



### **Jon Labun**

Jon's love for volleyball began during high school years and he has remained an active member of the volleyball community for more than 25 years. In earlier years, he played with the University of Winnipeg and earned a position with Team Canada's National B team competing at the World Student Games. More recently he has focused his time in coaching with the MBCI Hawks and the Winman Volleyball Club, while continuing to play in Tier 1 of the Senior Men's volleyball league.

Jon's coaching philosophy has been shaped by the many coaches that invested in him as young athlete. Jon believes that sport is not just about developing the mind and body, but is also an opportunity where athletes can develop a positive self-image and inner strength by learning life skills in a safe and supportive environment. His approach to coaching is defined by a desire to help players understand that the limitations others put on them, or the limitations they put on themselves, do not define them. Success is not in winning a game, but rather in pushing beyond what you think you are capable of. He works to develop a team environment where each team member has a responsibility to their teammates; being positive, encouraging and putting the success of the team ahead of their own interests.

Jon is a Certified Level 1 coach with experience in school, club and provincial team programs. Most recently, he has coached Winman teams to successful outcomes including Winman 13U Provincial Gold (2012 and 2014), Winman 14U Provincial Silver (2013), and Winman 14U National Tier 1 Bronze (2013). Jon was the assistant coach for the 2014 17U provincial team, finishing with a Bronze Medal at the Western Elite championship.

Off the volleyball court, Jon is a Principle Consultant with Online Business Systems. Jon and his wife Nina have 3 boys who have interests in many sports ... including volleyball!

*"Success is peace of mind which is a direct result of self-satisfaction in knowing you made the effort to become the best of which you are capable." - John Wooden -*

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