



## GMVA Centre of Excellence 2020 Program Information

GMVA provides Victoria's only full-time training environment for volleyball. The successful Centre of Excellence (CoE) will continue in 2021 into its 7<sup>th</sup> year.

### **Staff:**

Program Administrator & Director: Luke Campbell

Head Coach: Luke Campbell & Kell Lean

Assistant Coaches: Kell Lean, Mick Stevens & Andrew Papalaskaris

Strength and Conditioning Coach: Andrew Papalaskaris (Ex Phys) Luke Campbell (ASCA L1)

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

Physiotherapy: Southern Rehab and Sports Physio, Dandenong North

Massage/Soft Tissue Therapy: Johnny Raath

Pastoral Care: Peter Rivett

All Head Coaches in the 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

2 with Victorian Volleyball League (VVL) club if player chooses to play

1 Match with VVL club

Daily Prehabilitation program

4 Strength & Conditioning sessions

1 Recovery Session, spa and compression

Daily recovery done after each session

CoE training sessions are during the morning as all coaching work offered is during the afternoon.

VVL training sessions are during evenings

### **Venues:**

Court Training: State Volleyball Centre (SVC) & Maroondah Nets

Strength & Conditioning: SVC Gym and Maroondah Nets Gym

Recovery Sessions: TBC as we are talking to a new provider





### **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 various private schools in Melbourne
- 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. Our drills are designed not only to get quality repetitions but to create thinking and challenging situations so athletes are ready for any situation within game play.

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 on any weaknesses.

We lift 4 session per week we where we work on techniques that will finish with Olympic lifting.

This process takes months to perfect and is done under strict supervision from qualified strength and conditioning coaches using video analysis.

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

### **Education:**

- All athletes will complete Level 2 Volleyball coaching course
- All athletes will complete the ASADA Level 1 drugs in sport 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 an athlete is completing a gap year then there is no formal education required
- If an athlete and their family is not looking for further formal education then the athlete is encouraged to take on either some of the coaching work or other casual work

### **Athlete Requirements:**

- All athletes must have completed their secondary schooling
- It is an expectation that athletes will play in the VVL competition (important for match play development)
- Be committed and available to attend all sessions. Flexibility is provided for those attending university in Melbourne
- Support all sponsors of the GMVA CoE when required
- Take responsibility for their actions & act in a professional & respectful manner at all times
- Be available for occasional weekend tournaments that don't conflict with VVL





### **Recovery techniques taught:**

- Active exercises in warm up and warm down
- TRE Sports tremor experience
- Hydrotherapy including hot/cold philosophy
- 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 2015, 2016 and 2019.

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

The CoE provides high level training, coaching opportunities and personal development that is all part of the GMVA pathway. Athletes have had all kind of motivations to join the CoE:

- |                   |                      |                              |
|-------------------|----------------------|------------------------------|
| - Take a gap year | - Play pro           | - Improve my body            |
| - Get healthy     | - Play AVL           | - Experience full time sport |
| - Go to college   | - Become a Volleyroo |                              |

Regardless of your motivation to join the CoE, the program's sole focus is making you the absolute best volleyballer 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 8 years. GMVA has placed 48 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. The college and university search is an included service of the CoE for those interested. Our database includes every mens and womens head coach in the USA and Canada throughout all divisions.

### **Professional:**

We now have 6 athletes in the Professional leagues in Europe with most in strong leagues like France, Swiss, Italy and Finland. We can be 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 2 women 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**

On Fridays after training the squad used to head to P3 Sports Recovery and does hot/cold contrast therapy in their hydrotherapy pool, which include two magnesium pools. However the business has disappeared during Covid so we are currently looking for a new provider.

## **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

**Dates:-** February 1<sup>st</sup> 2021 to September 17<sup>th</sup> 2021.

While the official start to training is listed above, we are hoping to have some training in late November and early December 2020 if current Covid restrictions ease. It is also strongly encouraged that athletes will begin prehab and strength programs over the holiday period. These are available from the Head Coach.

## **Costs:**

We don't have affixed annual cost at the CoE as the more athletes that join, the less we make the fees. We are very proud that every year, the fees have decreased. Our expected cost range is \$4000 to \$5500.

We have a deposit of \$500 in mid December and that is required so we can order the substantial uniform kit and have some clarity on our numbers. There are then 2 further payments made throughout the program.

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

For further information on the GMVA COE please contact Luke Campbell.

E [lukegmva@gmail.com](mailto:lukegmva@gmail.com)

M 0414 633 837

W [www.gmva.com.au](http://www.gmva.com.au)

