

BEACH VOLLEYBALL PATHWAY & WHAT IT ENTAILS

DEVELOPMENTAL STAGE	Detail of what it involves
AIS / World Junior Championships	Selection for this is invitational through Volleyball Australia.
National Camps	Selection for this is invitational through Volleyball Australia.
Victorian State Team for National Junior Championships	Volleyball Victoria holds trials annually (usually November) for selection into State Beach Volleyball Teams (u/15, u/17, u/19, u/23 boys & girls) to compete in the Australian Junior Beach Volleyball Championships each year (usually in April school holidays).
Barwon Sports Academy	<p><u>Purpose</u> Partner with Vic Beach Geelong (Geelong Beach Volleyball Academy) to select a maximum of 16 of the regions most talented and committed Beach Volleyball players to undertake education in physical preparation, sports psychology, nutrition, goal setting and injury prevention. Be provided a training environment on a weekly basis that includes skill development, strength and conditioning, sport education and a medical network.</p> <p><u>How do I get selected?</u> Graduate from the Geelong Beach Volleyball Academy Development Group Squad & be nominated by coach. Complete the BSA Scholarship Application.</p> <p><u>Selection criteria</u></p> <ul style="list-style-type: none"> • National Tour Ranking • State Tour Ranking • Athletes who attain selection in Victorian Teams • Athletes who (may have) graduated from GBVA Development Squad • Athletes who aspire to reach higher standards & are nominated by Vic Beach Geelong or Volleyball Victoria coaches • Athletes who have the physical attributes & potential to reach National Tour Level • Athletes who play at Vic Beach Geelong & are committed to playing a minimum of 3 State Tour Events <p>16 players maximum. 14 to 22 years old may apply. Age is from 31/12/2016</p> <p><u>What does it entail?</u> <u>BSA generic membership entitlements</u></p> <ul style="list-style-type: none"> • A weekly one hour strength and conditioning session (25 per year) – <i>Beach Volleyball specific</i> • Musculoskeletal screening • A gym membership to Leisure-link (CoGG) • 3 piece uniform (BSA polo, shorts and t-shirt) • Medical network with discounted rates and priority listing • Education program including nutrition, leadership, goal setting, injury prevention etc • Mentoring program <p><u>Vic Beach Geelong funded entitlements</u> Weekly squad coaching sessions with Head Coaches Dan Kuklych / Greg Jury</p> <p><u>Cost</u> \$420</p>
Geelong Beach Volleyball Academy Development Squad	<p><u>Purpose</u> Providing an opportunity to identify & nurture enthusiastic young Beach Volleyball players in the region. The program will introduce these players to Beach Volleyball competition and the pathway to the higher level. Ages range from 12 - 16years. (Athletes already selected in the BSA program are ineligible).</p> <p><u>How do I get selected?</u> Progress through the Junior "Come n Try" Wednesday Afternoon Program and/or be nominated by a Vic Beach Geelong Coach/Staff member.</p> <p><u>Selection criteria</u></p> <ul style="list-style-type: none"> • Have mastered the skills of digging, setting, spiking & serving to a beginner level. • Play in a Junior or Adult Beach Volleyball Competition at Vic Beach Geelong • Are committed to training & improving to reach their personal goals <p><u>What does it entail?</u> Weekly squad coaching sessions with Head Coaches Greg Jury / Dan Kuklych GBVA Training Uniform</p> <p><u>Cost</u> \$315</p>
Geelong Beach Volleyball Academy Come n Try Junior Sessions	<p><u>Purpose</u> Fun introductory level of Beach Volleyball for Primary School Aged Kids. Emphasis on fun & participation whilst learning skills & developing sand fitness.</p> <p><u>What does it entail?</u> Weekly casual training sessions (Wednesday's 4.30-5.30pm) School Term only.</p> <p><u>Cost</u> \$8 per session</p>
Coaching	<p><u>Geelong region:</u> Vic Beach Geelong – Dan Kuklych, Greg Jury, Jen Jury, Hope Ellis, Tim Gregory <u>South Melbourne:</u> Vic Beach Facebook Group or www.vicbeach.com.au. Big Al, Haydn Ellis.</p>