



National Excellence Program (NEP)

Coach Professional Development Opportunity | 2026

Step inside Canada's NEP high-performance environment and experience integrated national team training in action.

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"We aim to create a training environment where every rep has purpose, athletes are challenged to think, and performance standards are consistently elevated."

– Matthew Krueger, Next Gen & NEP Head Coach

The **National Excellence Program (NEP)** is a full-time high-performance training environment led by **Next Gen & NEP Head Coach Matthew Krueger** and staff. Coaches observe how Canada's top emerging athletes are developed through structured, system-based training and integrated performance support.



LEARN DIRECTLY FROM MATTHEW KRUEGER & NEP STAFF

- Practice design & progression
- Communication and accountability in training
- System-based play (serve/receive, transition, block)
- Integration of S&C; recovery, and performance



WHO SHOULD ATTEND

- Club Coaches (U15–U18 performance pathways)
- Provincial Team Program Coaches
- Post-Secondary and High Performance Coaches
- Coaches seeking exposure to national-level training environments



WHY ATTEND?

- Improve your ability to design purposeful practices, communicate effectively, and apply high-performance training principles within your own environment.
- Enhanced understanding of high-performance coaching principles
- Knowledge of interdisciplinary collaboration between coaches and IST
- Application of motor learning principles to your drill design and practice planning
- Professional networking
- Debrief with coaching staff and IST members



PROGRAM OVERVIEW | Richmond Olympic Oval, BC
October–December 2026 Observation Window
Blackout: Oct 7–9 | Nov 5–8 | Dec 11 (End)

TIME	DAILY TRAINING
8:45–9:30	Arrival + prehab / mobility
9:30–12:00	Team practice (system-based)
12:00–13:30	Strength & conditioning
13:30–16:00	Study hall / therapy
PM	Skill groups / development



Apply: Sandra Lamb | slamb@volleyball.ca