



# Media Release

## Back to back titles beckon for Canberra Heat

Reigning champions the Canberra Heat are off to the Australian Volleyball League finals in Melbourne this weekend to defend their 2015 title. The Canberra Heat Men secured their place in the finals, finishing second on the ladder. A semi-final against 2015 bronze medallist the Adelaide Storm beckons with a likely gold medal rematch against the Queensland Pirates who play Victorian Volleyball Academy in the second semi-final.

With a standout season behind them and bragging rights going into the weekend, the Heat will start as favourites in their semi-final match. Coach Les Young knows that despite being favourites there is a lot of hard work ahead for the team to match last year's result. "We had over half of last year's championship team depart at the start of the season so while we are defending champions this is practically a new team this year. We have a number of players with international playing experience so we are looking to them as leaders within the team to provide the spark in our finals campaign."

In a good sign for the team they go into this year's finals without any injury concerns. Having qualified for the semi-final before the last round of the season the Heat was able to use their final games to rest their big guns and give some court time to other players and bolster the squad for the finals.



Canberra Heat, Australian Volleyball League finals @ Melbourne Sports & Aquatic Centre

Saturday 3 December

2pm – Canberra Heat v Adelaide Storm (Semi Final)

Sunday 4 December

5pm – Gold Medal Match

For further details please contact Les Young: 0414 365 017 and Nic Kaiser: 02 6247 6633

