

# WHAT IS THE QAS VOLLEYBALL PROGRAM?

**Volleyball Australia: Queensland Academy of Sport Volleyball Program** - This is a partnership between Volleyball Australia (VA), Queensland Academy of Sport (QAS) and Volleyball Queensland (VQ).

The QAS Volleyball Program has been established to provide a high-performance practice environment for athletes that have been identified as having the potential to play Volleyball (Beach and/or Indoor) at state, national and international level with a further goal to develop athletes to compete at the Olympic Games.

## REGIONAL CAMP PURPOSE?

The purpose of our regional camps is to provide high-performance learning and development opportunities to athletes and coaches in regional areas of Queensland. This is achieved through structured learning and practical training and development sessions with content based around concepts and theories adopted and used by Australian national team programs and coaches. The camp aims to:

- Foster and develop athletes in their high-performance pathway
- Further develop existing skills and techniques in a competitive, high-performance training environment
- Provide a holistic, athlete-centred approach to learning
- Provide the tools, concepts and practical skill set for coaches to work with developing and high-performance athletes.

## HOW MUCH WILL IT COST?

The fee for attending a regional two-day camp is \$165.00 (inc GST)

### The camp fee will cover:

- + Professional coaching and expertise by QAS Volleyball coaching staff/athletes.
- + Six 90-minute training sessions over the two days
- + Emerging Talent Camp training shirt
- + Ability to attend as many VA Emerging Talent centre trainings in our SE QLD centres for 12 months following the regional camp, at no extra charge.

## COACH DEVELOPMENT OPPORTUNITY!

Our QAS Emerging Talent regional camps are an opportunity for coaches in the region to upskill and gain valuable coaching expertise under the guidance of our experienced coaching staff. Coaches interested in participating at the camp will also be given the opportunity to complete a Level 2 volleyball coaching course and gain a nationally-recognised accreditation **at minimal cost** over the course of the weekend.

\*Note that the online Level 1 coaching course must be completed prior to attending the Level 2 course (RPL is available for teachers).

Interested coaches should contact [qas.etc@volleyball.org.au](mailto:qas.etc@volleyball.org.au) for further information.

### How to Register:

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

<https://tinyurl.com/qaswidebay>



### DID YOU KNOW?

Over **430** athletes currently participate in the Emerging Talent Volleyball Program!

### Contacts

#### Dean Bielanowski

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#### Craig Marshall

QAS Volleyball Program  
Head Coach  
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# Volleyball Australia Queensland Regional Camp 2020

## Wide Bay Region

Camp Fee: \$165 inc GST (invoice sent after registration)

**Date:** 7<sup>th</sup> & 8<sup>th</sup> November 2020

**Camp Location:** Aldridge State High School  
Boys Avenue, Maryborough. Queensland 4650.

### Camp Schedule

#### **Saturday (Day 1)**

8:30am - 10:00am	Male Group
10:00am - 11:30am	Female Group
11:30am - 1:00pm	Male Group
1:30pm - 3:00pm	Female Group
3:00pm - 4:30pm	Male Group
4:30pm - 6:00pm	Female Group

#### **Sunday (Day 2)**

8:00am - 9:30am	Male Group
9:30am - 11:00am	Female Group
11:00am - 12:30pm	Male Group
1:00pm - 2:30pm	Female Group
2:30pm - 4:00pm	Male Group
4:00pm - 5:30pm	Female Group

Athletes will benefit from experienced QAS Volleyball coaches in a structured program that will help develop understanding of volleyball concepts, acquisition and development of volleyball skill, techniques and strategies. We encourage athletes to adopt the growth mindset required for high-performance athletes to succeed at the next level of competition.

Interested athletes do not need to have any previous experience in volleyball, however athletes must have a willingness and desire to learn and improve on their volleyball skills.

**Junior (10 years +) and Senior (18 years +) athletes are encouraged to register for this regional camp.**

**Camp Registration Link:**  
<https://tinyurl.com/qaswidebay>

*Note: Camp fee does not include food or accommodation for athletes.*

### **How to Register:**

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

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### Contacts

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