

## PERFORMANCE PATHWAY 2025–26

### FREQUENTLY ASKED QUESTIONS

#### Applications and Trials

##### **Why are there two different trial streams based on year of birth?**

- Trials are based off year of birth to accommodate general physicality amongst peers. This is done solely to organise and facilitate trials more easily.
- The Tiers within the Performance Pathway are based on skill level, progression, projected development and “readiness” and commitment. They are NOT based on age, nor length of time in a tier.

##### **I've applied for Tier 2, what happens if I don't receive a spot?**

- You may be offered a lower tier position or encouraged to trial for Tier 5 (Emerging Talent Hub).
- Feedback from the selection panel is available on request.

##### **Why are trials required for Tiers 3 & 4?**

- Younger athletes develop at varying rates across domains, and trials allow for appropriate tier placement.

##### **How do I trial for Tier 5 (Emerging Talent Hub)?**

- Via registering for a trial through your local Emerging Talent Hub location.
- More information found at: <https://www.volleyballsa.com.au/performance/emerging-talent-hubs>

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#### Tier Overview (Updated for 2025-26 Cycle)

#### **Pathway Goals and Values**

**Purpose:** Tailored individual athlete development, dual-discipline (Beach & Indoor), long-term growth, and holistic success.

**Values:** Respect, Excellence, Commitment, Growth

**Culture:** Punctuality, Communication, Presence, Accountability, Enjoyment, Effort

#### **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
<b>Phase 1</b>	Oct-Dec	Mon, Wed (Beach)	Mon, Wed	Thurs
<b>Phase 2</b>	Jan-Mar	Mon, Wed (Beach)	Wed	Thurs
<b>Phase 3</b>	Apr-Jun	Mon, Wed (Indoor)	Mon, Wed	Thurs
<b>Phase 4</b>	Jul-Sep	Mon, Wed (Indoor)	Thurs	Thurs

- *Training days and times subject to change*
- Tier 5: Please refer to individual ETH Hub info and training location and times

## Why does training change in winter?

- Adjusted to account for school, work, SAVL, and State Team commitments.

## Attendance expectations?

- 80% minimum attendance per phase.

## What happens if athletes are overloaded?

- Pathway staff will collaborate with athletes and parents/guardians to assist in balancing loads across school, club, and state teams.

## When/how are elevations taken place?

- Based on skill, progression, readiness, and commitment
- Reviewed monthly with coach notes and formal communication
- Elevations may occur throughout the cycle at the discretion of the Pathway's coaches

## Training Locations

- Tier 2:
  - Train at the new South Australian Sports Institute (SASI) at Mile End during Phase 1 & 2 on the sand courts and Kidman Park during Phase 3 & 4 on the indoor courts.
  - Strength & Conditioning are at the SASI, Mile End facility each week, throughout the year.
- Tier 3 & 4
  - Train both disciplines at Kidman Park – on the sand courts during Phase 1 & 2 and the indoor courts during Phase 3 & 4

## Does the Pathway Program train over school holidays or on public holidays?

- No, training does **not** occur during School or Public Holiday Periods,
- Tier 2 will return to sessions in January (earlier than Tier 3 & 4) and is dependent on the SABVS & National Tour schedules. Schedule is TBC and info released asap.

## **Uniform included in fee:**

- **Tier 2:** Pathway's shirt and shorts
- **Tier 3, 4 & 5:** Pathway's shirt

*Must be worn at all VSA sessions (unless otherwise stated).*

## **2025-26 Performance Pathway Cycle Fees:**

### **Tier 2-4: \$981.75 ex. GST**

- Invoiced by 25<sup>th</sup> September 2025
- Payment plans available (contact: kylie.L@volleyballsa.com.au).
- No pro-rata discounts for late entry or early exit.

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## **Competitions**

### **Competition expectations:**

Tier 2 -

- South Australian Beach Volleyball Series (SABVS) & SA Open
- Australian Junior Beach Volleyball Tour (AJBVT) & Australian Beach Volleyball Tour (ABVT)
- Australian Youth Volleyball Championships (AYBVC), Australian Junior Volleyball Championships (AJVC)
- Australian Youth Beach Volleyball Championships (AYBVC)
- South Australian State League (SAVL) & South Australian Junior Volleyball League (SLJ)
- Australian Volleyball Super League (AVSL), Adelaide Storm

Tier 3 & 4 -

- South Australian Beach Volleyball Series (SABVS) & SA Open
- Australian Youth Volleyball Championships (AYBVC)
- Australian Youth Beach Volleyball Championships (AYBVC)
- South Australian State League (SAVL) / South Australian Junior Volleyball League (SLJ)

### **Should I trial for State Teams?**

- Yes. Pathway athletes are encouraged to trial; however, pathway participation does not guarantee selection.

### **National Camp and Squad Selection**

- National Development Camp (NDP)
  - Run state to state and open for all in the age groups listed to attend
- NDP x VSA Performance Pathway
  - Also run state to state (South Australia had a camp post AJVC in 2025, likely to be the same next year)
  - Only Performance Pathway athletes invited
  - Run by National Team coaches and Volleyball Australia staff
  - Highly recommended to attend
- National Performance Program (NPP)
  - National Squad selection camps
  - Based in various locations around Australia
  - By invitation only and highly recommended to attend, if possible
  - Pathway to National Team representation

## **Communication & Policies**

### **Primary Contacts:**

- Head of Performance Pathway: Deborah Kassing (deborah.k@volleyballsa.com.au)
- Pathways Coach: Kelly Porter ([kelly.p@volleyballsa.com.au](mailto:kelly.p@volleyballsa.com.au))
- Pathways Coach: Maicon Mendes da Cunha (pathwaycoaches@volleyballsa.com.au)
- Admin & Dev: Kylie Lines (kylie.l@volleyballsa.com.au)

### **Channels:**

- Email: Formal (schedules, offers)
  - Used for schedules, placement offers & general information.
- WhatsApp:
  - Informal Tier-based group chats created at the beginning of each Cycle
  - To include all athletes (if they have their own phone) and at least one parent or guardian if under 18
  - Used to communicate last minute changes, updates, reminders and absences
- Please contact either VSA Pathway's Coach for any changes to email or phone numbers to update the Performance Pathway Master list.

*When registering to trial, please confirm all emails and phone numbers are correct before submission! We cannot contact you if we do not have the correct info on file.*

### **Safeguarding:**

- Follow VSA and Sport Integrity Australia child safety protocols.
- All VSA staff and supplier coaches are appropriately qualified and cleared.
- More information through the Volleyball SA website: <https://www.volleyballsa.com.au/about/policies-and-governance>

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If you have any questions not listed here, please contact one of the above Primary contacts. We look forward to supporting you throughout the 2025-26 cycle!