

VA SASI BEACH VOLLEYBALL CENTRE OF EXCELLENCE

At the South Australian Sports Institute in Adelaide

Volleyball Australia (VA) in collaboration with the South Australian Sports Institute (SASI) conducts the VA SASI Beach Volleyball Centre of Excellence as the Beach Volleyball National Training Centre in Adelaide. The Centre of Excellence is a full time development program for young volleyballers, who wish to become high performance beach volleyball athletes, with an aim to compete on the FIVB World Tour, and to become Beach Volleyroos and represent Australia in Olympic Games, Commonwealth Games, World Championships and Asian Championships.

Australia has a proud tradition of producing Youth Asian and World Beach Volleyball Champions. Pending Selection, the peak Beach Volleyball Events for CoE athletes include:

- U19/U21 World Championships
- U19/U21 Asian Championships
- U19 Youth Olympic Games
- Australian Beach Volleyball Tour Events

It is open to male and female volleyballers who would join the program in January 2018, following their graduation from high school.

The Centre of Excellence is based at the National Training Centre where the Beach Volleyroos have their daily training environment, so it offers the opportunity to interact and to train with Australia's best Beach Volleyballers, and best Beach Volleyball coaches.

Training consists of on sand training, some indoor training as appropriate, weights training, and other conditioning work, as well as the development of mental and life skills required to be a high performance athlete. Centre of Excellence athletes train 6 days a week, but are encouraged to undertake study or part time work to complement their training. Assistance is provided in finding study or work opportunities appropriate to the individual.

Training is led by the Head Coaches of the Centre of Excellence, Mick Nelson and Thomas Kroeger, who are also the Assistant Coaches of the Beach Volleyroos. The National Technical Director and Head Coach, Victor Anfiloff, and the Head Men's Coach, Andrew Schacht and Head Women's Coach, Simon Naismith also have input into the Centre of Excellence Program. Support is provided from SASI Strength and Conditioning Coaches, the VA SASI Performance Behaviour Coach, and the program's physiotherapy, nutrition and medical providers.

Athletes are required to organize their own accommodation in Adelaide, and to pay the Centre of Excellence fee of \$1500. They can expect to contribute to the cost of attending competitions outside of Adelaide, but some support for these costs is usually provided. The exact financial details will be discussed in detail with successful applicants.

Further information is available from the VA High Performance Director, john.boulton@avf.org.au.

Interested athletes are requested to submit an [Expression of Interest](#) online by 23 October 2017. Please attach an up to date volleyball CV.

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