



2026 Australian Junior Volleyball Championships U19, U21 & U23

8th - 12th July in Adelaide, SA

1. TRIAL PHASE

Trial Prerequisites

- 2025/26 VWA Platinum Under 19, Platinum Adult or Volleyroo/AVA Membership.
- Compete in WAVL/interstate WAVL equivalent, or be actively involved in the Australian Volleyball Academy and/or Volleyroos, overseas professional team, or overseas college/university team
- Register and pay the Trial fee (\$80)

Trial #1

Date: Saturday 14th February

Venue: [Kingsway Indoor Stadium](#)

Trial #2

Date: Wednesday 18th February

Venue: [Swan Active Midland](#)

AGE GROUPS	
U19	Born 2008 or later
U21	Born 2006 or 2007
U23	Born 2004 or 2005

N.B. Specific age group time splits will be distributed once trial registrations close. Please check your emails and/or the VWA Website Events page closer to the first trial for your respective timeslots.

2. SQUAD PHASE

Wed 11th, Wed 18th, Sat 21st, Wed 25th & Sat 28th March

Up to 18 athletes per team may be selected from Trials to Squad Phase. The VWA Youth Pathways Coordinator will email a selection letter to these athletes. Once selected, athletes will be required to register and pay the Squad Phase fee (\$100) through the VWA Member Portal, and complete their medical and emergency details information.

Selected athletes will be required to attend at least 4 of the 5 Squad Phase training sessions on Wednesday evenings and Saturday mornings at Kingsway Indoor Stadium before coaches make their Team Phase selections for the final 10 athletes. Training schedules, squad lists and other important information will be provided in Squad Phase selection letters.



3. TEAM PHASE

8th April – 6th July

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 either a non-travelling reserve in the case of an injury/withdrawal, or as a development athlete. Once selected, travelling athletes will be required to pay a \$500 Team Deposit to accept their position in the team. Non-travelling reserves and development players will pay an approximate \$300 training levy fee.

Team Trainings:

- April - July, training once per week until last 2 weeks, Wednesday evenings in April/May, Saturdays in June/July + 2 Mondays in last 2 weeks
- Mondays/Wednesdays for 1.5 - 2 hours between 5:30pm – 9:30pm
- Saturdays for 2 hours between 8:00am – 2:00pm
- Training Schedule with venues & times will be confirmed in Team Phase selection letters. All athletes will be required to maintain 80% attendance at training sessions or removal from the team may be considered.

Sports Medicine:

- An education session will be given by Star Physio during Team Phase training to ensure all athletes understand how to manage their training load and prevent injury, especially given the overlap between State Team training, WAVL training/games and the compacted nature of AJVC. A physiotherapist will be accessible for athletes while on tour as well.
- An education session will be given by Diamond High Performance during Team Phase training to ensure all athletes understand the importance of strength and conditioning while competing and training in a State Team environment. Strength work will be done at the start of each training session to ensure athletes are familiar with basic movements and S+C exposure.

Uniforms:

- All uniforms will be purchased individually online directly through our uniform supplier, **Sports Centre**. More information concerning the ordering process, compulsory items and delivery/pick up will be released in athlete selection emails. The cost for new State Team athletes to purchase their uniforms is approximately \$260.

Team Levy:

- Being a member of the team is estimated to cost approximately \$2800, which covers training, return flights, 4 nights accommodation, transport, food, team entry, coaching expenses & physiotherapy provisions.

4. EXEMPTIONS

If you are unable to fulfil any requirements of any phases, you must email the VWA Youth Pathways Coordinator prior the trial dates explaining why you are unable to attend/participate. Approval is not guaranteed.

VWA Youth Pathways Coordinator

Millie Monaghan

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