



Volleyball Australia Newsletter – 2006/4

.....

In this issue:

- **Sport Development Report**
 - **AIS/AVF Beach Volleyball Centre of Excellence**
 - **Volleyball Team Australia – Men**
 - **National Junior Program**
 - **Women's Volleyball review**
-

General Manager's Introduction

With the event review report supporting a significant restructure of the AVL for 2007, Clubs and the AVF has already commenced planning for the 2006 season with a number of initiatives to be included to build towards the 2007 product.

The implementation of the SportingPulse partnership is well underway with a National Training day to be held in Melbourne on April 11. This will allow AVF and State representatives to better utilise both the available web site and management packages. It is envisaged the full rollout to Clubs and Associations will occur in the next couple of months, following rollout to the Member States.

The AVF has recently confirmed the participation of NZ (3 teams) and Fiji (2 teams) at the upcoming Junior Championships. The AVF will also be working with Volleyball NZ to supply officials for the Australian Volleyball Schools Cup later in the year.

For all the latest information about Australian volleyball continue to check the AVF website: www.avf.org.au

Andrew Scotford
General Manager

E: gm@avf.org.au

Sport Development Report

Volleyball Presentation to AASC National Conference

The ASC recently hosted the Active After-school Communities (AASC) National Conference and extended an opportunity for the AVF to be one of two National Sporting Organisations (Basketball Australia was the other) to present to those in attendance on the perceived role of this program within the AVF's participation pathway. The presentation was very well received and it was a great opportunity to explain that the AASC program has limited benefit to the AVF and especially to Member States, and what benefit it does offer is in the way of a cost-neutral promotional tool for the sport. It was both a reality check for AASC staff and an opportunity to have them become more familiar with what Volleyball can offer in delivering the program, which could result in strategic benefits to the sport through improved communication and servicing from AASC staff.

Referee Presenters & Assessors Process underway

Late last month the six selected National Trainers for Referee Education & Development met in Melbourne to commence planning for the implementation of the Presenters & Assessors structure. The workshop was viewed as a successful starting point to this process and the aim is for this group to deliver the first national training program in the middle of March next year.

National Review of Coach Training Programs

As was indicated last month, a review of the entire Coach Education & Development Program will commence in the very near future and anyone that is interested in participating in the review process in any way should communicate this to Tim Shannahan (sdm@avf.org.au).

March's Club Development E-newsletter

The latest edition of the AVF Club Development E-newsletter was circulated at the end of March via Member State Associations. If you did not receive the e-newsletter directly from your Member State Organisation, it can always be accessed via the AVF Club Development web page at: www.avf.org.au/avfclub/

Entries into the next Madison Sport Prize Draw close at the end of May. For a chance to win a share of \$1,000 worth of volleyball equipment ensure that your club, association or school has completed some or all of the tasks identified in the e-newsletter.

AVF Website – Where To Play

There have been further additions to this section in the past month, with 36 listings now in this section. However, the AVF target remains 50 by the end of June. Clearly a listing has positive benefits, especially given the number of approaches the AVF receives on a weekly basis from people wanting to participate in either discipline of Volleyball. For further information, please contact Tim Shannahan (sdm@avf.org.au) or complete the questionnaire identified in every edition of the AVF Club Development E-newsletter and submit it to the AVF.

.....

AIS/AVF Beach Volleyball National Centre of Excellence

2006 World Beach Volleyball Championships U21 & U19 Selection Camp [Men & Women]

The Annual AVF Junior World Championships camp was conducted at the AIS/AVF Beach Volleyball Centre of Excellence in Adelaide on 16-19 April, 2006.

AIS/AVF Head Coach, Steve Tutton briefed the squad and observed training sessions while the technical direction was given by the AIS/AVF Beach Volleyball National coaches Craig Marshall (Men's) and Carlos Galletti (Women's). The remainder of the camp was conducted by World Beach Volleyball Championship Coaches Matt Grinlaubs (QAS/AVF) and Simon Naismith (SASI/AVF); assisted by Indra Reinpuu (SASI) and Michael Nelson (VSA/SASI)

While the camp remains an important function of the selection process for the 2006 FIVB World Beach Volleyball Championships for U21 & U19, the camp also provides an opportunity for the athletes of 'tomorrow' to grow and develop their games by training with and against each other for 10 training sessions over 4 days.

In total 24 junior athletes from around Australia aged between 15 – 19 years of age attend this year's training camp.

The nature of the camp has evolved over recent years and this year was no exception. Athletes were given opportunities to learn and develop their game by taking on some of the skill models used by the elite beach athletes from the AIS/AVF coaches giving a more technical focus to the sand sessions.

Opportunities were also provided to a number of athletes to train with and play against the AIS elite

athletes. Alice Rohkamper, Trent Irwin, Sam Boehme, Brad Tutton, Harrison Peacock, and Chris McHugh gave a good account for themselves in a challenging environment and thoroughly enjoyed their opportunity.

The AVF will continue to provide this invitational camp opportunity annually while continuing to provide regional camp's of an open nature for all junior Beach Volleyball athletes around the AVF Junior Tournaments throughout the 2006/07 season. (Log onto the AVF website for more details closer to the start of summer)

FIVB World Beach Volleyball Championships Under 21 will be held in the Polish town of Myslowice from 23 to 27 August 2006 & the FIVB World Beach Volleyball Championships Under 19 will be held on the pink-tinged sands of one of Bermuda's most popular and beautiful beaches at Horseshoe Bay from 5 to 10 September 2006.

Athlete Development opportunities **Athletes train with AIS/AVF Beach Volleyball elite athletes**

Since the inception of the AIS/AVF Beach Volleyball, National Centre of Excellence local athletes who are part of the SASI program have periodically trained with the current AIS/AVF elite athletes, being Sam Boehm, Stuart Maycock, Olivia Orchard, Beccara Palmer and Anna Maycock and soon we will see the first visiting interstate athletes arrive. Alice Rohkamper will be here 23-28 April to train with the Women's squad and Sean Thomas and Anthony Wardrop will be here shortly through a request from the QAS to train with the Men's squad prior to the FIVB World Tour.

It is our hope that these opportunities will aid in the individual athletes development and assist in their future career in the sport.

Staff Development

"Recovery – did it make the difference for last year's premiership team?"

The Australian Sports Commission (ASC), in partnership with the SA Institute of Sport (SAIS) and the Office for Recreation and Sport conducted a High Performance Coaching workshop at AAMI Stadium, West Lakes on Friday 31st March, 2006, where all staff attended.

The key purpose and outcome of the workshop was:

- To share the knowledge and experience of the AIS leading specialists in athlete recovery practices.
 - Dr Shona Halson – Physiological recovery

- Michelle Cort – Nutritional recovery
- Rosanna Stanimirovic – Psychological recovery
- To workshop this issue with other Adelaide based coaches.
- To provide networking opportunities for coaches involved in the Australian high performance sports system.

The format of the workshop addressed the key issues for recovery, busted myths and emphasised the “how” coaches may use the information.

FIVB International Beach Volleyball Competitions

Entry Process for World Tour

AIS/AVF Beach Volleyball will be responsible for coordinating entries for those athletes wishing to play on the FIVB World Tour.

If you intend on playing at any FIVB World Tour event, please ensure you advise the AIS/AVF Beach Volleyball Sport Coordinator, Lyndie Harrison of your intention to do so. Phone 08-8416 6681, or email lyndie.harrison@ausport.gov.au. Nominations will be required 45+ days in advance for events you wish to participate in. You will be advised of the formal documentation, nomination and registration process for your team at this point.

2006-2008 FIVB – NF - Athlete Agreements – World Tour / World Championship (Senior)

On 18 April 2006, the FIVB advised amendments to the FIVB-NF-Player Agreement 2006-2008 and as such all athletes will need to complete this new version if they intend to participate at any FIVB World Tour (WT) events.

It is a new requirement for all players intending to compete in FIVB WT events to sign three copies and forward [all 3 copies] to FIVB prior to competing.

As the agreement needs to be signed by the AVF President, with the AVF common seal on each page, if not already received, could we please ask that all athletes obtain the latest copy via the AIS/AVF Sport Coordinator, Lyndie Harrison and return back to the AIS/AVF Beach Volleyball, National Centre of Excellence office in Adelaide who will then forward to the FIVB in Switzerland on your behalf.

For those women athletes playing in Modena and male and female athletes playing in Shanghai, the FIVB are expecting to receive the agreement (three originals per athlete) in the forthcoming days and at the latest before the start of the respective above

events. The FIVB cannot confirm the entry of the athletes if it does not receive before the above events.

For the remaining tournaments, the FIVB will strictly implement the rule that each National Federation (NF) must send the agreements to the FIVB at the latest 30 days before the start of the first event of the 2006 season in which their respective athletes want to take part.

Birthdays

April

Nicole Sanderson – 1 April
Martin Suan – 17 April

May

Andrew Schacht – 22 May

Injuries

Update

Summer Lochowicz: commenced some basic technical skills on the sand, i.e. controlled jumps however no attack work at this stage. Summer is on track to resume full time training by mid-May.

Allister Lyne: Unfortunately, Allister re-injured his right knee having to undergo further surgery. Focus is on eccentric and specific VMO and ITB exercises and is yet to resume sand sessions.

Next Competition Opportunities

WOMEN - Italy Open [May1-14]

MEN - China Open [May 23-27]

All current scholarship Athletes/Teams are still heavily involved in the Daily Training Environment in preparation for the 2006 FIVB World Tour.

Coming Events:

Australian Olympic Committee (AOC) Head Coaches Forum – April 27

Brisbane Visit - May 2-4

Beijing Athlete Program (BAP) Forum – May 15

Applied Coaching Workshop – May 16 - 17

2006 Benchmark Event - Austria Grand Slam WT [Men & Women] Aug 2-6

2007 World Championships – Switzerland [Men & Women] 19-24 June 2007

2008 Beijing Olympics....874 Days to go [as at 20th March 2006]

For all the latest information see the website – http://www.ais.org.au/beach_volleyball/index.asp

Volleyball Team Australia Men (VTAM) Program Update

Sports Science Testing

The AIS/VTAM athletes have continued their strong training sessions over the past few weeks and with the assistance of the AIS Sports Science staff they have been involved in a series of tests and studies, aimed at improving technique, speed and accuracy.

Tests & trials recently conducted include;

- Speed serving radar guns have been out measuring serves at times over 100km/hr with different variables and accuracy being taken into account.
- Occlusion goggles have also been utilised in a study testing reaction times and predicted patterns of play.
- A non/partial weight bearing jump harness has been developed and tested to assist injured/non injured athletes with landing loads and techniques.
- The Augmented Training Environment (ATE) is underway which provides instant feedback using various camera's and plasma screen technology to analyse technique and play sequence on court within an instant with replay technology. This has proved invaluable for the developing athletes to gain immediate feedback with regards to their skill development.

Projects of this nature are looking at ways to continuously improve and add value to the athlete's daily training environment while striving to deliver meaningful outcomes for the program's long term future. The results of the various studies and tests aim at providing valuable data for the coaching staff to utilise in the lead up to future World Championship and Olympic events.

Results – ACT State League

The results of recent matches for our AIS Team (Youth age players) in the ACT State League:

- Round 2 AIS d University of Canberra
3:1 25/13, 23/25, 25/21, 25/14
- Round 3 AIS d Australian National University
3:0 25/21, 25/22, 25/21
- Round 4 AIS d Australian Defence Force Academy
3:0 25/21, 25/18, 25/17
- Round 5 AIS d Panthers
3:0 25/8 25/17 25/18

The young team have rallied together over the past few weeks, growing in confidence and experience, proving that they can easily match it against their senior open age competitors (including against Head Coach – Russell Borgeaud who plays in the same league).

Upcoming Tour/ Easter Break

Five AIS Squad members including Travis Passier, Tom Edgar, Ben Bell, Adam White and Aidan Zingel will join the touring party to Thailand for the 2006 Thailand Junior Men's & Women's Volleyball Championships at the end of this month from the 29th April – 10th May.

All current AIS athletes and coaching staff are enjoying a well deserved 10 day break over Easter returning on the 23rd April. The five travelling to Thailand will return to the AIS at the same time before heading off on the 29th.

VTAM – Senior's return to AIS

The Senior National Team Members will return to Australia over the next few weeks from their professional contracts overseas, with the majority of the team back in camp at the AIS from the 15th May. From this moment, the AIS program switches into top gear with up to 30 athletes in training at the AIS Canberra base. The primary focus for the coaching staff during this period will be on the Senior Men's Team however the junior players will also lift intensity. Just to be mixing it, at times on the same courts as these Olympians will offer all the thrill and inspiration to get to that next level the juniors require.

VTAM athlete, Luke Campbell has already returned to the AIS from his club in the Netherlands looking forward to the challenge ahead.

The athletes will reunite in Canberra in preparation for a Europe Tour through Poland, Greece and Italy in June (TBC) with the ultimate goal of fine tuning their skills and team work for the World Championships in November.

During the months of March, April and May, AIS / Volleyball Team Australia Men will concentrate on training at the AIS in Canberra. The focus will be a little different for the three main groups, in training, during this period. Some competitions, such as ACT State League and the Junior Trans Tasman, will feature a team of combined age groups, from the AIS Squad.

Upcoming Competition

March ACT State League – Wednesday evenings – various AIS Squad
April ACT State League – Wednesday evenings – various AIS Squad
May Thailand Junior Nationals – 1st – 11th
May – 89 National Youth Team

.....

National Junior Program

Thailand Tour - '88 National Junior Women & '89 National Youth Boy's Teams

Saturday, April 29, w

ill see the departure of the '88 National Junior Women's Team ('88 NJW) and the '89 National Youth Boy's Team ('89 NYB) depart on a ten-day trip to Thailand to contest the 2006 Thailand Junior Men & Women's Volleyball Championships in Bangkok.

For the '88 NJW, this will be a perfect opportunity of the team to gain much wanted game experience against teams with a similar style of play to which they will face against at the 13th Asian Jnr. Women's Volleyball Championship this coming October also being held in Thailand.

For the majority of '89 NYB, this will be their first competitive opportunity to impress upon the coaches and to secure a spot on the team for next years Asian Youth Championship in the Philippines.

Dan Higgins (VIC) will be coaching the '88 NJW and his counterpart, Darren Wilson (QLD), will coach the '89 NYB team for this tour. Assisting them on this tour will be Gary Roberts (VIC), Sylvia Moutafis (VIC) and Steve Burton (QLD)

'88 NJW Team:

- Melinda CROSS (SA)
- Eliza DEAN (NSW)
- Sally DEED (VIC)
- Teresa DIXON (VIC)
- Angharad EVANS (NSW)
- Petrice FATCHEN (VIC)
- Ami HART (QLD)
- Alice ROHKAMPER (NSW)
- Danielle STOTT (VIC)
- Rhiannon TOOKER (QLD)
- Kristen WOODCOCK (VIC)
- Victoria WRIGHT (SA)

'89 NYB Team:

- Benjamin BELL (AIS/QLD)
- Thomas EDGAR (AIS/QLD)
- Osama EL-MEZIN (QLD)
- Trent IRWIN (QLD)
- William LEWIS (VIC)
- Travis PASSIER (AIS/QLD)
- Michael SNART (WA)
- Johnathon STOCK (VIC)
- Samuel SVERDLOFF (SA)
- Adam WHITE (AIS/QLD)
- John VAN NOORDEN (VIC)
- Aidan ZINGEL (AIS/NSW)

Easter Training & Selection Camp - '90 National Youth Girl's Squad

From an initial squad of around 100 athletes, 23 were invited back for a third camp at the National Training Centre for a weeklong Training and Selection camp with the view to be selected in the travelling team to New Zealand this September to contest the "Jenny Kirk" Junior Women's Trans Tasman Series.

Over the past week, the 23 female athletes from the National Youth Girl's Squad (born 1990 – 91) have been training six hours a day at the Australian Institute of Sport in Canberra under the guidance of Head Coach, Jenny Becker, and her assistants: Allan Young, Karl Lim and Natalie Smith.

On day 2 of the camp, the Sydney Lions Volleyball Club humbled the young Squad in a series of scrimmage matches demonstrating the style and pace of play in which the Team will encounter next year at the Asian Youth Championship.

With the humbling experience behind them and as the camp has progressed, the athletes continued to develop their individual skills and team cohesion with every training session.

From this point on, the coaches will continue to monitor the progress of each individual athlete before selecting the travelling team to New Zealand in late July after the National Junior Championships in Canberra.

Key Competitions in 2006

- May 2 – 10 Thailand Jnr. Men & Women Volleyball Championship - Thailand
- Jul 16 – 22 "Murray Mansfield" Junior Trans Tasman Series - Canberra
- Sep 2 – 9 Friendly Series with China Junior Men's Team – Canberra

- Sep 13 – 21 13th Asian Jnr. Men's Volleyball Championship – Iran
- Aug/Sep/Oct “Jenny Kirk” Junior Trans Tasman Series – New Zealand (TBC)
- Sep 29 – Oct 10 13th Asian Jnr. Women's Championship – Thailand

.....

Women's Volleyball Review

.....

Volleyball Australia is proudly supported by:



.....

This newsletter is produced by:

Volleyball Australia **Phone: 02 62476633**
PO Box 3323 **Fax: 02 62476722**
Belconnen, ACT 2617

Email: **info@avf.org.au**
Website: **www.avf.org.au**