

Volleyball WA Academy

2026 Program 1 General Information and Guidelines

The VWA Academy is a nationally aligned Talent Development program for athletes in Western Australia. The aim is to strengthen technical and tactical volleyball skills in both beach and indoor volleyball, align athletes to State and National team programs and expectations, and guide them towards reaching their sporting goals. Athletes will be grouped by skill level, progression, projected development, and commitment, not by age.

Tier Structure

Program 1 of the Academy will include 2 tiers for each gender:

Tier	Group Size	Structure
Performance Squad (Athletes born between 2006 and 2011)	≈15 athletes	1 indoor volleyball session and 1 beach volleyball session per week
Development Squad (Athletes born between 2007 and 2012)	≈15 athletes	1 indoor volleyball session per week

Training Schedule

Trainings will commence on Friday 6th of February for the Performance Squad and Monday 9th of February for the Development Squad and will conclude on Monday 30th of March for both Squads.

Tier	Mondays	Fridays
Performance Squad	Indoor Session Kingsway Stadium 6:15 – 8:30 pm	Beach Session Inner City Beach (VWA Beach Volleyball Courts) 4:00 – 6:00 pm
Development Squad	Indoor Session Kingsway Stadium 6:15 – 8:30 pm	

*No training on the Labour Day public holiday on Monday 2nd of March. Training that week will be held on Wednesday 4th of March at Swan Active in Midland.

Frequently Asked Questions

What is the focus of the VWA Academy?

The VWA Academy is a squad-based training environment that focuses on holistic and long-term athlete development in both beach and indoor volleyball. Athletes are not training for one specific tournament and there are no scheduled match days within the program.

How many groups will be in the VWA Academy?

Initially, there will be 2 groups per gender, the Performance Squad and the Development Squad. We are aiming to have more groups in the future as the program grows and evolves.

Why are trials necessary?

We want to provide the best training environment for Academy athletes. Pairing them with others with similar skill levels and goals will allow for optimal growth and competition.

Can I trial for a specific group?

There will be one single trial period (ran over 2 days) where athletes will be observed and allocated a group. Athletes can trial with a specific group in mind, but they may be offered a different group depending on trial performance and individual goals.

What happens if I do not get offered a spot on the Performance squad?

Athletes may be invited to be part of the Development squad.

Can I change groups once the program has started?

Once groups are allocated, they will not be amended for the duration of the block. Based on individual development, performance and their coach's advice, athletes may be moved to a different group for the next block.

Are groups capped at a pre-determined group of athletes?

We are aiming to have approximately 15 athletes per group for optimal court time and coaches' supervision. Groups may have a different number of athletes based on registrations and the head coach's advice. An additional group may be opened depending on court and coach availability and number of interested athletes.

Do I have to pay the entire program fee if I know I will be missing some sessions?

Yes, the entire fee will need to be paid upfront to secure your spot. There will be no pro-rata reduction in the program fee if you know you will be missing any number of sessions or if you leave the program early.

What comes after the conclusion of Program 1?

Program 2

Trials: May

Duration: June and July.

Format: one training session per week (Program 2 overlaps with the WAVL and WAVJL).

Program 3

Trials: September

Duration: October and November.

Format: Performance Tier will return to having 2 sessions per week.

What other additional benefits are included for Academy athletes?

Additional services, such as strength and conditioning, nutrition, sports psychology, training video analysis, and individual athlete management and development plans may be included and will vary between squads and programs.

Specific details will be shared closer to each program's respective starting dates.

If I was part of Program 1, do I have to trial for Program 2?

Depending on individual athlete circumstances, development, and goals, returning athletes might not need to attend trials for Program 2.

I am already training with my Club/School – is adding additional training too much?

Our coaches can reach out to club/school coaches and find out about their training plans and consult with athletes and their parents about what their individual goals are. This will allow for mindful and purposeful Academy trainings that complement the athlete's other trainings, ensuring enough rest and recovery are had to prevent the athlete being overloaded.