



# Volleyball Program



**SVSR**  
| MINI CRANE HIRE



The Volleyball program, supported by SVSR Mini Crane Hire, is a high-performance, athlete-focused program targeted for athletes who are participating within their respective association representative teams, competing in the Sydney Junior Volleyball League, and aiming for selection within the NSW Phoenix pathway program, as well as future NSW and/or National squad and team selection.

The intent of the program is to compliment the athletes representative club training, by providing on and off court development across varied aspects of sports high-performance pathways, through education, training and athlete support.

Whilst the program may participate in selective tournament match-play, the focus of this program is on training for long-term development and not regular team competition.

## OBJECTIVES

Create an environment where athletes can develop the necessary tactical, technical, physiological and psychological skill competencies to aid progression through their sports Athlete High Performance Pathway.

Provide fundamental individual and squad skill development sessions for athletes during representative off-season, and in-season maintenance programs, as a part of the Volleyball NSW High Performance Pathway program.

## ELIGIBILITY

Athletes must be aged between **12 and 17** years of age, in the year of nomination, and reside in the local Government Area's of Campbelltown, Camden, Liverpool or Wollondilly.

Athletes must participate and be a registered and financial member of Volleyball NSW.

Athletes currently, or with the potential to be, selected in Volleyball NSW Phoenix squads are eligible to apply.

## SELECTION PROCESS

Athletes must complete a South West Sydney Academy of Sport Athlete Nomination Form and attend one or more trial/s as listed.



# Athlete Benefits

## BENEFITS INCLUDE:

Recognised Athlete within the Regional Academy of Sport Network

Academy uniform

Regular on-court training sessions that will include individual and squad based fundamental skill development training, team dynamics and tactical skill development.

Access to Academy Athlete Health and Wellbeing Services

Education Program, including

- Athlete Induction,
- Media Skills and Athlete Development,
- Sport Science and Functional Movement
- Captains Class and Leadership Training,
- Practical Nutrition,
- Sport Integrity, and more

Supervised Strength and Conditioning Program/s

Fitness Testing and Functional Movement Screening

Athletes will be eligible for selection to compete at the ClubsNSW Regional Academy Games and the Regional Academy Championships

## ATHLETE SCHOLARSHIP LEVY

An Athlete Scholarship levy of **\$400** inclusive of GST, will be applicable to successful athletes.

Additional Camp / Tour costs may be applied for certain activities throughout the program year, however are heavily subsidised by the Academy and it's partners.



Nominate  
Now>



For more information: [swsas.org.au/volleyball](https://swsas.org.au/volleyball)

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