



2020 Australian Junior Beach Volleyball Championships U15, U16, U17, U18

14th – 18th March, Coolangatta, Queensland

1. TRIAL PHASE

VWA Beach State Team Trial Registrations: \$68

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

Prerequisites

All Athletes - U19 VWA Platinum Membership 2019/20

U15 Athletes - Participation in minimum 50% of the VWA Beach Development Squad

Trials – 2/3 Sessions Required

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

- Wednesday 8th January from 5:00pm - 9:00pm (Uniform try-ons)
- Saturday 11th January from 7:00am - 11:00am (Uniform try-ons)
- Sunday 12th January from 7:00am - 11:00am

Fitness Testing – 1 Session Required

Christ Church Grammar School (Queenslea Dr, Claremont) run by Diamond Fitness

- Boys: Tuesday 14th January from 5:30pm - 8:30pm
- Girls: Wednesday 15th January from 5:30pm - 8:30pm

Age division time splits to be confirmed after registrations close on Friday 3rd January.

2. SQUAD PHASE

Athletes that have been selected into the final squad will receive a selection letter from the VWA State Teams Coordinator. Once selected, athletes will be required to:

- Register and pay the Squad Phase fee (\$70) through the VWA Member Portal
- Schedule their compulsory *annual*/physiotherapy screening with Star Physio (\$135)
- Place their uniform order online through ID Athletic (Approx. \$280 for *new* athletes)
- Attend a minimum of 3 out of the 4 squad sessions below at ICB or City Beach:
 - Sunday 19th January from 7:00am – 11:00am
 - Wednesday 22nd January from 5:00pm – 9:00pm
 - Saturday 25th January from 7:00am – 11:00am
 - Wednesday 29th January from 5:00pm – 9:00pm
- *Training time splits and locations to be confirmed in Squad Selection Letter.*

Following Squad Phase, the coaches will decide on the teams/pairings for the AJBVC and you will be informed of your teams by Friday 31st January.



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3. TEAM PHASE

31st January – 18th March

Once Team Phase begins, athletes will be required to pay a \$500 Travel Deposit, which will be invoiced to the parent/guardian contact email address.

Team Trainings: Wednesday evenings between 5:00pm – 9:00pm at Inner City Beach, and one morning on the weekend (either Saturday or Sunday) between 7:00am – 11:00am at either Inner City Beach or City Beach. More details on training times and venues will be provided in team selection letters.

Competitions: State Team Athletes will be provided with optional, strongly encouraged and compulsory competition opportunities throughout all three phases. Game experience is crucial for the preparations leading up to the AJBVC, and we hope you take advantage of as many of these options available to you:

1. 18th - 19th January – ATABT#3 Venue TBC (Optional, must qualify to participate)
2. 1st – 2nd February – ATABT #4, Busselton (Optional, open round)
3. **15th – 16th February – ATABT #5 Scarborough (Compulsory, open round)***
4. 29th Feb – 1st Mar – ATABT #6 Bunbury (Strongly encouraged, open round)
5. 7th – 8th March – ATABT #7 City Beach (Optional, must qualify to participate)

More details about these competitions and how to register will be provided to you.

*Entry fee for the Scarborough Open will be included in your training levy.

Sports Science & Sports Medicine: If you completed a physiotherapy screening with Star Physio for AJVC in 2019, you will not be required to complete one for AJBVC in 2020. Screenings are to ensure all athletes understand how to manage their training load and prevent injury. All results from the testing with **Diamond Fitness** and screening with **Star Physio** will be uploaded into a personal profile on **The Screening Lab**, an online platform where athletes can track their individual results from current and previous years.

Travel Levy: The trip to Coolangatta is estimated to cost approximately \$2000, which is broken down into return flights, 4 nights accommodation (14th – 18th March), transport, food, team entry and coaching/support staff expenses. The final balance invoice will also be emailed to the parent/guardian contact email address.

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

VWA State Teams Coordinator: Jackie Tamburri
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