

Former Olympian paves the way for future generations

Last year's Volleyball ACT Coach of the Year, Rachel Uren, has made a huge impact on the growth of the sport in Canberra.



Rachel's Junior Volleyball Program has been running since 2014 and is still expanding. The program, which started off at one primary school 3 years ago, has since impacted hundreds of children and is currently reaching students at a dozen primary schools around Canberra through the Sporting Schools Program.

The 2000 Olympian credits the initiation of the program to her own kids' desire to get involved with the sport. Given her strong passion for the sport, extensive knowledge of the game and impressive playing history, Rachel seized the opportunity to improve the early exposure of the game.

"I was 16 the first time I touched a volleyball so I realized a lot of Primary School aged children had probably never heard of or played Volleyball before and I wanted to change that."

The program was designed to introduce volleyball to primary school children in a fun and friendly environment. On top of weekly training sessions that reach over 160 children in Canberra, Rachel also hosts Junior Volleyball Tournaments each school term to give all the children in the Junior Volleyball Program the opportunity to play against children from other schools in Canberra.

The most recent tournament, hosted this past Saturday at the Lyneham Hockey Centre, attracted a record number of over 70 players from schools all around the region, who got the chance to be coached by

members of local clubs, Canberra Heat representatives and athletes from the AIS Volleyball Centre of Excellence.

Image: Rachel gets involved with the kids at the Junior Volleyball Tournament.

“This is a huge thrill for the children as they get to know their local Canberra clubs and some of the best players in ACT and Australia,” said Rachel.

Rachel continues to strive to involve even more school-aged children with the sport and believes that schools accessing Volleyball for their students through Sporting Schools get a great introduction to what Volleyball is all about in a very supportive and safe environment.

