

## THE COST

The cost of the season will vary depending on the athlete's category and where the team travels to compete, especially in regards to the Canadian Championship.

Softball Quebec, along with the help of the teams, puts together a variety of fundraising opportunities to guarantee that the monetary aspect will not be a constraint to the athlete.

Also, sponsorships are given to the teams to help alleviate the financial burden to the athletes every year.

Once an athlete has reached the U18 age category, after being classified by the federation, they are given an opportunity to earn between \$1000 and \$2000 in tax credits that are reimbursed to the athlete.

Still taking into consideration the athlete's category, the estimated average yearly cost is between \$2000 and \$3500 with the opportunity to self-finance the majority of the costs including the cost of participating in the program, tournament costs such as hotels and registration costs, and both the indoor and outdoor season. To learn more about the cost for each category, we invite you to consult our website: [www.RebellesQuebec.com](http://www.RebellesQuebec.com)

Softball Quebec also gets the athletes involved in giving back to the sport by having them do mandatory volunteer hours for the program throughout the year. We are creating not only athletes but better individuals by instilling good values.

Beyond the cost of the program, there is the creation of friendships, of team spirit, and unforgettable experiences for all athletes in the program. Our role is to offer quality coaching for the athletes to allow them to reach their goals.

## THE STRUCTURE



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The program reports directly to the federation and its boards of directors. However, a committee and its employee oversee its management.

Two subcommittees assist this committee:

- 1) The Management Committee whose mandate is to look after the administrative and logistical details of the program.
- 2) The Events Committee whose mandate is to organize the Quebec Rebelles Invitational and a National Championship every year.

The organizational structure of the Quebec Team program involves a management committee who oversees the following aspects:

- Program orientations
- Coaches' training
- Development programs
- Liaison between parents, coaches and athletes
- Welcoming new members to the program
- Managing anomalies and enhancements to the program
- Integrating with the other components of the Excellence Program
- Managing of both the indoor and outdoor seasons
- Website, social media, communication and media
- Managing player contracts and tax credits
- Code of conduct for the program
- Equipment needs (uniforms, equipment, team clothing etc.)
- Help and advice to play college softball
- Organization of events

Visit our Web Site: [www.RebellesQuebec.com](http://www.RebellesQuebec.com)



# THE TEAM QUEBEC PROGRAM

## FASTPITCH



# THE TEAM QUEBEC PROGRAM

## WHO ARE WE?

The Softball Quebec's Team Quebec Program started in 1994. Also known under the team name of Quebec Rebelles, our teams train hard almost year round.

The program welcomes approximately 80 athletes and 20 experienced coaches each year. Many volunteers support our athletes and coaches and some paid staff as well.

On a yearly basis, our program fields the following teams:

Team Quebec U13 (part time special project)  
Team Quebec U14  
Team Quebec U15  
Team Quebec U16  
Team Quebec U18  
Team Quebec U21  
Team Quebec Senior

## MISSION AND OBJECTIVES

The program's main mission is to provide our athletes with the environment, the opportunities and the winning conditions to develop into elite athletes and reach the highest levels.

More specifically, we want to be as competitive as possible at the U18, U21 and senior Canadian championships and at the Canada Summer Games along with developing athletes for the Women's National Team Program.

Our other objectives are to train and develop high-performance coaches, help increase the visibility of our sport and further its development through various activities (camps, clinics, etc.).

## THE STRUCTURE

When it comes to being competitive on the national scene and compete with the best in Canada, we as a province, already have two strikes against us. First of all, our pool of players is relatively small. Provinces like Ontario and British Columbia have 10x more players than we do. Also, already in the U14 category, our athletes are seriously behind in their development compared to players from other provinces.

The goal of the Team Quebec Program is to compensate for these two factors. Our program

is structured to maximize and fast track the development of our athletes and make up for the developmental deficit that we start with. Generally, our athletes become highly competitive against the best in the country in their third year in the program.

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After a few years spent playing on their local and regional teams, girls first join the program in the U14 category. For U13 girls (first year U14), the Team Quebec Program offers a special off-season, part-time program known as the "special project". This special is designed to allow these young athletes to live a great experience, receive top-notch instruction and become better softball players.

The special project starts in September with the selection camp and ends in early May with an outdoor game on Rebelles' Opening Day. The athletes usually meet twice a month during the off-season and have the opportunity to work with high-level coaches and other athletes in the program. Pitchers also receive specialized instruction and training at no extra cost.

The girls also have the chance to participate in an indoor tournament held in a Dome in the United States in addition to playing a few indoor games locally throughout the off-season. The players that participate in this special project continue to play for their local and regional teams in the summer.

The Team Quebec Program offers full-time, year-round high quality training to the best players when they enter their second year at the U14 level. In the U14, U15 and U16 categories, the main emphasis is development while achieving top performances becomes more important at the higher levels.

## THE ANNUAL CYCLE

### [Selection Camp \(September\)](#)

After the Canadian Championship in August, a small break is given to the athletes. To have the advantage of using outdoor fields, the selection camps take place in the month of September so that the selected athletes can be identified as soon as possible and the indoor season starts early November.

The selection, being so early in the year, gives the teams the time to initiate fundraising activities and all logistical aspects of the program so that the teams can turn their attention to the field once the outdoor season has begun.

### [Indoor Competition \(November to April\)](#)

Starting early November, the provincial training facility at Claude-Robillard opens its doors. This centre, located in Montreal, has been adapted to allow the athletes to continue develop their skills even during our long Quebec winters. Batting cages have been installed for use by the teams. Depending of the category, teams will train 2 to 3 times per week. Training sessions are usually Tuesday and Thursday evenings as well as Saturdays and Sundays.

To break up the monotony, indoor tournaments are organized once a month on Saturdays and the rules are adapted to playing indoors. Athletes participating in

the Sports-Etudes program at Sainte-Thérèse and Lac St-Louis are exempted from certain practices to avoid burn outs.

There are a multitude of services offered for the athletes, notably personalized training programs, specialists for pitching, catching, hitting and running as well as meetings with sports psychologists and nutritionists.

The coaches are followed by the program, they must be certified and continue to try and better themselves by giving clinics and specialized teaching.

Softball Quebec advocates teamwork. This is why coaches from the program work together, trading their ideas and concepts in regards to the development of the athletes and ensuring continuity in their teachings and knowledge of the sport.

### [Outdoor competition \(May through August\)](#)

During the winter, each team will decide their competition calendar. It isn't rare to see the team calendar comprised of 5 to 6 tournaments outside of the province in Ontario and the United States, including major competitions such as the PONY nationals in the United States and the Canadian Championships. In addition to the numerous practices, teams will typically play 12 to 20 local games.

