

Vertical leap also improving

• from MACINTYRE on page A31

angles to make it tougher for them to pass it."

Seems MacIntyre is handling that adjustment rather well.

Said Ontario Beach Development Coach Angie Shen, "A key area of improvement for Jordan has been his aggressive style of hitting and his ability to hit this sharp extreme angle that will be needed for any potential future international competition."

And that's not the only part of his game that's been sharpened up as of late.

Already boasting an impressive vertical leap, MacIntyre's learned to modify his jump approach in order to maximize his height for hitting and blocking.

"Basically it's just about getting closer to the net before you go up so you don't lose any height, more jumping straight up. You definitely lose some height when you jump too early," noted MacIntyre, who trains four days a week at Ashbridges Bay and is thoroughly enjoying the overall training of the elite-level program there, including nutritional advice and other talks from experts on such topics as mental toughness. "That's probably been the hardest thing to adjust to in a game, but I'm getting the hang of it now."

That willingness to continually improve on his game — stressed Shen — is what makes MacIntyre such a natural choice for the Ontario program.

"Jordan is the type of athlete you want amongst a high performance training group, as he demonstrates a strong work ethic and is a strong leader. He has a desire to compete internationally and represent Canada and knows what he needs to do to fulfill this goal."

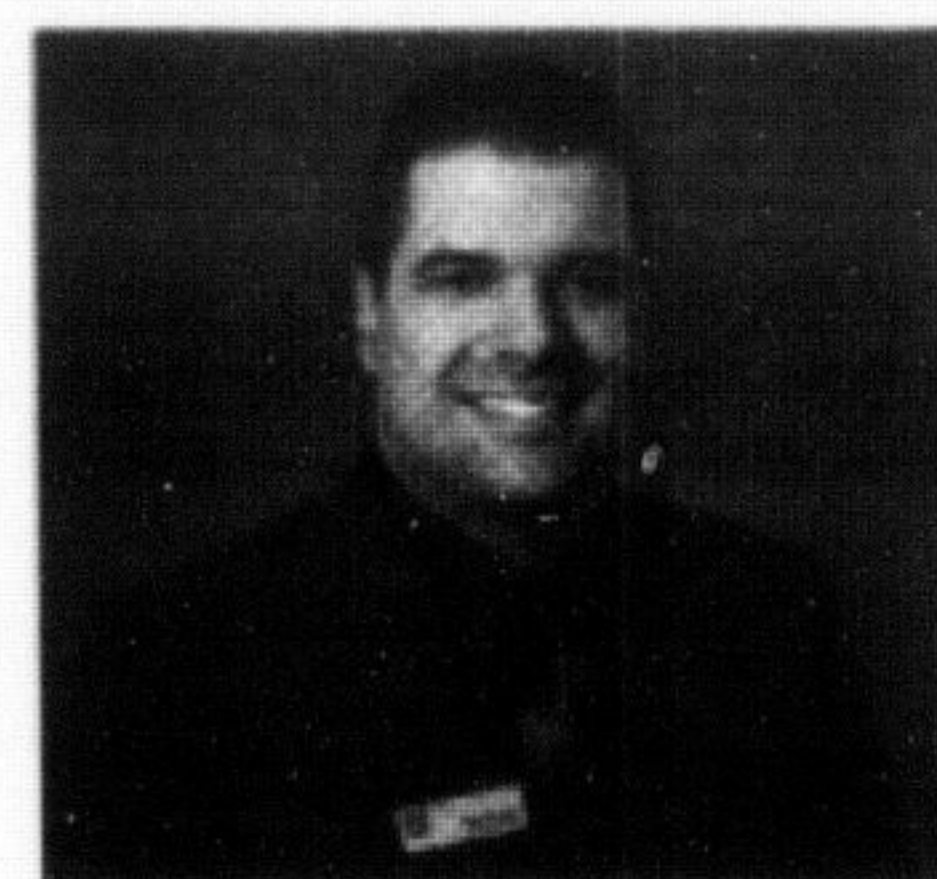
MacIntyre made a big step toward that goal recently, as he and Maar were named Team Canada alternates for last month's World Under-19 championships in Croatia.

And while the two pairs that did go to worlds are the favourites for both this week-end's U18 provincials and next month's nationals, MacIntyre and Maar have gained noticeable ground of both of them in recent months.

"We've definitely held our own against them," said Milton's volleyball ace, who's been a consistent top-three finisher in both U18 and Youth Open tournaments this summer. "Our goal is to be top-two at both provincials and nationals. I think that's possible."

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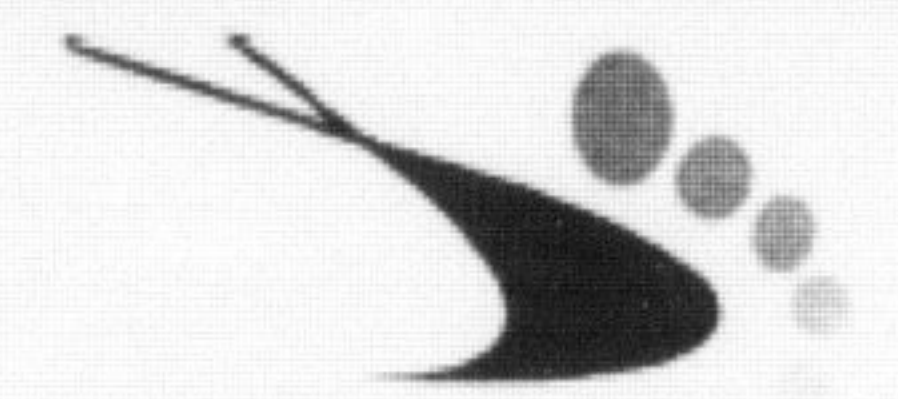
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