



GMVA 2017 Newsletter – 2nd Edition

Hello to the GMVA Community. We recently had our surface switch from the Summer season to the Winter season and with that came the departure of Rebecca Walter, the head of our Girls Program. Rebecca has been a fantastic strong role model for our girls and will continue to be that from a far now that she is working at Volleyball Australia.

The athletes have a resistance band conditioning program now, based around glute control and strength to help increase vertical jump and decrease the risk of knee and back injury into the future. They should be completing this 15-minute program 3 times per week. If they need a stronger band, as the one they were given is entry level, please [click here](#) or head to a Physio clinic.

We'd also like to congratulate the 69 GMVA athletes selected across the State Indoor team over the past 4 weeks. To those who missed out, keep training and working hard and we will get you there eventually.

The college signing and departure season is also upon us. Across Victoria this is the busiest departure year ever with 7 athletes going and for the first time, more girls than boys:

Andre Zopf to Sheridan College in Canada
Josh Gray to Vancouver Island University in Canada
Yasmin Tan to University of New Mexico in the USA
Mikayla Adam to Blinn College in the USA
Maree Taig to Lincoln Land Community College in the USA
Brandon Eagle to NAIT in Canada, non GMVA
Rebecca Ingram to Stetson University, non GMVA

It's also National Team time for the Australian Volleyroos. For the first time GMVA has a born and bred GMVAer in the Women's Volleyroos. Kell Lean will debut in the World Women's Grand Prix in a matter of weeks. Kell is a 5 year GMVA athlete who went on the tough road of Junior College in the USA for 2 years and then onto the NCAA Div1 and now into the National Women's Team. Kell is a great example of a GMVAer who trained hard and always did the little extra things for her volleyball.

Trent O'Dea has also debuted for the Men's Volleyroos in the FIVB World League tournament just this week. Trent came on to serve and nearly served an ace with his first attempt. In his second match, he played more and scored his first points for his country. Great work Trent! Playing alongside Trent, is Jordan Richards, a 9 year GMVAer and Gerrard Lipscombe received a place in the training squad for the first time after 4 years at college and his first year playing pro ball in Europe.

Over the next 2-3 weeks it's exam time at school. This can lead to stress on the athletes and choices need to be made about training. While we have a "school first" attitude at GMVA we also strongly believe in physical activity to keep the brain and student healthy, be it at GMVA or at home. For more information please click on these links. [Link 1](#) and [Link 2](#)

Thanks for reading and see you around the courts soon.
Luke Campbell, GMVA Director.

