

VA RISING STARS WORLD GRAND PRIX CAMP CANBERRA Boys and Girls 22nd - 23rd July

Dear Athlete,

This link/letter from the Volleyball Australia (VA) Australian Institute of Sport (AIS) Centre of Excellence (CoE) program, is a formal invitation to the 2017 VA Rising Stars National Talent Development Camp being held during July in Canberra. This invite and camp represents your entry into the VA Junior Development Program (JDP) and brings you into the National Program pathway.

This camp is for boys and girls and will be held on the 22nd and 23rd of July. There are two primary focus age groups for the Rising Stars program, athletes 15 and under and athletes 16 to 20 years of age. Attendees at the camp will receive tickets to all 4 World Grand Prix matches and also have the chance to meet the Volleyroos!

The camp will provide a valuable opportunity for your further development as well as the chance to work with specialist development and National program coaches. Court sessions will focus on the technical skills required in challenging game like situations, with a nationally standardised approach to the development of all athletes at this camp through adherence to the National system and current elite development programs,

This bulletin will provide information regarding the camp as it becomes available. Please keep an eye on **this document as it will be updated during the leading up to the camp.**

We recommend that you bookmark this link so you can easily access this information:
[VA Rising Stars Camp Info - Canberra 2017](#)

A high level overview of the Junior Men's and Women's Development Programs (JMDP & JWDP) and schedule of camps and tours can be found on the VA website:

[Junior Men's Development Program](#)
[Junior Women's Development Program](#)

You should also like our program Facebook page to keep up to date with current tours and activities:

Junior Men's Development Program: [JMDP Facebook Page](#)

Junior Women's Development Program: [JWDP Facebook Page](#)

Volleyball Australia Rising Stars: [Rising Stars Facebook](#)

CAMP ACCEPTANCE

The online acceptance form and medical details form can be found here:

[VA Rising Stars Camp Acceptance - Canberra 2017](#)

PATHWAY

In addition to beginning your journey within the VA JDP, possible options that may be available to you after this camp and beyond are:

- becoming involved and continuing your development within a local Club, School program and/or State association run camps.
- receiving an invitation to trial for a Regional, State association team program, State based elite program and/or private volleyball academy.
- participating in Australian Junior Volleyball and/or Beach Volleyball Championships
- receiving an invitation to participate in National program development camps
- receiving an invitation to attend National program Youth and Junior aged team selection camps
- receiving a scholarship or home-stay offer with one of the growing number of VA Centre of Excellence Programs (COEs) throughout the country; and/or possibly
- receiving an offer to move to Canberra and join the prestigious VA AIS Centre of Excellence Program;

From there the pathway leads to a variety of Senior level possibilities including joining an AVL club, securing an overseas college scholarship, signing a professional contract in Europe and/or playing for Australia as part of the Senior Volleyroos.

These initial pathway options and the pathway over the next two years will be discussed at the camp. We will also discuss how you may be able to balance your school, family, beach volleyball and/or other sporting commitments over this period.

INDICATIVE CAMP SCHEDULE

Day 1 - Boys/Girls 22nd July (Arrive at 830am, Session begins at 9am)

Travel to camp in time to check in with camp staff and for formal introductions.

Two practice sessions with recovery and education sessions as well tickets to both World League matches!

0830 - Arrive, check in with camp staff, athlete brief with coaching staff

0900 - Group court session and testing begins

1130 - Group education session

1200 - Lunch Break and Meet Volleyroos Team!

1300 - Group court session begins

1500 - Group education session

1600 - World Grand Prix Semi Final 1 Starts

1900 - World Grand Prix Semi Final 2 Starts

Day 2 - Boys/Girls 23rd July (Arrive at 830am, Session begins at 9am)

1 practice sessions, including games, with recovery and an education session along with tickets to both World League matches!

0840 - Arrive, check in with camp staff, athlete brief with coaching staff

0900 - Group court session begins

1130 - Group education session

1630 - Athlete debrief with coaching staff and camp concludes

1300 - World Grand Prix Bronze Medal Starts

1600 - World Grand Prix Grand Final Starts

WHAT TO BRING

You will need to bring:

- Training clothes (state, club or school gear is fine);
- playing shoes and socks;
- 2 x water-bottles (named);
- ankle guards / braces (if a pair is owned);
- kneepads (if a pair is owned);
- towel for training (large or small);
- Gatorade / Powerade or Hydrolyte to assist with hydration levels pre / post training
- self massage item - foam roller (optional but strongly suggested), tennis ball, golf ball;
- theraband (if you have one);
- pens (2) and notebook;

TRAINING COURTS

AIS Volleyball Courts
Leverrier St, Bruce ACT 2617

Link to map: [AIS - Google Maps](#)

TRAVEL ARRANGEMENTS

All athletes are required to make their own travel arrangements to and from the AIS on both days of the camp.

MEALS

All athletes are responsible for arranging their own meals for throughout the camp. The AIS has a cafe and dining hall on site but may be very busy. However it is strongly recommended athletes bring pre-prepared meals to the camp. During the World Grand Prix matches there will be a canteen available.

CAMP FEE

The Camp Fee is \$140

Payment is made whilst completing the online registration form, again found here;
[VA Rising Stars Camp Acceptance - Canberra 2017](#)

The full camp fee covers all access to coaching and facilities as well as education sessions and copies of educational material along with tickets to all 4 World Grand Prix matches. The camp does not include medical treatment. All athletes should bring their Medicare and insurance information in case it is required.

MARKETING AND PHOTOGRAPHY

Please note that photography from the camp will be used to promote the program and acknowledge the achievements of participants. This marketing will include information being posted on Facebook, websites and print media. Lists of camp participants may be advertised publicly.

EMERGENCY CONTACTS

If there are any emergencies and you are unable to get in contact with your child, please note the following emergency contacts for use throughout the camp:

Martin COLLINS +61 406 640 069 or martin.collins@avf.org.au
Brendan GARLICK +61 410 302 203 or brendan.garlick@avf.org.au

NEXT STEPS

1. Complete the online **acceptance form** (page 2 & 5) ASAP as places are limited
2. Be involved in as many volleyball related opportunities leading up to the camp

FURTHER INFORMATION

Again if further information needs to be passed on it will be done so via updating this document. In the meantime please email martin.collins@avf.org.au or brendan.garlick@avf.org.au if you have any questions.

We look forward to seeing you at the camp.

Kind regards,

Brendan Garlick & Marty Collins

VA AIS Centre of Excellence Assistant Coaches

VA Rising Stars Directors ([Rising Stars Facebook](#))

Volleyball Australia Junior Men's Development Program (JM DP)

www.volleyballaustralia.org | [JM DP Facebook Page](#) | [JM DP Youtube Playlist](#)

Volleyball Australia Junior Women's Development Program (JW DP)

www.volleyballaustralia.org | [JW DP Facebook Page](#) | [JW DP Youtube Playlist](#)