



At GMVA we are thrilled to announce Victorias only Full Time training environment for junior volleyballers. GMVA Full Time will begin in February and be based at the State Volleyball Centre in Dandenong North. The volleyball section of the program will be coached by Olympian Luke Campbell with strength and conditioning support from Matt Brindle.

At GMVA Full Time the program will include:

- Up to 20 hours per week of training
- Paid volleyball coaching employment outside of training times
- Direct assistance in their next step in volleyball, be it College, Professional or National Team
- Full Strength and Conditioning training
- Massage and recovery support
- State of the art video access at court sessions

Athletes will be expected to continue playing in the VVL as GMVA is not a club. This will give athletes access to another 4 hours of training and match play on top of the GMVA Full Time program. To be eligible athletes need to have completed their Year 12 schooling.

This is an exciting step for volleyball in Victoria and especially for athletes that have not yet made the AIS or VA training and playing squads. GMVA has provided a pathway already for 14 male and female athletes to head to North America to college and another 2 to play professional volleyball in mainland Europe. We are also very proud that 3 of our athletes are now in the National Mens Volleyroos squad after not making the National Junior Teams, showing that your senior career is not defined by your junior career.

For more information on this program please contact Luke Campbell at lukegmva@gmail.com

