

Island Surge Volleyball 2026-27



islandsurgevolleyball@gmail.com



Island Surge Volleyball Club – Parent Player Meeting

Date	TBA
Location	Bluefield High School

1. Introductions – Coaching Staff & Professional Team

Lynn Boudreau – Certified Performance Coach Indoor & Beach Chartered Professional Coach with CAC

+30 years coaching volleyball at various levels
8 years CIS Head Coach UPEI Women
2001, 2005, 2009, 20017 & 2022 Head Coach Canada Games Indoor/Beach
2005 AUS Coach of the Year
2005 Volleyball Canada Female Coach of the Year

Randy Goodman – Certified Advanced Development Coach Registered Coach License with CAC

Specialist in Sports Physiotherapy
+30 years coaching high school and club volleyball
8 years Assistant Coach UBCO Women's CIS Volleyball
Best placement, 3rd at CIS nationals 2016

Alyssa Goodman – In Training Development Coach

Originally from Kelowna, BC
Played high school and Club Volleyball in BC
New to coaching but not new to having fun

Amanda MacBain – Trained Development Coach

3 seasons of coaching high school volleyball
Played 5 years in ACAA (MtA & Crandall) & MVP/AOY at Crandall
Played in the 2022 Canada Games Indoor Volleyball
Special interest in using sport as a tool for leadership, life and social skills
Certified teacher with a background in Psychology

Lindsay Reijers – Trained Development Coach

Played 4 years in the AUS with UPEI
Played NS Provincial Team, Cougars Club & CEC
Coached at Birchwood
Lindsay is a dedicated coach with a strong background as both a player and a mentor. She is committed to developing strong, fundamentals, teamwork, and confidence in every athlete.

Coach	Email	Cell
Lynn Boudreau	boudreaulynn@gmail.com islandsurgevolleyball@gmail.com	C (902)393-1305 W (902)368-6253
Randy Goodman	rgsportphysio@gmail.com islandsurgevolleyball@gmail.com	C (902)218-0761
Lindsay Reijers	lindsayreijers@gmail.com	
Amanda MacBain	amanda.macbain@gmail.com	
Alyssa Goodman	alice_@live.ca	
Samantha Payne	samantha.rj.payne@gmail.com	

Additional Performance Team – Strength Training Coach, Mental Performance Coach, Sport Dietitian (names to be confirmed in November).

2. Club Objectives

Island Surge Volleyball is a club member of Volleyball PEI and is run by the rules and regulations put in place by VPEI.

- To maintain a competitive and recognized club.
- To identify, attract, develop, and promote athletes.
- To maintain a quality program with continuous growth for athletes leading to participation in volleyball at the Provincial, College and/or University, National, and International levels.
- To create and maintain an environment that teaches core values, develops character and promotes leadership, responsibility and accountability among all of its members.
- To provide the advanced technical, physical and mental training required to build “Elite” “Development” teams 14U – 15U.
- To properly prepare our athletes for their post-Club volleyball careers, and their post-volleyball careers.

3. Team Rosters:

Possible teams are 14U and 15U for Girls and 18U for Boys but in reality, it will all depend on the number of athletes who try out.

- Teams will be selected by taking in account athletes ages and their positions.
- Some players may still be asked to practice and play in different positions from what they currently play. Everyone is asked to be open minded and continue to work hard.
- Selections will be done by a team of coaches/evaluators, who may or may not be working with that group once selected.
- Selection will be around physical & technical skills testing, attitude and aptitude (Game IQ)

AGE CLASSES

Volleyball PEI club volleyball follows Volleyball Canada age categories.
For the 2026–27 season, an athlete's age category is determined by their year and, in some cases, month of birth.

AGE CATEGORY	SEPT.–DEC. BIRTH	JAN.–AUG. BIRTH
18U	2008	2009
17U	2009	2010
16U	2010	2011
15U	2011	2012
14U	2012	2013

- Maximum of 10 players per team, there may be practice players/ alternates positions as well

4. Try Outs:

With the size of PEI many of the coaches have connections with different players. To help cut down the conflict of interest, try outs will be based on scoring, physical testing, skill testing and evaluating, attitude (Coachability, Work ethic, etc....)

What will be tested:

- Physical Testing @ the Performance Hub
- Skill Testing during tryouts
- Attitude Evaluation during all sessions (Coachability, Work Ethic etc....)
- Volleyball IQ during tryouts
- Rules of the Game Quiz at tryout session

ID Camp Cost: \$20/athlete/session

All players must have a Volleyball PEI Membership to attend.

Club Tryouts are permitted after	November 19, 2026
Saturday November 21 – 3 pm to 5 pm Bluefield	Sunday November 22 – 1 pm to 3 pm Bluefield
Saturday November 28 – 3 pm to 5 pm Bluefield	Sunday November 29 – 1 pm to 3 pm Bluefield
There may be 1 or 2 other dates TBD	Physical Testing between (Nov 19 – Nov 26) Dates to be confirmed

**** If selected after tryouts and before becoming an official part of the club players will be required to sign a code of conduct contract and parents will also need to sign a code of conduct contract. ****

5. Training:

- Technical sessions 2-3 times a week; it may vary with each team.
- Gym availability will dictate our practice times.
- Bluefield High School – Saturdays 3-5 pm, November until May.
- Bluefield High School – Sundays 1-3 pm, November until May.
- Private Gym – Tuesdays 5:30 – 7:30 pm November until May
- Private Gym Thursdays 6:00 – 8:00 pm November until May
- If athletes know dates for other events they have, please let us know as early as possible.

- Mental Training - plan with sessions will be provided.
- Strength Training – plan with sessions will be provided.
- Nutrition – plan with sessions will be provided.

6. Tournaments:

Goal: 3-4 tournaments and looking at Nationals but with parents' feedback.

Event	Location	Date
Winter-Fest	Summerside	January 29 – 21, 2027
Red Mudd	East Wiltshire	February 5-6, 2027
VPEI Red Dirt Event	Charlottetown	March 6 & 7, 2027
14U VPEI Provincials	TBD on PEI	April 3, 2027
Elites of the East	Fredericton, NB	April 9-11, 2027
Volleyball Canada Nationals – 14U Girls	Moncton, NB	April 29 – May 2, 2027
Volleyball Canada Nationals – 15U Girls	Edmonton, AB	May 12 – 15, 2027

We will work quickly as possible to finalize dates.

Decisions on Nationals to be made in December with parents' feedback.

7. Budget

- Fundraising – responsibility of the parents and players; all projects must be approved by club
- Sponsorship is an avenue, with uniforms and gear as an option.
- Tournament Travel for players is not included in costs; the fee covers all coaches' costs, etc.
- All budgets may change due to number of players, tournament costs, clothing etc....
- Financial Assistance (to those eligible) – KidSport may be available.

Club Budget – November to End of Spring League

Item	Details	Budget
Expenses		
Administration VPEI	club fees, insurance etc.	\$100
Volleyball Canada/PEI Membership Coaches Fees	6 × \$85	\$510
Balls	Each Season buy 4 new ones	\$400
Uniforms	Need 6 (3 new ones per team)	\$300
Coach Honorarium		
Performance Coach	24 Weeks 1 coach	\$1,500
Advanced Development Coach	24 Weeks 1 Coach	\$1,200
Development Coach	2 × \$900	\$1,800

Coaches In training	2 × \$600	\$1,200
Players Clothing Athletes	\$150 (kitbag etc.....)	\$3,000
Clothing Coaches	6 × \$150	\$900
Mental Training	4 Sessions per team	\$1,600
Strength & Conditioning		\$2,000
Sport Nutrition	4 Sessions per team	\$1,600
Misc. (team building)		\$500
Tournaments	2 On Island x 2 teams	\$4,400
Tournaments	2 Off Island x 2 teams	\$8,400
Gym time / Facility Honorarium		\$4,000
First Aid Kit- tape etc....		\$300
Total Expenses		\$33,810
		(\$1690 per player)
	Based on 2 Teams – 10 players per team	\$1300 per player once we know what tournaments we can adjust

Nationals Budget 14U Moncton, NB

Item	Details	Budget
Registration		\$1,500
Coach Transportation	Bridge, Gas, Car usage	\$600
Accommodations Players & coaches	Stay & Play Rules 3 nights 10 rooms \$250 per room	\$7,500
Team Snacks/Dinner		\$500
Meals for coaches	3 coaches, 4 days, \$75/day	\$900
Total Expenses		\$11,000
	Cost per player – Additional costs are meals and travel for players/parents	\$1,100 Per Player

Nationals Budget 15U Edmonton, AB

Item	Details	Budget
Registration		\$1,700
Flights & Baggage	10 + 3 coaches	\$14,300
Transportation @ event Cheaper if train available	\$300 per day X 3 x 4 days	\$3,600
Accommodations Players & coaches – Stay and Play rules	10 Rooms \$300 x 3 nights	\$9,000
Team Snacks/Dinner		\$500
Meals for coaches	3 coaches, 4 days, \$75/day	\$900
Total Expenses		\$30,000

	Cost per player – Additional costs are meals and travel for players/parents	\$3,000 per player
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