



GMVA Newsletter 2017 Issue 1

We hope everyone had a lovely Christmas and New Year break and are somewhat ready for the craziness of the school year to come at you. This newsletter is aimed at bringing you up to date with the current news from GMVA and volleyball in general.

News:

- 2017 has brought triple Olympian Tamsin Barnett back to GMVA to Head Coach the beach volleyball sessions for the Junior and Senior squads. Tamsin committed to three weeks with us, the last of which is next week, the 6th of February.
- During the Summer Season at GMVA we have a 20-30 minute Strength and Conditioning session with a specialist coach each week. Ideally, we'd like the exercises learnt to be performed again at home to assist with athletic development. All exercises are body weight only and suitable for all levels of physical development. The Youth Squad will start this training next week on the 6th of February.
- On the 30th of January, the GMVA Centre of Excellence (CoE) kicked off for the third year. The CoE is a daily training environment for athletes that have finished school. We have 5 boys and 2 girls in this years program. Most of those athletes are assistant coaches at GMVA on Monday nights.

**A wise coach once said
“those who attend, improve”**

Coming Up:

- Victorian Volleyball League (VVL) kicks off on the 25th of March and all clubs are currently starting preseason. If your child would like to join a club and you'd like assistance finding the right fit please contact Luke. There are many things to consider, location, training times, playing division, who's coaching, what position you play, do they have a lot of your position already etc.
- Indoor Victorian State Team trials are coming up, but the dates are yet to be confirmed. As soon as they are you will receive an email from us at GMVA to let you know should you want to trial.
- In 2 weeks' time, on the 13th of February, all athletes will be given an ankle resistance band and taught a home program to improve their core stability, glute activation and truck control. This program will be repeated on the 20th of February to make sure everyone learns and is in attendance.

For more information on any of the above topics, please contact Luke Campbell.

Happy Training from the whole GMVA Coaching Staff ☺

