



## GMVA Centre of Excellence 2024 Program Information

GMVA provides Australia's only full-time indoor volleyball training environment. The successful Centre of Excellence (CoE) will continue in 2024 into its 10<sup>th</sup> year.

### **Staff:**

Program Administrator & Director: Luke Campbell

Head Coach: Luke Campbell, FIVB Level 2 Coach

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 & Dr Tim Barbour at Olympic Park Sports Medicine Centre

Physiotherapy: Henry Tram, Recovery State, 127 Westall Road, Clayton South

Myotherapy: Zora Skorlich, Keysbrough

Massage: Ghareme Kane, Affordable Natural Therapies, Brighton

All Coaches in the CoE have extensive playing and coaching experience

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:** (21 hour commitment)

5 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 Pool Session

1 Yoga Session

1 Partner and Self Massage Session

Daily recovery done after each session

CoE training sessions are programmed as much as possible around coaching work at various schools programs and University.

### **Venues:**

Court Training: State Volleyball Centre (SVC)

Yoga: SVC

Strength & Conditioning: SVC Gym

Recovery Sessions: Dandenong Oasis





### **What does a training week look like at CoE:**

Monday:

12:30pm-2:45pm Court Session, Jumping  
3pm-4pm Weights

Tuesday:

9:30am-11:30am Court Session technical, non Jumping  
11:30am-12:30pm Weights

Wednesday:

9:30am-12pm Court Session, Jumping

Thursday:

9:30am-10:30am Yoga  
10:30am-11:30am Weights  
11:30am-12:15am Massage

Friday:

11:15am-12:30pm Weights  
12:45pm-3pm Scrimmage Match  
3:15pm-3:45pm Swimming Pool Recovery

### **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
  - SpikeZone Monday, Wednesday & Friday
  - GMVA Youth, Junior Senior Monday nights
  - Junior Leagues
- Possible casual administration work at Volleyball Victoria
- Casual coaching work through Volleyball Victoria and the Sporting Schools Program
- Court supervisor roles at 1 Day & 4 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 extensive international experience of our Head Coach 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.

Lifting weights has a number of important outcomes. The main 2 are:

1. Getting the athletes body strong enough to be able to train at a high volume and not get injured
2. Eventually jump higher and hit the ball harder

We lift 3-4 sessions per week 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 additional employment outside the coaching work offered

### **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 discussed with the Head Coach. We do have part time training 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 well timed eating





### **Accommodation:**

Athletes are encouraged to live at home with their family if they are Melbourne based. Homestay accommodation arrangements have been made available for regional, interstate and international origin athletes. These have been used successfully in 2015, 2016, 2019, 2021 & 2022.

### **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 professionally | - Improve my body            |
| - Get healthy & strong | - 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 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.

At the CoE you will have a consistent head coach all season, Luke Campbell, who is solely driven to providing you with the best environment in Australia for your volleyball and care for you and your body moving forward.

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

This has been strength of GMVA over the past 9 years. GMVA has placed 55 athletes, both boys and girls in highly rated programs in Canada and the USA systems.

The college and university search is an additional service of the CoE for those interested. Our database includes every mens and womens head coach in the USA and Canada throughout all divisions. The cost is \$750.

### **Professional Volleyball:**

We now have had 8 athletes in the Professional leagues in Europe with many having played 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 Volleyball:**

GMVA now has had 8 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 are encouraged to trials and play in the AVL competition for the Melbourne Vipers.

### **Recovery**

On Fridays after training the squad does hot/cold contrast therapy in hydrotherapy pools at the Dandenong Oasis, which is only 3 minutes from SVC.





### **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  
Scoring manipulation for scrimmage matches to aid in dealing with match pressure situations  
1 on 1 style scoring situations drills

### **Scrimmage Video and Statistical Analysis:**

Each week our Friday scrimmage will be broken down by a professional scout and supply statistical info on all players and access to individual video edits.  
Each athlete can login to our portal and watch their specific touches time and time again at any speed to really see if they are doing what they think or what the coach asks in each technique.

**Dates:-** Wednesday the 31<sup>st</sup> of January 2024 (tbc) to October 13<sup>th</sup> (tbc) 2024.

While the official start to training is listed above, we do have some sessions in January which the CoE athletes are welcome to join, but it is not part of the program.

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. Contact Luke for details. 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 deeply about you and your volleyball now and into your future.

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

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