

Volleyball Coaches Network

The Volleyball Coaches Network is an initiative to bring together coaches to develop, implement, evaluate, adapt and share effective strategies that achieve tangible results with athletes and teams across a wide gamut of volleyball competitions and training environments.

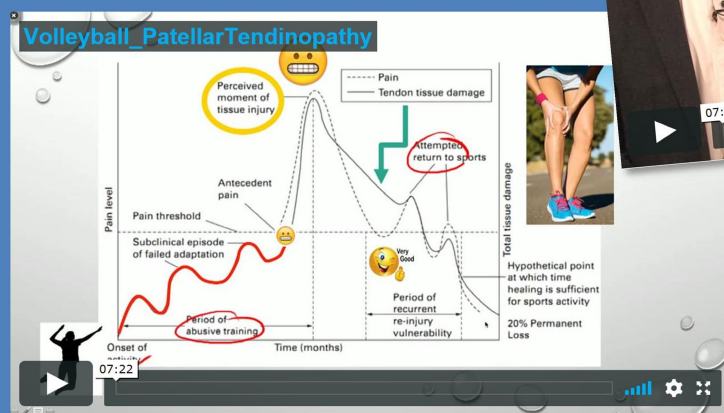
The Volleyball Coaches Network is open to all volleyball coaches, regardless of coaching level or experience.

Coaches involved in the network have the opportunity to join in Volleyball Coaches Network discussions where topics include skill acquisition, game strategy, athlete performance, developmental pathways for both athletes and coaches, physical and mental recovery programs, sports medicine and sports science topics, personal development and much more.

Access the Volleyball Performance Improvement & Education Online Portal

Your annual membership grants you full access to the New **Volleyball Performance Improvement & Education Online Portal** as part of your subscription fee. This fantastic new resource offers an easy-to-access and growing library of video information covering a wide array of volleyball-related topics including, but not limited to:

- **Energy Balance & Nutrition** – Learn about proteins, carbohydrates and how to balance intake and expected expenditure for optimum physical performance.
- **Injury Management and Prevention** – Discover what causes lower back pain, patellar tendinopathy and other common volleyball-related injuries and how to best manage them when they do occur.
- **Volleyball Exercises & Stretches** – Videos that show correct technique for stretching, exercises and use of training aids like therabands.



How to Sign Up:

Scan the QR Code below using your smartphone or tablet or enter the following URL into your web browser:

<http://tinyurl.com/yy78a4de>



Annual Subscription

\$55 inc GST

Subscription Period:
July 2019 – June 2020

Contact

Craig Marshall

QAS Volleyball Program
Head Coach

+61 (0) 410 507 690

Craig.Marshall@avf.org.au



Join the Network Today!

<http://tinyurl.com/yy78a4de>