

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>

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
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

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

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 Coach – Performance & Talent: Rachel Orchard (rachel.o@volleyballsa.com.au)
- Pathways Coach: Kelly Porter (kelly.p@volleyballsa.com.au)
- Admin & Dev: Kylie Lines (kylie.l@volleyballsa.com.au)
- Head of Performance Pathway: Deborah Kassing (deborah.k@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>

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!