



Jon Labun

Jon's love for volleyball began during his 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 Junior National team competing at the World Student Games. More recently he has focused his time on coaching school teams and with the Winman Volleyball Club, while continuing to play in the USA Open National Volleyball tournament with friends from across Canada.

Jon is a principal consultant with Online Business Systems where he builds high performance teams to lead organizations through large digital transformations. Through the development of his business coaching skills, Jon has found many wonderful parallels between success in business and success on the Volleyball court. He regularly applies models and methods from his business consulting to his volleyball coaching to build strong, dynamic and resilient teams.

Jon is meticulous about developing proper technique in his athletes and applies the science of motor learning to accelerate skill development. He also understands that successful teams think and act differently and uses his experience in organizational change management to build mental toughness. 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 short-term wins, 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 has experience coaching all ages: from 13U to 18; with school, club and provincial team programs. Most recently, he has coached Winman teams to successful outcomes including 18U Provincial Silver (2017), 18U National Tier 2 Silver (2017), 15U Provincial Bronze (2016), 14U Provincial Silver (2013, 2015, 2018), 14U National Tier 1 Bronze (2013), 13U Provincial Gold (2012 and 2014). With the provincial team program, Jon was the assistant coach for the 2014 17U provincial team, finishing with a Bronze Medal at the Western Elite championship. Jon also coached with the Manitoba Summer Games with a Bronze Medal finish in 2016.

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