



## GMVA Centre of Excellence 2019

### Program Information

GMVA provides Victoria's only full time training environment for volleyball. The successful Centre of Excellence (CoE) will continue in 2019 into it's fifth year. Training for 2019 athletes will commence February the 2<sup>nd</sup> 2019.

#### Staff:

Program Administrator & Director: Luke Campbell

Head Coach of Men: Luke Campbell

Prehabilitation Coach: Matt Brindle, Integrate Training

Strength and Conditioning Coach: Anthony Van Rooyen, Acceleration Melbourne

Sports Medicine: Dr Michael Makdissi at Olympic Park Sports Medicine Centre, formally AIS

Physiotherapy: Olympic Park Sports Medicine Centre & Southern Rehab and Sports Physio

Massage/Soft Tissue Therapy: Johnny Raath

Pastoral Care: Peter Rivett

All Head Coaches in the GMVA CoE have played senior international volleyball and either played in the USA or Canadian college system or played professional volleyball in Europe.

Coaches are required to:

- Hold a Volleyball Australia Level 3, Advanced Coach qualification
- Hold a Level 2 First Aid
- Hold Australian Strength and Conditioning Level 1 qualification
- Provide a positive learning environment where athletes are encouraged to ask questions and be engaged in training
- Provide a stimulating and varied drill structure that challenges athletes and provides opportunities to improve daily

#### Weekly Session Breakdown: (20 hour commitment)

5 Court sessions with CoE and another 2 with Victorian Volleyball League (VVL) club

1 Match with the players VVL club

Daily Prehabilitation program

1 Body Movement and Control session

3 Strength & Conditioning sessions

1 Recovery Session, spa and compression

Daily recovery done after each session

Training sessions are during the morning as all coaching work provided is during the afternoon.

Then VVL club training is in the evening.

#### Venues:

Court Training: State Volleyball Centre (SVC) in Dandenong North

Body Movement Sessions: Integrate Training, Glen Huntly Road in Caulfield South

Strength & Conditioning: SVC & Acceleration Melbourne at Salesian College in Chadstone

Recovery Sessions: P3 Sports Recovery in Berwick





### **Coaching work offered outside training times:**

Paid coaching work allows the athlete to earn an income, whilst also allowing them to develop their inter-personal and volleyball skills through teaching junior athletes.

- Coaching work at St Michaels Grammar
- Coaching work at Mentone Grammar
- Coaching work at GMVA in the SpikeZone, Youth, Junior and Senior Programs
- Possible casual administration work at Volleyball Victoria
- Casual coaching work through Volleyball Victoria and the Sporting Schools Program
- Court supervisor roles at 1 Day & 3 Day Victorian Schools Cups through Volleyball Victoria

### **Court Skills Training:**

Court training is focused on developing the skills sets required for each individual's playing position whilst also improving the athlete's all round skill set. We apply state of the art video analysis at court and gym sessions to ensure all players apply techniques safely and efficiently. The international experience of our coaches allows players to improve their strategy and game awareness during training sessions. Volleyroos skill sets are the base for our syllabus.

### **Strength & Conditioning Training:**

The first months of the program will be aimed at readying the athlete's body for further training. A careful approach is taken to improve any weaknesses in the athlete.

We have a weekly prehabilitation session with Matt Brindle at Integrate Training where we focus on body balance and target any weaknesses across posture and natural lines.

3 session per week we lift at SVC and Acceleration Melbourne where we work on technique for advanced Olympic lifting. This process takes months to perfect and is done under strict supervision from qualified strength and conditioning coaches.

A healthy, strong and injury controlled athlete is the goal and the history of the GMVA COE.

### **Education Requirements:**

- All athletes must complete Level 2 Volleyball coaching course
- If the athlete is heading to college in the USA or Canada, then they have no additional formal education requirement during the program
- If the athlete is aiming to turn pro then they must enroll in a formal education program, be it certificate, diploma or bachelor degree. This is to ensure they are preparing for life after sport.

### **Athlete Requirements:**

- All athletes must have completed their secondary schooling.
- It is an expectation that all athletes will play in the VVL competition (important for match play development)
- Be committed and available to attend all sessions
- Support all sponsors of the GMVA CoE when required
- Take responsibility for their body and act in a professional manner at all times
- Be available for occasional weekend tournaments that don't conflict with VVL
- Be available to assist at school holiday clinics for junior volleyballers





### **Recovery techniques taught:**

- Active exercises in warm up and warm down
- TRE Sports tremor experience
- Hydrotherapy including hot/cold philosophy at P3
- Compression boots use at P3
- Trigger points
- Self & partner stretching, static, dynamic, PNF
- Self and partner massage
- Foam rolling
- Healthy sleeping patterns
- Recovery through healthy and timed eating

### **Accommodation:**

Athletes are encouraged to live at home with their family if they are Melbourne based. Homestays accommodation arrangements are available for regional or interstate based athletes. These have been used successfully in both the 2015 and 2016.

### **Why train full time with the GMVA Center of Excellence?**

The CoE provides high level training, coaching and player development that is the start of a pathway, if the athlete desires it, to University, College, Professional and the Volleyroos. The CoE program's sole focus is making you the absolute best volleyball player you can be and we are totally committed to achieving that goal for you. We have proven success over the life of the program of sending athletes to College or turn Pro then make the Volleyroos.

You don't need to have the goal of international travel to join the CoE. We are also about assisting you reach your goals here in Australia, be it at State League or AVL.

### **Canada or USA College Volleyball:**

This has been strength of GMVA over the past 6 years. GMVA has placed 36 athletes, both boys and girls in highly rated programs in Canada and the USA systems.

We don't just want them to go, but we want them to go to a successful, educational, caring and competitive environment.

Coaches are actively involved in the search for appropriate colleges for each athlete.

### **Professional:**

We now have 6 athletes in the Professional leagues in Europe with most in strong leagues like France, Swiss, Italy and Finland

Coaches are actively involved in the search and finalizing details of any contract to support the athlete

### **National Team:**

GMVA now has 5 men in the Men's Volleyroos and 1 girl in the Women's Volleyroos

### **Australian Volleyball League (AVL):**

If the athlete is still here and has not headed to college or Europe then they have the option to playing in the AVL





## **Recovery**

### **P3 Sports Recovery:**

On Fridays after training the squad heads to P3 Sports Recovery and does hot/cold contrast therapy in their hydrotherapy pool, which include two magnesium pools.

The squad also uses advanced pressure boots that stimulate circulation in the legs after the hard week of training and lifting weights. This is done on Friday in order to prime the players for VVL on Saturdays with their clubs.

### **TRE Sports Recovery**

During the program the players will participate in a course called TRE. This is a program that teaches people how to illicit a naturally occurring tremor state in the body which can lead to vastly improved injury management, focus, sleep patterns, calmness, and recovery. For more information head to [www.treaustralia.com.au](http://www.treaustralia.com.au)

### **Training Aids used during sessions:**

State of the art video delay loops to watch and re-watch skills on court

Direct uploads of skills for athletes to analyze post training

Blackout curtains for reception, ball control and reaction time training

Elevated platforms for serving and spiking power

Heavy training balls for finger strength in overhead reception, defense and setting

High net training to enforce a higher contact and deeper target in attack

Elastic serving accuracy testing

Hoola Hoop blocking accuracy

Resistance band speed and explosive techniques

### **Commencement Date:-** February 2<sup>nd</sup> 2019

While the official start to training is listed above, athletes will have the opportunity to train in the GMVA Pro beach volleyball program over the summer if they wish.

It is also strongly encouraged that athletes will begin prehab and strength programs over the holiday period. These are available from the Head Coach upon request.

The GMVA CoE looks at the holistic development of the athlete, not volleyball at the expense of everything else. We care strongly about you and your volleyball now and into your future.

For further information and costs associated with the GMVA COE please contact Luke Campbell.

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