



Squad Update No 2

AUSTRALIAN JUNIOR BEACH VOLLEYBALL CHAMPIONSHIPS (AJBVC)

COOLANGATTA

15-18 MARCH 2020

Queensland Beach Volleyball State Team Squad

The following information is for travelling athletes selected for the Queensland Beach Volleyball State Team for the 2020 AJBVC:

Key Dates

Saturday, 14 March	QLD athletes make their own way to Coolangatta 2pm onways check into accommodation (see accom note) 4pm Teams train on competition courts 5:15pm Jersey Presentation (see Jersey Presentation note) 7pm Qld Squad (athletes & coaches) BBQ (see Team BBQ note)
Sunday 15 March	*Australian Junior Beach Volleyball Championships starts Evening – All States Welcome Dinner Evening – Opening Ceremony @ Twin Towns
Mon 16 & Tues 17 March	competition
Wednesday, 18 April	*Australian Junior Beach Volleyball Championships playoffs & Medal ceremony Qld athletes make their own way home

Uniform

VQ are scheduled to collect these from GAME on Wednesday 11 March.
Should you wish, you can collect them from the VQ office 12-13 March (9am to ~6pm).
Otherwise VQ shall bring to Coolangatta on Sat 14 March.

What to wear when

- a) On court –
Whilst playing you must wear your official Qld Uniform.
A hat is optional, but if you choose to wear one it must be the official cap or visor, or an un-branded hat pre-approved by the Head of Delegation.
- b) At the competition –
You must wear your Qld uniform.
Note: you must wear enclosed shoes to and from the competition venue
- c) At the accommodation and around town–
Wear comfortable clothes of your choice, provided they are clean and decent.



Sport House, Suite 2.12
150 Caxton Street, Milton, QLD, 4064
Ph: (07) 3367 1991
www.vq.org.au
ABN 45 476 392 018

Jersey Presentation

Saturday 14th March - We will conduct this in the park beside the beach following training (approx. 5:15pm)
Prior to training please hand your maroon playing top to Damien.

Accommodation

The teams and coaches are booked in to:

- a) All teams and coaches except u18s

Ocean Plaza, 80 Marine Parade, Coolangatta QLD 4225
<https://www.oceanplazaresort.com.au/>

- b) U18 teams + coaches Kylie & Craig Marshall

Oaks Calypso, 99 Griffith St, Coolangatta QLD 4225
<https://www.oakshotels.com/en/oaks-calypso-plaza>

Both accommodations are beachfront and within easy walking distance of:

- Shops – numerous shops including Woolworth are close by
- The competition venue - athletes will walk in groups between our accommodation and the competition venue (across the road)

The accommodation is fully self-contained apartments where the athletes will share with other team members.
(note: rooming arrangements have been set by the team coaches and VQ staff).

There are laundry facilities and cooking facilities.

You do not require extra bedding as this is included in the accommodation.

Under NO CIRCUMSTANCES are male/ female athletes allowed in each others rooms at any stage. At all times, team staff must know where athletes are – athletes are not permitted to leave the team at any stage without prior permission.

Transport

Athletes are to make their own way to/from Coolangatta on the respective travel days.

No ground transport will be needed during the event as shops and playing courts are all in easy walking distance.



Meals

Qld Squad meals

- a) Saturday 14th March – Squad BBQ
As is a tradition with our Qld Beach Squads all athletes & coaches get together for a Squad BBQ (sorry no parents/supporters).
This will be held at 7pm beside the pool at Ocean Plaza
\$5pp – to be handed to Damien at the BBQ
If you have any dietary requirements outside the usual BBQ foods please bring with you.
- b) Sunday 15th March – All-States Welcome Dinner

Venue	Mantra Twin Towns
Address	Griffith St, Coolangatta 4225
Date	Sunday 15 th March
Arrival Time	5:30pm
Dinner Served	5:45pm (Stars Room) on Level 5
On the Menu (Buffet)	Beef Lasagne, Vegetable Lasagne, Gnocchi with Pesto and Penne Carbonara, includes a drink with dinner
Cost	Nil – included in your competition levy

All Other Meals

Athletes will purchase and organise their own meals for the duration of the tournament at their own expense. The squad will be broken into smaller groups and cater for themselves, with the assistance of team coaches. As a guide, we would suggest providing an amount of no more than \$150 - \$200 for meals.

Opening Ceremony

(Parents and supporters are welcome; The Qld delegation will meet you there.)

Venue	Mantra Twin Towns
Address	Griffith St, Coolangatta 4225
Date	Sunday 15 th March
Start time	6:45pm (Showroom) on Level 5
Departure Time	7:30pm

What to Wear:

- VQ Athlete Polo
- VQ travel shorts or plain black, knee-length shorts
- closed shoes
- (optional if cold) VQ tracksuit / hoody

Family and Friends

We understand that family and/or friends may be in Coolangatta to support the teams. Whilst we do appreciate the support, athlete's primary focus is to play volleyball.

Should any athlete/s wish to spend time with family/friends – you must have prior permission from your team coach and must provide details of how long you expect to be absent as well as a contact number where you can be reached.