures that link local programming to provincial performance goals.

Key Priorities:

- Host both regional and provincial development weekends with integrated coach education.
- Launch the first High Performance Coach Cohort, linking mentorship and Team BC staffing.
- Develop and distribute beach coaching tools outlining skill and tactical progression.
- Pilot the first Regional Beach League and refine the Club Provincial Championships format.
- Provide leadership on securing long-term outdoor facility access and partnerships.

Year 4: Optimization and Sustainability

Focus:

The final year transitions from growth to long-term sustainability. Volleyball BC's programs, partnerships, and coaching systems are embedded into regular operations, with focus shifting to quality, consistency, and regional independence.

Key Priorities:

- Expand the Regional Beach League model across multiple regions.
- Continue recruiting and mentoring Beach Coach Developers.
- Refine and model coaching tools during development events to enhance delivery quality.
- Maintain high performance and club partnerships to ensure the system remains self-sustaining.

Over the course of four years, Volleyball BC's Beach Volleyball Implementation Plan builds a clear and sustainable pathway from grassroots participation to high performance excellence. Beginning with foundational elements, education, and structure, the plan progressively expands to integrate regional delivery, coach development, and competitive opportunities. By Year 4, the goal is to have a fully connected system across the province, supported by trained coaches, engaged clubs, and a strong high performance environment that empowers athletes to pursue success at every level of the sport. This framework not only enhances the provincial landscape for beach volleyball but also provides a road map for long-term growth, and competitive strength within Canada.

Objective	Year 1 (2026)	Year 2 (2027)	Year 3 (2028)	Year 4 (2029)	Resources
1.1 Assist clubs in promoting Beach Volleyball to youth and parents	Develop promotional material with clubs	Promote VBC Beach Volleyball clubs and results.	Review/Revise Maintain	Review/Revise Maintain	Creation/updates of youth beach marketing material Year 1 - 40 Hours Coordinated by current staff with contracted support.

	Promote VBC Beach Volleyball events				Year 2 onwards would utilize current promotional/communication platforms with little impact to staff. Year 4 Full integration requires creation of a dedicated role.
1.2 Host Regional and Provincial development opportunities for younger players.		Develop and deliver regional clinics Host regional development days	Host regional development days and weekends	Host provincial development weekend Host regional development days Integrate coach education into development days and weekends	Year 2 Plan, Develop and Deliver clinics - 60 Hours Combination of staff time and contract coaches - camps/clinics would be self sustaining with registration fees covering contract coach costs Year 3 Plan, Develop and Deliver clinics - 80 Hours Combination of staff time and contract coaches - camps/clinics would be self sustaining with registration fees covering contract coach costs Year 4 Integration of coach education - 80 hours Combination of staff time and contract staff to develop content and deliver program Full integration requires creation of a dedicated role.
1.3 Provide technical leadership to clubs and club coaches	Beach content included in VBC technical newsletters	Develop an online hub to share technical material and best practices	Maintain/update technical hub	Maintain/update technical hub	Year 1 Develop content for newsletter (2 newsletters) - 50 hours Coordinated by current staff with contracted support.

	Online pro-development for Beach Volleyball club administrators	Develop technical materials for coaches			Content would be a combination of staff created and soliciting content from the beach volleyball community Year 2 Creation and maintenance of club/coach hub - 100 hours A coach hub already exists for indoor volleyball coaches, this would be an extension. Coordinated by current staff with contracted support. Year 3 & 4 Continued maintenance and improvement to newsletter/content and hub - 150 hours Full integration requires creation of a dedicated role.
1.4 Recognize and acknowledge top performing clubs and teams	Develop beach club volleyball ranking system	Post team rankings Promote rankings Award top club	Recognize top teams during season Continue	Continue	Year 1 Creation/maintenance of beach volleyball club membership, competition system and structure - 40 hours This could be handled within current staff capacity. Primary work is creating a club ranking structure Year 2 & 3 Continue with beach volleyball club system and recognize top clubs - 10 hours Staff already track results of individual players. Club results can be added to the current processes.

					VBC has an Excellence Awards program that can be utilized to recognize the top clubs Year 4 Full integration requires creation of a dedicated role.
2.1 Recruit and train Beach Volleyball Coach Developers	Recruit 2 Beach Volleyball experienced and certified coaches Provide Coach Developer training	Explore options to share Beach Coach Developers with other provinces Recruit and train 1 new coach developer Train coach developers on new coach education tools	Recruit and train 1 new coach developer	Recruit and train 1 new coach developer	Year 1 Recruit/retain/train coach developers - 25 hours This would fall under the coach development manager position. VBC is already recruiting and training coaches as indoor coach developers Year 2 Recruit/retain/train coach developers - 25 hours Ongoing until we have a sufficient number to meet demands of the system Year 3 & 4 Full integration requires creation of a dedicated role.

2.2 Expand opportunities for Beach Volleyball Coach education, professional development, and mentoring.	Create Beach Volleyball Coach Training Module	Host Beach Volleyball coaching clinics Offer online and in- person professional development Offer coach education and professional development in coordination with regional development days	Offer coach education and professional development in coordination with regional development days/weekends and provincial weekends	Continue, review/revise	Year 1 Creation of coach training modules - 300 hours Creation of a training module that can be used for VBC Beach Volleyball Coaches. This would require contracting a staff to develop the content Year 2 Host coaching clinics and Pro-D opportunities - 40 Hours. This can likely be handled by current staff capacity Year 3 & 4 Coach education in conjunction with Regional Development Days - 80 Full integration requires creation of a dedicated role.
2.3 Develop high performance Beach Volleyball Coach pathway		Develop a pathway to provide enhanced education, mentoring, and experiential opportunities for a select group of coaches.	Launch HP Coach Pathway (cohort #1) Align Team BC coaching contracts with the Coaching Pathway	Continue cohort #1 Review/Revise pathway	Year 2 Creation of HP beach pathway - 100 hours This can be based on the indoor coach development plan which includes HP coaches. Year 3 Launch HP Coach Cohort #1 - 100 hours Oversight can be maintained by VBC Staff but delivery should be conducted by contract staff. Year 4 Full integration requires creation of a dedicated role.

2.4 Develop Beach Volleyball coaching tools.		Develop tools to include scope and sequence of skill and tactic development	Model tools at development days and weekends Instruct coaches how to utilize tools when training athletes		Year 2 Develop resources - 80 hours Due to strong technical knowledge required to develop resources this will utilize contract staff to develop. Year 3 Train coaches with resources - 40 hours This would be included in coach education clinics and webinars Year 4 Full integration requires creation of a dedicated role.
3.1 Provide leadership in the advocacy and access to outdoor Beach Volleyball facilities	Create and promote a process for identifying and securing long-term facility access to beach volleyball facilities	Ensure that beach facilities are integrated into the creation of a facility strategy (Goal 1 of Strategic Plan)			Leading processes of securing long term outdoor facilities - Ongoing VBC can promote and utilize its PFDF to identify prospective new facilities. VBC leadership will continue to engage with municipal bodies to advocate for facility access.
3.2 Expand opportunities for indoor Beach Volleyball play	Identify opportunities for new facilities and collaborations	As opportunities arise	As opportunities arise	As opportunities arise	Identifying beach facilities and opportunities in BC This will be added to the current strategic plan work being done to identify facility needs and access across the province.

4.1 Establish club championships for Beach Volleyball clubs.		Create and facilitate bid process for 2026/27 Beach Club championship hosts Support LOC to host first Provincial Beach Club championships	Support LOC to host Beach Club championships	Support LOC to host Beach Club championships	Year 2 Creation and delivery of club championships - 200 hours Current staff capacity may be able to manage this process, however, exploring contract staff should be considered. Year 3 & 4 Full integration requires creation of a dedicated role.
4.2 Develop regional Beach Volleyball Leagues for youth players			Identify and select a region to run a pilot league	Expand league to additional regions	Year 3 Pilot 1 beach beach league in a region - 80 hours Exploring contract staff should be considered. Year 4 Expansion of Beach league - 100 hours Full integration requires creation of a dedicated role.
5.1 Increase quality and quantity of training hours for Team BC players who have or are in the process of prioritizing Beach Volleyball	Develop Team BC Beach Volleyball policy (selection, staffing, training, competition) Develop and deliver Team BC Beach Volleyball program Debrief	Review, revise and deliver Team BC Beach Volleyball program	Continue	Continue	Year 1 Develop selection policy and program processes 100 hours This will be handled by current staff capacity Delivery of Team BC Beach Volleyball Program - 320 hours (16 - 20 hour weeks) Contracted staff position. Year 3, 4

					Delivery of Team BC Beach Volleyball - 300 hours Full integration requires creation of a dedicated role.
5.2 Better support player development through strength and conditioning, skill consultants, and integrated support teams	Launch S&C support for Team BC members Develop a directory of skill consultants Deliver mental performance training to Team BC Develop and launch mental health resources Develop network of VBC therapists	Continue Mental Performance Webinars for coaches Explore other resources for Team BC Publish directory to Team BC athletes	Continue Mental Performance Webinars for clubs	Continue	Year 1 Liaise between Team BC Beach athletes and integrated services / Creation and maintenance of skill consultant directory- 60 hours This should be rolled into the overall Team BC athlete development pathway for both indoor and beach volleyball. Developing/delivering asynchronous webinars for beach volleyball participants - 40 hours This should be rolled into the overall Team BC athlete development pathway for both indoor and beach volleyball. Administrative tasks can be handled under current staff capacity. Delivery of the webinars would be conducted by a contracted professional. Year 2, 3, 4 This would be rolled into the overall Team BC athlete development pathway for both indoor and beach volleyball.

6 MEASURING SUCCESS

There are many outcomes that VBC expects from its high performance programs including the development of character, a nurturing of a life-long love of the game, a safe, fun, and inclusive environment, and accessible opportunities for athletes and coaches. These are important results that contribute to the sport in BC.

However, VBC will measure the success of its high performance programs by the following measures and against the stated benchmarks:

	Measure	Benchmark	2026 Target	2027 Target	2028 Target	2029 Target
Goal #1	# of Beach clubs offering high performance programs*	2025 0	+1	+1	+1	+1
Goal #2	# of Beach coach developers**	2025 0	+3	+1	+1	Maintain
	# of Beach coaching clinic participants	2025	Benchmark	+10%	+10%	+10%
Goal #3	# of Beach outdoor facilities	2025	Benchmark	+1		+1
	# of Beach indoor courts/facilities	2025	Benchmark		+1	+1
Goal #4	# of non-tournament competitive opportunities in BC	2025 0	+ 5%	+10%	+10%	+10%
Goal #5	Top placing for Team BC women at CSG	2025 5th				Top 2
	Top placing for Team BC men at CSG	2025 Gold				Top 2
	# of BC developed women playing Beach in the NCAA	2025 3 Women	4 women	6 women	8 women	12 women
	# of former Team BC athletes playing for Volleyball Canada teams	2025 0 Women 0 Men				1 women 1 men

	# of former Team BC athletes playing in Volleyball Canada's NextGen program	2025 5 Women 2 Men	5 women 3 men	6 women 3 men	6 women 3 men	7 women 4 men
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* High performance programs have try-outs and a minimum of 3 training days a week.

** Coach developers with specific experience in Beach and not just Indoors.