



# ETHOS ELITE PERFORMANCE PROGRAM

## Program Guide

**Developing Complete Athletes. Complementing Club Volleyball.**

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## Welcome

Welcome to the Ethos Elite Performance Program.

The Elite Performance Program was created for athletes who are committed to maximizing their development throughout the club volleyball season while continuing to compete for their club teams.

Our vision is simple.

To provide athletes with the individualized coaching, resources, and support necessary to bridge the gap between being a good volleyball player and becoming a great one.

Club volleyball prepares athletes to compete as part of a team.

**Elite Performance is designed to develop the individual athlete.**

Our philosophy is simple.

**We don't replace club volleyball—we support it.**

By focusing on the areas of development that often receive less individualized attention during team practices, athletes return to their club teams more technically refined, physically prepared, mentally confident, and better equipped to make an impact throughout the season.

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## Why Elite Performance?

As athletes progress through volleyball, improvement is no longer just about getting more touches on the ball.

Success comes from refining technical details, improving decision making, building athleticism, developing confidence, and learning to perform consistently under pressure.

The Elite Performance Program was designed to bridge that gap.

Our goal isn't simply to help athletes have a better season.

Our goal is to help athletes continue developing throughout their volleyball careers by focusing on the areas that create long-term success.

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## Why Position-Specific Development?

At the higher levels of volleyball, every position requires its own unique technical skills, tactical understanding, and decision-making abilities.

While club practices naturally focus on preparing an entire team to compete, the Elite Performance Program allows athletes to spend dedicated time developing the specific demands of their individual position.

Whether you're a setter, outside hitter, middle, or libero, every training session is designed around helping you become more effective within your role.

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## The Five Pillars of Elite Performance

Every aspect of the Elite Performance Program is built around five essential pillars of athlete development.

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### Position-Specific Training

Athletes participate in one weekly position-specific training session focused entirely on the technical skills, tactical decision making, and thought processes required for their position.

Rather than teaching team systems, every session is designed to help athletes master the individual skills that create long-term success.

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## Athletic Development

Athletes participate in one weekly Strength & Conditioning session led by a Certified Strength & Conditioning Coach.

Training focuses on:

- Building strength
  - Improving movement quality
  - Increasing athletic performance
  - Jumping & landing mechanics
  - Speed & agility
  - Injury prevention
  - Supporting athletes throughout club season
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## Mental Performance

Weekly sessions led by a Certified Mental Performance Consultant.

Topics include:

- Confidence
  - Focus
  - Managing pressure
  - Goal setting
  - Visualization
  - Positive self-talk
  - Growth mindset
  - Competitive mindset
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## Individual Coach Video Analysis & Mentorship

Throughout the program, athletes receive five personalized coach video reviews from their club matches.

Reviews focus on:

- Technical feedback
- Tactical awareness
- Decision making

- Strengths
- Areas for improvement
- Actionable next steps

These reviews provide individualized mentorship that extends beyond the gym and helps athletes apply what they are learning directly to competition.

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## **Athlete Development Platform**

Every athlete receives access to HUDL, one of volleyball's leading video analysis platforms.

Athletes can:

- Upload game footage
  - Review practice recordings
  - Analyze performance
  - Track development
  - Continue learning outside scheduled training
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## **A Complete Athlete Development Program**

Elite Performance combines five essential components of athlete development into one comprehensive program:

- Position-Specific Training
- Athletic Development
- Mental Performance
- Individual Coach Video Analysis & Mentorship
- Athlete Development Platform

Together, these five pillars create a complete athlete development experience that complements club volleyball while accelerating individual growth.

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## **Built to Complement Club Volleyball**

Club volleyball prepares athletes to compete as part of a team.

Elite Performance develops the individual athlete.

The two are designed to work together.

Our goal is to provide the individualized coaching, technical refinement, athletic development, mental training, and personalized feedback that can be difficult to provide consistently within a traditional team environment.

We believe the greatest improvements happen when athletes continue investing in themselves throughout the competitive season.

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## Program Overview

### Program Dates

September 14 – November 27

### Investment

\$959 + tax

### Athletes Accepted

Training groups are intentionally kept small to maximize individualized coaching and athlete development.

Position-specific groups will be finalized following registration based on athlete positions and overall program composition.

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## Weekly Schedule

### Position-Specific Volleyball Training

**Days of the week:** TBD (each position will train on different days)

**Time:** 6:15am - 7:30am

**Location:** UNB Recreational Gym

Morning training schedule will be finalized following registration to best accommodate athlete positions and maximize training quality.

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## **Strength & Conditioning**

**Days of the week:** Tuesday or Thursday (*Subject to Change*)

**Time:** 6:00 PM – 7:00 PM

**Location:** CSCA Gym – UNB Campus

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## **Mental Performance**

Weekly online session via zoom

(Time communicated throughout the program)

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## **Individual Coach Video Analysis**

Five personalized game reviews throughout the program.

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# **What's Included**

- ✓ 10 Position-Specific Training Sessions
- ✓ 10 Strength & Conditioning Sessions
- ✓ 10 Mental Performance Sessions
- ✓ 5 Individual Coach Performance Reviews
- ✓ HUDL Athlete Membership / Practice Video Library
- ✓ Personalized Coach Mentorship Throughout the Program

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# Welcome to the Next Step

The Elite Performance Program is more than another training opportunity.

It is an investment in your long-term development as an athlete.

Our vision is to help athletes continue progressing throughout their volleyball careers by providing the individualized coaching, support, and resources needed to reach their full potential.

We are excited to work with athletes who are committed to improving, passionate about learning, and ready to take the next step in their volleyball journey.