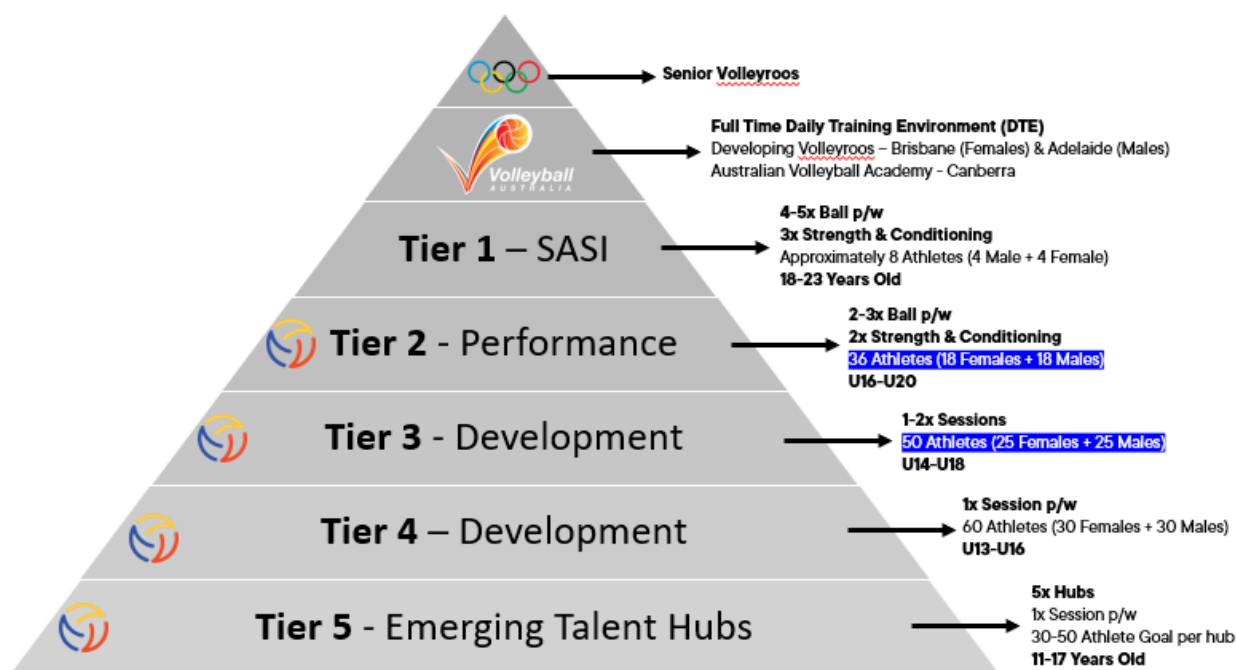


2025–26 PERFORMANCE PATHWAY & PLACEMENT INFORMATION (T&C's)

The Volleyball South Australia Performance Pathway is a partnership between Volleyball South Australia, South Australian Sports Institute (SASI), and Volleyball Australia (VA). The Performance Pathway aims to identify, encourage, foster, and develop talented young athletes, helping them along their journey of life and facilitating their drive and ambition of becoming an Australian gold medalist.

This is an integrated program that will develop grassroots volleyball players and teach fundamental movement skills and volleyball-specific techniques and strategies. Teaching both disciplines of our sport is very important for each athlete to fully develop into well-rounded players. The Pathway aims to be complementary to school, club, and state squad activities. We highly encourage all athletes to participate in these other programs simultaneously with their Performance Pathway training.

This program runs on a 12-month cycle, providing athletes with access to highly experienced coaches and incorporating physical, tactical, technical, and performance behaviour development components. The Pathway and its coaching staff take a values-driven and holistic approach to the development of individuals as people as well as athletes and use volleyball as a vehicle to achieve this.



Volleyball South Australia Performance Pathway – Staff Contact Details

VSA Head of Performance Pathways:	Deborah Kassing	0410 504 818	deborah.k@volleyballsa.com.au
VSA Pathways Head Coach:	Rachel Orchard	0420 735 411	rachel.o@volleyballsa.com.au
VSA Pathways Coach:	Kelly Porter	0452 069 609	kelly.p@volleyballsa.com.au
VSA Dev & Admin Coordinator:	Kylie Lines	0432 320160	kylie.l@volleyballsa.com.au

Our Values

In high performance, athletes strive for goals and outcomes, and we encourage each individual to set their own goals and dreams. As they work towards these, we take a values-driven approach that puts the person first. While developing their athletic skills is important, their growth as individuals remains at the heart of everything we do.

- Respect Care for yourself, others and your environment
- Excellence Strive for high performance and personal accountability (on and off the court)
- Commitment Dedicate your time and energy to what you believe in
- Growth Stay open-minded and always be willing to learn

Communication

Athletes will be provided with formal and informal information via email. In line with the VSA Child Protection policy, this information will also be provided to parents/guardians. Please ensure that parents and guardians complete the contact information on the registration forms.

We ask that athletes provide contact mobile phone numbers for themselves and their parents/guardians. A WhatsApp Group will be started for each Tier and this is where regular information will be communicated; such as, any last minute changes, updates, reminders and absences.

Training Schedule & Attendance

- Training runs during **school terms only** and excludes public holidays. (Sessions may be offered in January for Tier 2 athletes.)
- Athletes and parents/guardians will receive Phase calendars and rosters via email one month before the next Phase. Training days and times will stay as consistent as possible, with any changes communicated in advance. For Tier 3 & 4 there will be a “gender switch” each phase to allow a change for the early and late timeslot.
- **80% attendance is expected** for all tiers across the cycle. Please consider this commitment carefully before accepting your place in the Performance Pathway.
- We encourage athletes to attend all sessions and continue representing their school, club and state/national teams. We understand occasional clashes may occur; please discuss these with the Pathways Coach to plan appropriately.
- Academic success is a priority. During exam periods or heavy workloads, we support athletes adjusting attendance where needed. Communicate any academic absences in advance by WhatsApp or email.
- For planned absences, please give at least **72 hours’ notice** (ideally one week). Notify us as early as possible for unplanned absences (e.g., illness). For all absences, please communicate through WhatsApp, either in the Tier group chat or directly (with a parent) to the coach.
- Consistency matters: success comes from the **quantity and quality of training and competition** – the more you put in, the more you’ll get out.

Tier Structure

Tier	Female	Male	Format
Tier 2 (Performance Squad)	18	18	2-3 Technical Ball + 2 S&C sessions/week
Tier 3 (Development Squad)	30	30	1-2x Technical Ball sessions/week
Tier 4 (Development Squad)	35	35	1x Technical/Ball session/week
Tier 5 (Emerging Talent Hubs)	Varies		1x Ball Session/week

Training Schedule

Phase	Dates	Tier 2	Tier 3	Tier 4
Phase 1	Oct-Dec	Mon, Wed (Beach)	Mon, Wed	Thurs
Phase 2	Jan-Mar	Mon, Wed (Beach)	Wed	Thurs
Phase 3	Apr-Jun	Mon, Wed (Indoor)	Mon, Wed	Thurs
Phase 4	Jul-Sep	Mon, Wed (Indoor)	Thurs	Thurs

Performance Pathway Program Fees (2025–26)

The total fee for the 2025–26 Performance Pathway Program is **\$981.75 + GST**. This covers the program uniform, access to qualified coaching, use of training equipment and exclusive athlete resources.

Fees will be invoiced by the 25th of September, 2025. All fees are to be paid within the fortnight and before commencement of the 2025–26 cycle. This is to be considered when accepting your position.

Acceptance is to be completed through the JotForm link provided in your letter of offer. Submission of this acceptance JotForm indicates full responsibility from the submission date for all associated fees and charges and no refunds or credits will be issued, including early exit or late entry to or from the program.

Please note:

- There are no pro-rata adjustments for late commencement or early withdrawal.
- Refunds will not be issued for missed sessions.
- All athletes must hold a current financial Volleyball SA membership to be eligible for selection.

We encourage athletes and families to carefully consider this commitment before accepting a place. To get the most out of the program, and therefore are required, to **maintain minimum 80% attendance**.

For any questions or assistance regarding fees and payment, please contact Kylie Lines at kylie.L@volleyballsa.com.au.

Competitions & National Pathway Opportunities

Current and Past VSA pathways athletes have competed at many levels of Volleyball Competition.

Beach Volleyball

- Junior/Senior SA Teams
- Oceania/Asian Beach Championships
- Youth Olympics & Commonwealth Games
- U17–U23 Beach World Championships
- Beach World Tour, Olympics

Indoor Volleyball

- Junior / Youth SA Teams
- Asian Indoor Championships
- World University Games
- U23/Senior World Championships
- World Cup, World League, Grand Prix, Olympics

Throughout the year, some Performance Pathway athletes may be invited to attend National Performance Program (NPP) or National Development Program (NDP) camps.

- NPP camps are held at various locations across Australia and play a key role in Australian Squad selections.
- NDP camps are now being run in each state, including South Australia.

Attendance at SA NDP camps or NDP x VSA Performance Pathway camps is strongly recommended for invited athletes.

Please note: participation in these camps is at the cost of the athlete and their parent/guardian.

Sports Medicine

Athletes will be provided with a list of preferred Sports Medicine support staff for the High-Performance Pathway. These support staff are all highly competent and credentialed practitioners (experts in their field) from various medical fields.

While we recognise most families will already have medical practitioners they already use and have a relationship with. We ask that you pass on any relevant information regarding injury or illnesses suffered by the athlete and any subsequent treatment plans to the Head Coach. This ensures we are accommodating recovery as best as possible during the training sessions.

Uniform

- Uniform is provided once you have accepted your offer and fees are paid
- Uniforms **must** be worn at all VSA sessions and **between matches** at any beach volleyball event – SABVS/ABVT/AJBVT etc. (unless specified)

Training Equipment Checklist

What to bring to every Performance Pathway session:

- **Uniform:** VSA Performance Uniform (provided)
- **Shoes:** Training shoes (separate from indoor volleyball shoes)
- **Essentials:** Full water bottle and towel (*water bottle must be filled before training starts*)
- **Spare clothing:** Extra training clothes and weather-appropriate gear for arriving/leaving sessions
- **Beach sessions:**
 - Hat and sunscreen (must be worn and reapplied regularly)
 - Sunglasses (recommended)
- **Indoor sessions:**
 - Kneepads and ankle guards (strongly recommended – ankle guards like Ultra Ankle Zoom/Active Ankle can reduce injury severity)
- **Be prepared for any session type:** Indoor, beach, conditioning, or recovery may be scheduled at short notice.
- **Notebook/folder:** Athletes must bring their own volleyball folder or notebook to every session.

Membership Requirement

All athletes must hold a Volleyball South Australia Full Junior Membership to be part of the Performance Pathway. This membership covers all school, club training camps and social competitions as well as pathways however this is not included in the program fee.

If you do not have a current full junior membership you can register here : [Membership Renewal](#)

Volleyball SA Policies

Volleyball South Australia Policies can be found here : <https://volleyball.org.au/integrity/policies/>

Athletes are encouraged to keep documentation provided to them including Acceptance of offer, information sheet, training programs and all emails sent regarding the Performance Pathway program.

Need Help?

If you have any further questions that have not been answered in this document or the FAQ document found on the VSA website : [Volleyball South Australia](#) please contact the relevant person below.

Head Coach – Rachel Orchard: Rachel.O@volleyballsa.com.au

Pathways Coach – Kelly Porter: Kelly.P@volleyballsa.com.au

Development & Admin Coordinator – Kylie Lines: Kylie.L@volleyballsa.com.au

Head of Performance Pathway – Deborah Kassing: Deborah.K@volleyballsa.com.au