



VOLLEYBALL WESTERN AUSTRALIA

P - 08 9228 8522

E - info@volleyballwa.com.au W - volleyballwa.com.au

A - 180 Charles Street, West Perth WA 6005

PO Box 133 Leederville WA 6903

ABN - 49 397 467 169

Wednesday, 28 November 2018

FAO: Athletes intending to Trial for the WA Beach Volleyball State Team

2019 Australian U21/U23 Beach Volleyball Championships – Bunbury, WA (13th – 14th April 2019)

2019 Australian Junior Beach Volleyball Championships (AJBVC) – Bunbury, WA (15th – 18th April 2019)

Dear Athletes, Parents and Guardians,

We circulate this letter to encourage all U15 - U23 athletes to Trial for selection to the 2019 Volleyball Western Australia Beach Volleyball State Team.

The prerequisite requirements and program information for participation and selection have been provided in this document, including dates, details and predicted costings for participation for U15 – U23 athletes.

VWA takes every aspect of the representative pathway seriously to ensure WA athletes are given the opportunity to be seen on the National and International stage. Athletes will be expected to represent Western Australia in a manner that reflects the Volleyball WA High Performance Culture, ethos, Volleyball Australia Code of Ethics and Code of Conduct.

Athlete Expression of Interest/ Trial Registration

To register for the Volleyball WA Beach Volleyball State Team Trials please log in to your member portal (www.volleyballwa.fortix.net.au), where you can purchase the Trial registration. Please note all athletes are required to be 18/19 VWA Platinum Members. U15 athletes are also required to have participated in the VWA 2018 Beach Development Squad. The deadline to register for Trials is **Monday 1st January 2019**.

Questions or enquiries

If you have any questions or queries, please do not hesitate to contact the Volleyball WA office on 9228 8522, or email stateteams@volleyballwa.com.au. From 6th December 2018, please contact Karen Wickham via email participation@volleyballwa.com.au.

Kind Regards,

Jackie Tamburri
State Teams Coordinator

Karen Wickham
Participation and Development Manager

Rory Read
Senior Head Coach

Michael Dempsey
Head of Delegation





TABLE OF CONTENTS

1. EVENT INFORMATION.....3
2. VWA STATE TEAM HOD AND COACHING STAFF.....3
3. ATHLETE - VWA MEMBERSHIP.....3
4. 2019 AGE DIVISIONS3
5. SELECTION PHASES.....3
6. SPORTS SCIENCE/SPORTS MEDICINE.....5
7. COMPETITION AND DAILY TRAINING ENVIRONMENT REQUIREMENTS6
8. EXEMPTIONS.....7
9. FINANCIAL COMMITMENTS.....7
10. CONTACT INFORMATION.....7
11. EXEMPTION FORM.....8



EVENT INFORMATION

The AJBVC and U21/U23 National events are the optimal events for WA’s Junior Beach Volleyball athletes to represent WA on a National stage. In 2019, these events have been combined again to create the second year of Volley by the Bay in Bunbury, WA.

- Australian U21/U23 Beach Volleyball Championships – 13th – 14th April 2019
- Australian Junior Beach Volleyball Championships (AJBVC) –15th – 18th April 2019

STATE TEAM HEAD OF DELEGATION AND COACHING STAFF

Head of Delegation (HOD)	Michael Dempsey
Senior Head Coach	Rory Read
Male Head Coach	Jayson Fox
Female Head Coach	Mandy Combes
Assistant Coaches	TBC

ATHLETES - VWA MEMBERSHIP

All athletes must be 18/19 VWA Platinum Members (U19 Platinum Membership for those who it applies to). 18/19 Memberships will expire on the 31st of March 2019 and will need to be renewed before the event.

2019 AGE DIVISIONS – CHANGES BY VOLLEYBALL AUSTRALIA

This year, Volleyball Australia have announced the addition of 3 new age groups. What was previously divided into U15, U17, U19 and U23, will now also include **U16, U18 and U21**. This will provide the event with a total of 7 Divisions – U15, **U16**, U17, **U18**, U19, **U21** and U23. For each age group, the same age cut-off applies as in previous years. For example, for the U17 Division, you must **not** be turning 17 at any point in 2019. If you are or are turning 17 in 2019, you will be in the U18 Division.

U21 and U23 athletes will also be required to fulfill the prerequisite requirements for selection to the 2019 VWA Beach Volleyball State Team.

SELECTION PHASES

The Selection phases for **all** athletes will be as follows:

1. Trial Phase- 4 out of 6 sessions attendance required
2. Squad Phase- 80% attendance required
3. Team Phase- 80% attendance required



1. Trial Phase – 7th, 9th, 12th, 16th, 21st and 23rd January 2019

All athletes vying for selection in the WA State Team (including regional athletes) must register for Trials through the VWA Member Portal and pay the **\$68 Trial Registration Fee**. Athletes will trial as individuals – teams will be selected during the Squad Phase by the coaches.

Location: Inner City Beach (ICB) 180 Charles Street, West Perth

- Monday 7th and 21st from 7:30am – 11:00am
- Wednesday 9th, 16th and 23rd from 5:00pm – 9:00pm
- Saturday 12th from 9:00am – 12:00pm
- Age split TBC as pending on number of nominations.

If you are unable to attend at least 4 out of 6 Trial sessions, you must notify Jackie Tamburri (stateteams@volleyballwa.com.au) or Karen Wickham (participation@volleyballwa.com.au) prior the date in writing and complete a VWA Exemption Form (copy of form on Page 8). Please note that this does not guarantee exemption from the requirement. Exemptions apply for regionally based athletes.

2. Squad Phase – 30th January - 8th February 2019

Following the trials, selection letters will be emailed to athletes informing them of their selection status on Friday 25th January 2019. All athletes selected to the Squad Phase must register for the Squad Phase through the VWA Member Portal and pay the **\$62 Squad Phase Fee**.

The squad phase will be held from Wednesday 30th January to Friday 8th February 2019. Each age group will have two (2) training sessions per week, one on Wednesday evening and the other on either Monday or Friday evenings, and trainings will be held at either ICB, City Beach or Visko Park. The confirmed training schedule will be provided in successful selection letters. Each age group may have at least two athletes who train on with the WA State Team. These athletes will act as Reserves in case selected athletes are unavailable (e.g.: injury, sickness etc.)

3. Team Phase – 13th February to 12th April 2019

Following the Squad Phase, final selection letters will be emailed to athletes informing them of their selection status and who their partner/team will be. This will be announced on Tuesday 12th February. Team training will then commence on Wednesday 13th February – 12th April.

All teams will consist of a maximum of 4 athletes per team for the U15 division, and a maximum of 2 athletes per team for the U16's – U23's. Up to 2 athletes per team may be asked to continue to train as Reserves. Once selected, you will need to accept your position in the state representative team. To accept your position in the team, athletes must complete the selection paperwork provided and pay a **Team Deposit**. More information will be sent regarding the relevant fees at the start of the team phase.

If an athlete is unable to maintain this 80% attendance and has given no valid reason in writing to VWA, VWA will consider removing the athlete from the team and replace with a Reserve Athlete. Exemptions apply for regionally based athletes.



SPORTS SCIENCE/SPORTS MEDICINE

1. Physical Testing

All Athletes will undergo a physical testing session during the **Trial Phase** and will be required to complete testing in the following areas:

- Anthropometric: Height, Weight, Standing Reach and Wing Span.
- Physical: 5m / 10m Sprints, Agility T-test, Vertical Jump Testing and Yo-Yo Test.

This measure has been implemented to assist coaches with selections, as well as track data to help prevent injuries, manage athlete workloads and encourage weekly strength and conditioning sessions.

Dates: Wednesday 16th and Monday 21st January 2019

Venue: Inner City Beach (ICB)

*Age and gender specific Physical Testing schedules will be provided closer to the date.

2. Physiotherapy Screenings at Star Physio

All athletes will be required to complete a compulsory physiotherapy screen every 12 months when participating in a VWA State Team Program. Screenings must be completed during the **Squad Phase** (28th January – 8th February). Screenings are mandatory, however athletes who completed a screening for VWA's 2018 AJVC will not be required to complete a screening for the 2019 AJVC. The newly revamped screening will be completed by Volleyball WA Sponsor, Star Physio, who will conduct the testing at a cost of \$135 (reduced from \$210). **To book your appointment, please contact Star Physio on 9481 1003.**

This measure has been implemented to ensure our athletes safety, physical preparedness and injury prevention throughout the program. This is a standard practice in many sports and high performance programs across Australia, and Volleyball WA continues to seek ways to improve in this space for our athletes.

3. The Screening Lab

We are grateful to now have the sponsorship of The Screening Lab, an online platform that consolidates your annual/bi-annual screening data into one place, displays how you match up next to the norms, and provides personalised strength and injury prevention programs based on your screening results. All results from your **Physical Testing** and **Star Physio Screenings** will be entered into The Screening Lab. Each athlete will receive access to their own profile after the physical testing sessions, which they should then look to for how they can improve their strength and conditioning throughout the program.

2019 COMPETITION, DAILY TRAINING ENVIRONMENT (DTE) AND EVENT REQUIREMENTS

EVENT	DATES	VENUE
Trials	Monday 7 th January Wednesday 9 th January Saturday 12 th January Wednesday 16th January (Physical Testing) Monday 21st January (Physical Testing) Wednesday 23 rd January	Inner City Beach (ICB)
Squad Phase	Wednesdays, and Mondays OR Fridays (TBC) 30 th January – 8 th February	(TBC) Inner City Beach (ICB) City Beach Visko Park
Team Phase	Wednesdays, and Monday OR Fridays (TBC) 13 th February to 12 th April	(TBC) Inner City Beach (ICB) City Beach Visko Park
WA State Team Internal Tournaments	Sunday 24 th February Sunday 7 th April	City Beach
WA Junior Beach Volleyball Championships	Saturday 9 th March	Inner City Beach (ICB)
ATA WA State Open	Saturday 23 rd - Sunday 24 th March	Scarborough Beach
Presentation Night	Monday 8 th April, 7:00pm	Royal Park Hall
Australian U21/U23 Beach Championships	Saturday 13 th – Sunday 14 th April	Koombana Bay, Bunbury
AJBVC Opening Ceremony	Sunday 14 th April	Koombana Bay, Bunbury
AJBVC	Monday 15 th – Thursday 18 th April	Koombana Bay, Bunbury

Athletes are encouraged to participate in other beach volleyball training and competition activities during the 2018-2019 season and compete in all other ATABT events held in WA from January - April. Please refer to the [VWA Beach Calendar](#) for further information regarding the ATABT events.

Athletes are also expected to aim towards participating in activities indicative of a holistic daily training environment. This will be programs, workshops or schedules that include: strength and conditioning, injury management, nutrition, sport psychology/ mental preparation and health.



EXEMPTIONS

If you are unable to fulfil any requirements of any of the phases, you must notify Jackie Tamburri (stateteams@volleyballwa.com.au) or Karen Wickham (participation@volleyballwa.com.au) prior the date in writing and complete a VWA Exemption Form (copy of form on Page 8). Please note that this does not guarantee exemption from the requirement. Exemptions apply for regionally based athletes.

FINANCIAL COMMITMENTS

It is anticipated the entire cost for representation will be approximately **\$1,500/\$1,100 per athlete** should they make it through the entire program. This is broken down in to the following:

- **Trial Phase** - \$68
- **Squad Phase** - \$62
- **Entry Fee** - AJBVC \$345 per team, U21/U23 \$150 per team
- **Trip Expenses** – Approx. \$900 for AJBVC athletes (includes 4 nights' accommodation, food and coaching expenses) and \$600 for U21/U23 athletes (includes 2 nights' accommodation and coaching expenses only, food is organised by athletes)
- **Transportation** (TBC) - AJBVC athletes could make use of charter buses or own transport. U21/U23 athletes are responsible for organising their own transport.
- **Star Physio Screenings** - \$135 (paid directly to Star Physio)
- **Uniform Package** - Approx. \$260 for **new** State Team athletes (paid directly to ID Athletic). The mandatory uniform items are the same from 2018 and will not need to be repurchased unless you require a new playing uniform. If you wish to purchase any non-required VWA state team uniform items, additional costs will be based on the item.

Athletes are encouraged to apply for grants and do fundraising to help cover costs.

VWA Office Contacts for queries and additional information:

Jackie Tamburri
State Teams Coordinator
stateteams@volleyballwa.com.au (08) 9228 8522

Karen Wickham
Participation and Development Manager
participation@volleyballwa.com.au (08) 9228 8522



VWA Athlete Exemption Form

Athlete Name _____ **Date of Birth** _____

Email _____

Address _____

Contact Number _____

Parent / Guardian Email
(if under 18) _____

Event / State Team _____

Seeking Exemption For _____

<p>Reason for Exemption (Please provide detailed explanation and attach supporting documentation if available, e.g. medical certificate)</p>

Athlete Signature _____ **Date** _____

Parent / Guardian
Signature _____ **Print Name** _____
(if Under 18)

Office Use Only				
Date Form Received	Supporting Documentation Attached	Exemption Outcome & Reason	Date Athlete Informed	Authorised By: