

Rod Durrant – Head Coach of the University of Calgary Men's Program

During the May 21st regional weekend, Rod Durrant, who is a certified NCCP level 3 and the coach for the University of Calgary Dinos men's volleyball team, arrived in St. Johns to provide a knowledge session to NLVA coaches, and to view the overall regional program. 60 regional coaches were in attendance for Rod's 3 hour session, which contained both a classroom component as well as a hands on component held in the gym. He touched on topics such as defensive and offensive strategies; as well as basic passing, attacking and blocking skills. Ultimately, he spoke on out on how to get athletes to excel to the next level and how to push athletes in today's society, an area to which Rod has dedicated his career.

In June 2006, Rod Durrant was named the 5th men's volleyball coach at the University of Calgary and eventually led the Dinos to capturing the gold medal at the 2010 CIS Championship for the first time in 17 years. However, this is only the tip of the iceberg. Rod had dedicated himself to athlete development for many years, and has coached on an elite level for over a decade.



Rod was head coach of the Mount Royal College men's volleyball program from 1995-1999, where he helped them capture three consecutive Alberta Colleges Athletic Conference (ACAC) provincial titles from 1997-1999; a national silver medal in 1997 and back to back Canadian Colleges Athletic Association (CCAA) national championships in 1998 and 1999. In 1998 and 1999 he was named Coach of the Year, and was given the position of Technical Director with the Alberta Volleyball



Association. He coached the Canadian Men's Standing Disabled Team to three consecutive World Championship titles in 2002, 2004 and 2006, as well as a gold medal in the 2005 World Cup and a silver medal in 2003. In 2000 Rod became the assistant coach of the University of Calgary Dinos, and helped them capture a bronze medal at the 2001 CIS Championship.

Rod also boasts being involved with several major volleyball events across Western Canada including holding the position as co-chair of the Canadian West-Open; which proudly calls itself the largest indoor volleyball event ever held in Canada. In 2002, Rod was awarded with a much deserved spot in the Volleyball Canada's Hall of Fame.

Over the years, Rod has created many ties with athletes and coaches alike, passing along many of his coaching techniques and ideas in Alberta and in many other provinces that he frequents. As for St. Johns, he enjoyed his stay, and enjoyed participating in the regional program. The coaches learned a lot from his session, and hope to see him return in the future.