



2019 Australian Junior Volleyball Championships U14, U15, U17, U19

27th September – 5th October in Canberra, ACT

TRIAL PREREQUISITE CHECKLIST

All Athletes

- VWA Platinum Membership 19/20 – U19
- Participation in WAVL or WAVL Junior League

U14 & U15 Athletes

- Participation in minimum 50% of the VWA Development Squad
- Registrations open until 24th May: www.volleyballwa.fortix.net.au

U19 Athletes in Year 12

- Contact Carolyn Hackett (9273 6316) from the School Curriculum & Standards Authority to discuss exemptions for ATAR Practical Examinations that overlap with the competition in September.

1. TRIAL PHASE

AJVC Trial Registrations: \$38

Register through your VWA Member Portal - www.volleyballwa.fortix.net.au

Trial #1

Saturday 15th June at Rossmoyne Senior High School

- 8:00am – 9:30am U14, U15, U19 Females
- 9:45am – 11:15am U17 Females, U14 & U15 Males
- 11:30am – 1:00pm U17 & U19 Males

Trial #2

Monday 17th June at Perth Modern School

- 5:00pm – 6:30pm U14 & U15 Males and Females
- 6:30pm – 8:00pm U17 & U19 Females
- 8:00pm – 9:30pm U17 & U19 Males
- Please arrive 30 minutes before your session to try on uniforms.

2. SQUAD PHASE

20th June – 11th July

Up to 18 athletes per team may be selected from trials into the squad and will be emailed a selection letter from the VWA State Teams Coordinator. Once selected, athletes will be required to register and pay the Squad Phase fee (\$68) through the VWA Member Portal. Selected athletes will be required to maintain 80% attendance at 7 training sessions on Mondays and Thursdays before coaches make their selections for their final 10 athletes. Venues & times will be provided in squad selection letters.

Fitness Testing: 2 sessions will be held at **Warwick Stadium** on Tuesday 25th June (Boys) and Tuesday 2nd July (Girls) between 6:00pm-9:30pm (TBC) to test strength & conditioning.



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3. TEAM PHASE

22nd July – 23rd September

A maximum of 10 athletes will be selected to each State Team. Up to 8 additional athletes may be asked to continue training with the team and act as a reserve in the case of an injury or withdrawal. Once selected, athletes will be required to pay a \$500 Team Deposit to accept their position in the team.

Team Trainings: Mondays and Thursdays for 2 hours between 6:00pm – 9:00pm. Venues & times will be confirmed in team selection letters. All athletes will be required to maintain 80% attendance at training sessions or removal from the team may be considered.

Physiotherapy Screenings: All athletes will be required to complete an *annual* physiotherapy screening with our State Team Sponsor, **Star Physio**, whom conduct the screenings at a discounted cost (\$135 early-bird, \$150 past a certain date, down from \$210). If you completed a screening for AJVC this year, you will not be required to complete one again in 2019. Screenings are to ensure all athletes understand how to manage their training load and prevent injury. All results from the fitness testing and physio screening will be uploaded into a personal profile on **The Screening Lab**, where athletes can view their individual results and work towards improvement.

Uniforms: All uniforms will be purchased individually online directly through **ID Athletic**. All items are the same as AJVC 2017 & 2018 so if you are a returning athlete you will not be required to purchase anything for 2019. The cost for new State Team athletes to purchase their uniforms is approximately \$260.

Travel Levy: The trip to Canberra is estimated to cost approximately \$2800, which is broken down into return flights, 8 nights accommodation, transport, food, team entry, coaching expenses & physiotherapist.

Exemptions: If you are unable to fulfil any requirements of any phases, you must notify the VWA State Teams Coordinator prior the date in writing and complete a VWA Exemption Form which will be reviewed, however does not guarantee exemption from the requirement.

MAIN CONTACT

VWA State Teams Coordinator

Jackie Tamburri

stateteams@volleyballwa.com.au or 92288522

AJVC Head of Delegation

Robyn Fittock

Commencing from Team Phase