



2021 Australian Junior Beach Volleyball Championships U15, U16, U17, U18

25th – 29th April, Coolangatta, Queensland

0. PRE-SEASON PROGRAM

Prerequisites

All Athletes - U19 VWA Platinum Membership 2020/21

Register by 9th October through your VWA Member Portal - www.volleyballwa.fortix.net.au

Training

Two evening training sessions per week, commencing 19th October and concluding 11th November
Mondays at Visko Park (39 Birchley Rd, Yangebup)
Wednesdays at ICB - Inner City Beach (180 Charles Street, West Perth)

Sessions will run from 6:00pm – 9:15pm and exact time splits will be confirmed after registrations close on Friday 9th October.

1. TRIAL PHASE

VWA Beach State Team Trial Registrations

Athletes who did not participate in the pre-season program will need to register by 6th November via the VWA Member Portal - www.volleyballwa.fortix.net.au

Prerequisites

All Athletes - U19 VWA Platinum Membership 2020/21

Trials

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

- Wednesday 18th November from 6:00pm – 9:15pm
- Sunday 22nd November from 7:00am – 10:30am

Fitness Testing

This will be run by Diamond Fitness – date & time TBC

Age division time splits to be confirmed after registrations close on 6th November.



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2. SQUAD PHASE

Athletes that are selected into the final squad will receive a selection letter and will be required to:

- Register through the VWA Member Portal and pay the Squad Phase fee (\$70)
- Schedule their compulsory *annual*/physiotherapy screening with Star Physio before end of January (early bird price \$135 before 13th January or \$150 thereafter)
- Place their uniform order online through ID Athletic (approx. \$280 for *new* athletes)
- Attend squad phase sessions

Wednesday 2nd, 9th, and 16th December from 6:00pm – 9:15pm at ICB

Training time splits to be confirmed in Squad Selection Letter.

Following the Squad Phase, coaches will decide on the teams/pairings for all the athletes and they will be informed of their teams by Friday 18th December.

3. TEAM PHASE

13th January – 29th April

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: Weekly on Wednesday evenings at Inner City Beach. More details will be provided in team selection letters.

Competitions: State Team Athletes will have competition opportunities throughout all three phases. Game experience is crucial for the preparations leading up to the AJBVC and we recommend taking advantage of these opportunities. More details about these competitions and how to register will be provided.

Sports Science & Sports Medicine: State Team Athletes must complete a physiotherapy screening with Star Physio before end of January. Screenings are to ensure all athletes understand how to manage their training load and prevent injury. All results from the physical 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 \$2200, which consists of return flights, 4 nights accommodation (25th – 29th April), transport, food, team entry and coaching/support staff expenses. The final balance invoice will be emailed to the parent/guardian contact email address.

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

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