

VA AIS VOLLEYBALL CENTRES OF EXCELLENCE (Indoor Volleyball) based at the Australian Institute of Sport in Canberra

Volleyball Australia (VA) conducts the Men's and Women's Indoor Volleyball Centres of Excellence currently based at the Australian Institute of Sport in Canberra.

The Centres of Excellence are full time development programs for young volleyballers, who wish to become high performance volleyball athletes, with an aim to become Volleyroos and represent Australia in Olympic Games, World Championships and Asian Championships, and to play professional Volleyball overseas (indoor).

They are open to male and female volleyballers who would join the program in February 2018, primarily following their graduation from high school, but exceptional school aged players will also be considered.

Training consists of on court training, some beach 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. Competition is also an important component of the Centre of Excellence and players will compete in the local state league as well as AVL.

Training is led by the Head Coaches of the Centres of Excellence, Shannon Winzer (women), and Dan Ilott (men) as well as other appointed Assistant Coaches. Support is provided from Strength and Conditioning Coaches, and the program's physiotherapy, nutrition and medical providers.

For athletes who are still attending school, VA operate a Homestay program where athletes live with homestay families. The weekly fee for 2018 should be \$280 per week. Details of the homestay program can be found in the [VA Homestay Handbook](#).

Older athletes who have finished school will need to arrange their own food and accommodation arrangements; however, assistance will be provided wherever possible. Meals are currently available from the AIS Dining Hall for \$8 if required.

Athletes are required to pay a Centre of Excellence fee of \$2500 for 2018. They can also expect to contribute to the cost of attending competitions outside of Canberra, but some support for these costs may be provided. The likely figures for 2018 will be discussed with successful applicants.

Further information is available from the VA Pathways Director, nam.pham@avf.org.au, or from the Head Coaches, shannon.winzer@avf.org.au or dan.ilott@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.