



CANUCK STUFF VOLLEYBALL CLUB

July 2025 News

Message from Canuck Board President

Ashley Meyer, CSVC Board President

Dear Canuck Club Members,

As another season has come to an end, I extend my heartfelt appreciation to every player, coach, volunteer, and supporter who made this journey possible. Together, we've embraced the highs of victory and grown stronger through the challenges. I hope this season has given each of you treasured memories, accomplishments to celebrate, and friendships to carry forward.

To our dedicated athletes: your passion, discipline, and sportsmanship have lit up both the court and our club community. Seeing your growth in skill and in character, has been truly inspiring. Whether you perfected a serve, lifted team morale, or encouraged someone with a smile, your contributions have been invaluable.

To our coaches and staff: your countless hours of training, planning, and mentoring paved the way for every success. You've nurtured talent, instilled core values, and shaped a culture rooted in determination, commitment, and respect.

To our families, fans, and broader community: thank you for being our greatest champions. Your cheers, words of encouragement, and steadfast support powered our spirit, especially during the toughest matches.

Most importantly, thank you all for making our club more than just a sports organization—it's a family. Your dedication to one another and to the game defines who we are.

Enjoy a well-deserved rest, take pride in all you've accomplished, and know that when next season begins, we'll return stronger, more confident, and ready to rise even higher.

Thank you for being the heart and soul of our club. See you on the court next season!

Warmest regards, Ashley Meyer



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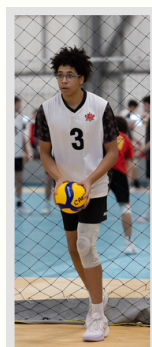
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Celebrating Our Committed Athletes



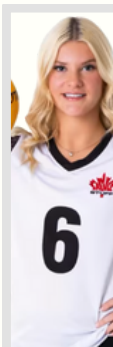
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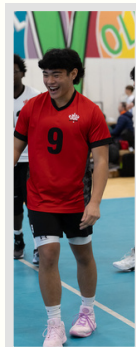
**ASHLYN
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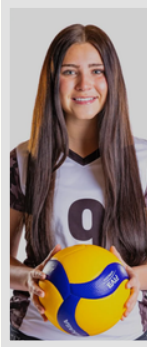
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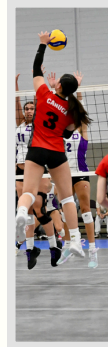
**SARAH
THOMPSON**



**KIAN
GUEVARRA**



**ALLY
DOTY**



**KALLIE
KOMORI**



**REEM
SAIF**



**NIKOLA
GAMLIN**



**ELLA
KIVI**

ALLY DOTY
Tusculum University | Greenville, Tennessee

ASHLYN GENT
Old Dominion University | Norfolk, Virginia

BELLA TANO
Simon Fraser University | Burnaby, British Columbia

COOPER SADLEIR
Tusculum University | Greenville, Tennessee

ELLA KIVI
Olds College | Olds, Alberta

EVAN MOSLEY
St. Thomas University | Fredericton, New Brunswick

JESSICA YANG
York University | Toronto, Ontario

JAIME MILLER
Central Arizona College | Coolidge, Arizona

KALLIE KOMORI
University of Calgary | Calgary, Alberta

KIAN GUEVARRA
Crandall University | Moncton, New Brunswick

LENI BLANKE
University of Calgary | Calgary, Alberta

LEYTON BALINT
University of Alberta | Edmonton, Alberta

MADISON ABOUGOUSH
University of the Pacific | Stockton, California

MASYN WHITTINGHAM
College of the Rockies | Cranbrook, British Columbia

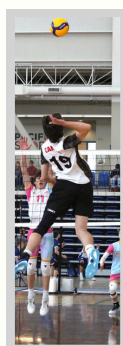
NASH HUBICK
Goshen College | Goshen, Indiana

NIKOLA GAMLIN
Sacramento State University | Sacramento, California

NOBLE OBASI
SAIT | Calgary, Alberta

SARAH THOMPSON
Eastern Kentucky | Richmond, Kentucky

REEM SAIF
Mount Royal University | Calgary, Alberta



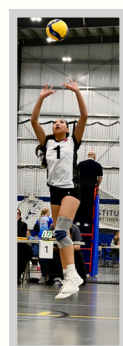
**COOPER
SADLEIR**



**EVAN
MOSLEY**



**LENI
BLANKE**



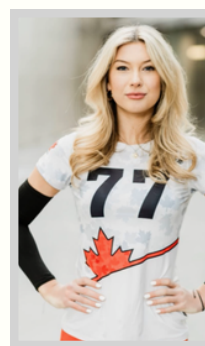
**BELLA
TANO**



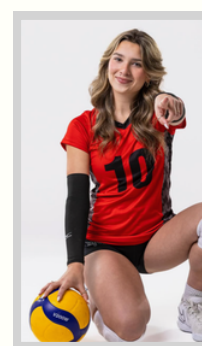
**JESSICA
YANG**



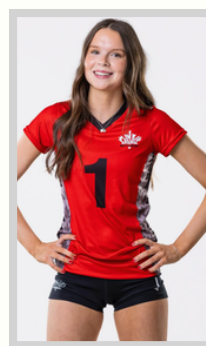
**NASH
HUBICK**



**JAIME
MILLER**



**MADISON
ABOUGOUSH**



**MASYN
WHITTINGHAM**

Open Gyms & Canuck Tryouts

U13/14 Girls

This group will be selected and signed during the Fall Tryout Period and will compete in the U14 Girls age category.

For more information please contact Diego at repsoldop729@hotmail.com

U14 Girls

Very limited spots available due to resigning of Canuck 2025 U13/U14.

Open Gyms:

August 20 (Wednesday) 4:30pm-6:00pm

August 22 (Friday) 4:30pm-6:00pm

\$20 per session

Register with Milou at milou_saxton@yahoo.com

U15 Girls

There will be sessions on Wednesdays from 5:00pm to 6:30pm starting June 25th for girls interested in finding out more about the U15 Canuck Club program by invitation only. In order to get an invite please contact Mylene at mcsaxton@hotmail.com Cost per session will be \$20.

U16 Girls

Updated information about Open Gyms and Tryouts will be posted on website. For more information about the U16 contact Brian Quach at brianquach89@gmail.com

U17 Girls

The U17 Women's Black & Red team rosters are full. For more information please email Brian at canuckstuff@volleydome.net

U17 Boys

The U17 Men's team is looking for a couple of Middles. For more information contact Fauve at fauvewelsh@gmail.com

U18 Girls

The U18 Women's roster is full and won't be running any open gyms or tryouts.

U14 Boys

Open Gym ID sessions:

Sept. 10 (Wednesday) 4:30pm to 6:30pm

Sept. 13 (Saturday) 10:30am to 12:30pm

Cost \$20 cash per session

Register with Maja at majafrew@gmail.com

Skills clinics in August to help the boys prepare for tryouts:

Saturdays Aug. 16, 23, 30 11:00am to 1:00pm

Wednesdays Aug. 20, 27 4:30pm to 6:30pm

Cost \$20 cash per session

Register with Cole at gramlich.cole@gmail.com

U15 Boys

Open Gyms:

July 27 (Sunday) or Aug 1 (Friday)

August 3 (Sunday) or 7 (Thursday)

August 10 (Sunday) or 15 (Friday)

August 17 (Sunday) or 21 (Thursday)

August 24 (Sunday) or 28 (Thursday)

August 31 (Sunday) or Sept 4 (Thursday)

Sept. 7th (Sunday) or Sept. 11th (Thursday)

Sundays 9:00am to 11:00am

Thursdays and Fridays 4:30pm to 6:30pm

\$20.00 per session.

Register with Bill Knight at william@knightlynk.com

U16 Boys

Open Gym:

Wednesday July 16 & 23, 4:30pm to 6:30pm

Register: <https://forms.gle/xacpGdaUeabtJotT8>

For more information contact Jefferson Le at jefferson.le94@gmail.com

U18 Boys

The U18 Men's teams are looking for Middles.

For more information please email Steve at braxsports@gmail.com



Nationals 2025 Results

GIRLS Results

U13/14 Girls

- Nationals 51st & 53rd

U14 Girls:

- Nationals - 5th (both Red and Black)

U15 Girls

- Nationals - 13th & 29th

U16 Girls

- Nationals - 13th & 21st

U17 Girls

- Nationals - 11th

U18 Girls

- Nationals 5th & 29th

BOYS Results

U14 Boys

- Nationals - 21st and 33rd with a Gold in Tier 5!

U15 Boys

- Nationals - 18th & 43rd

U16 Boys

- Nationals - 13th & 29th

U17 Boys

- Nationals - 67th

U18 Boys

- Nationals - 37th



U15 Canuck Girls
Photo Credit: Becky Horvath



2025-2026 Volleyball Alberta Signing and Tryout Process

Volleyball Alberta is updating their Signing and Tryout
Process for next season.

[A draft of the process can be found HERE:](#)



*Thank you
Candace!*

A special thank you to long time coach
and volunteer **Candace Greves**.

Thank you for your many years of service!!!



Health Spike (because tips don't always score)

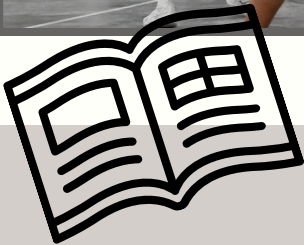
By Dr. Chhase from The Function Junction

Welcome to the second edition of Health Spike (because tips do not always score).

As much as I love this game, I hope that you have taken some time away from it (distance does make the heart grow fonder).

From a long-term athletic development (LTAD) perspective, one of the best things to do is to play other sports. Now you're probably thinking, what does this guy know? What the h-e-c-k is he talking about? How am I supposed to make the team I want if I am not training sport specific skills?!?

Here's the truth, **athletes that play multiple sports throughout their childhood and early teen years become more resilient and adaptable athletes throughout their lives.** The sports or activities do not need to be competitive or club – they can be as simple as kicking the soccer ball around the field, going to the lacrosse box, shooting hoops, playing slow pitch or street hockey, etc. structured or unstructured free play.



The benefits of multisports:

- 1) stimulates new movement patterns and strategies which down the road, reduces overuse injuries/stressors
- 2) it can feed our physical activity requirement for the day (CSEP guidelines suggest 60 minutes of moderate-vigorous intensity per day)
- 3) it creates new problems for our brain to solve (gets us thinking outside the box) and helps us be more creative on and off the court
- 4) it is FUN (that's why we play in the first place!) and
- 5) the last stage of the LTAD model is 'active for life' – healthier youth lead to healthier adults, which lead to healthier youth – the cycle continues!

If you or your child are feeling the bore-out or burn-out, one of the best things you could do is try a few different sports or games this summer with friends and family and have fun doing it. Remember you cannot spell Function without Fun. Do not hesitate to reach out if you have any questions about health or performance note dr.chhase@thefunctionjunction.ca, - I love talking shop! Happy Summer!

GO CANUCK GO!

Chhase McFarlen | BSc Kin (Hons), DC
@TheVolleypractor



NOTEWORTHY READ:

“ESSENTIAL STRATEGIES TO SET YOUR CHILD UP FOR SPORTS SUCCESS” - PSYCHOLOGY TODAY

- *Encourage reflection: Ask questions like, "What did you enjoy most about today's game?"*
- *Highlight strengths: Identifying what they did well builds self-confidence and skills.*
- *Show unconditional pride: Ensure your child feels valued regardless of game outcomes.*



CSVB Call for Volunteers

The Canuck Stuff Volleyball Club needs you! We are looking for some key volunteers to help with upcoming projects:

- **NEEDED SOON! Casino Lead for our Dec 19 2025 Casino**
- 2026 Media Day Volunteers
- Legal Advice
- Newsletter Volunteer
- General Casino Volunteers - watch for more information



If you are able to volunteer please contact Brian at bgullekson@volleydome.net



BALLS!

Did you know that every season we spend approximately **\$5000 ANNUALLY** to replace lost or stolen volleyballs?

We have taken strides to limit ball theft by locking balls up at the end of practices, but they are still coveted and many do get stolen.

How can you help? If you see balls rolling into hard to see spots please help us by rolling them back to the court safely. And please spread the word that we are a non-profit and ball theft costs us greatly.

@CanuckVolleyballClub



