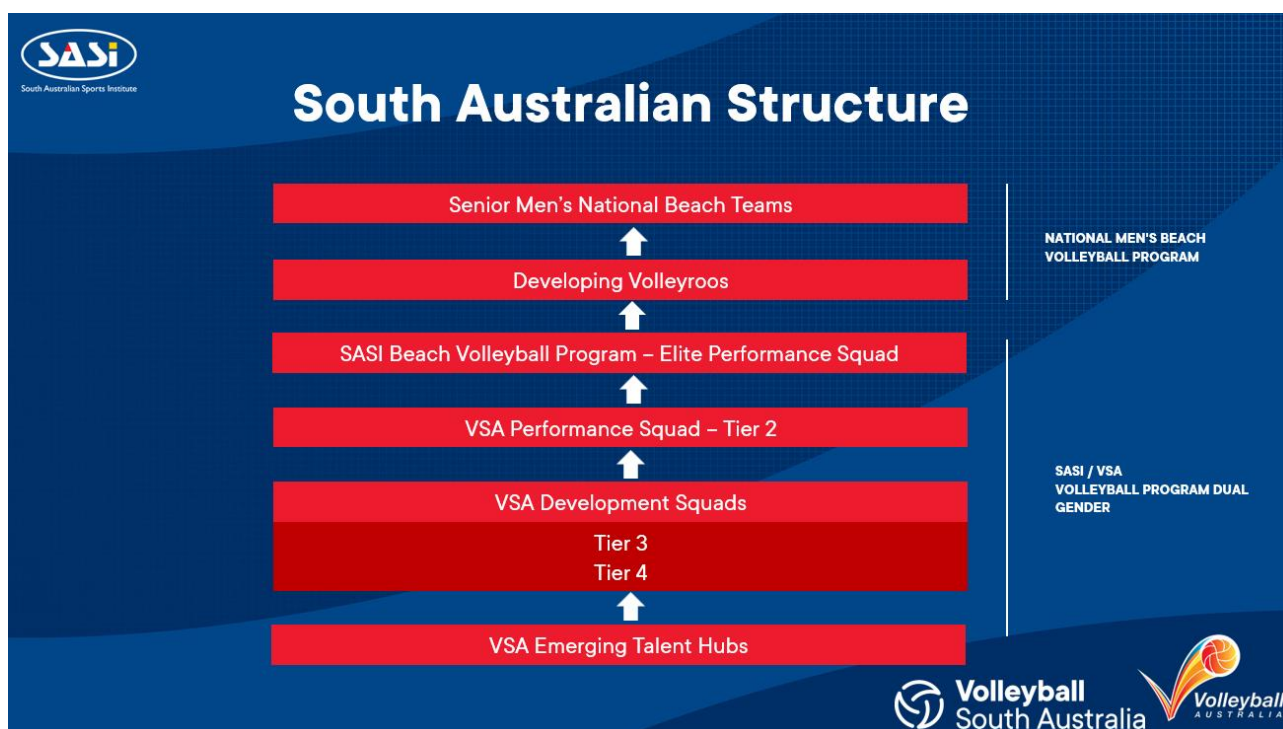


## 2024-25 High Performance Pathway & Placement Information

The Volleyball South Australia High-Performance Pathway is a partnership between Volleyball South Australia, SA Sports Institute, and Volleyball Australia. The 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 medallist.

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 a well-rounded volleyball player. The High-Performance 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 High-Performance Pathway training.

This program runs on a 12-month cycle, providing athletes with access to highly experienced volleyball coaches and incorporating physical, mental, tactical, technical, and skill development components. The Emerging Talent Volleyball Program 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	08 8363 1265 ext 2	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	08 8363 1265 ext 2	kylie.L@volleyballsa.com.au

### **Volleyball South Australia High Performance Pathway – Values**

In high performance, sports athletes strive for goals and outcomes, and we encourage each athlete to set their own goals and dreams. In endeavouring to achieve their own goals we will educate the athletes on a values-driven approach, where not only the development and growth of the athlete are important, but the person is front and centre of this approach.

- **Respect:** Looking after yourself, those around you and the environment
- **Excellence:** Striving for High-Performance and holding yourself accountable, on and off the court
- **Commitment:** Resilience to giving your time and energy to something you believe in
- **Growth:** Always being open minded and willing to learn

### **Communication**

Athletes will be provided with formal and informal information via email. This information will also be provided to parents/guardians who have completed their contact information on the registration forms. We ask that athletes provide contact mobile phone numbers for themselves and their parents/guardians. Due to the larger volume of Athletes in each Hub regular information will be communicated via email.

Communication is an essential part of this program. If athletes are unable to attend sessions, we require that they contact the Hub coaching staff or VSA Staff to inform them of an absence.

### **School and Public Holidays**

We train only during school term weeks and generally not on public holidays. There may be times (usually over Christmas and New Year break) when we offer optional training sessions for Emerging Talent Athletes (usually in January each year) at each hub, subject to venue and coaching staff availability.

### **High Performance Pathway Program Fees**

For the 2025 placement period Jan to December the Fee is \$660 inc GST for Tier 5 (VSA Emerging Talent Hubs). Mid-Year Entry July – December is \$360.00 inc GST.

This fee will be charged if you accept an offer to participate in the program. Program fees are invoiced upon acceptance your offer, continued attendance is considered acceptance of offer and an invoice will be raised.

Please contact our finance team [finance@volleyballsa.com.au](mailto:finance@volleyballsa.com.au) or Kylie Lines [kylie.l@volleyballsa.com.au](mailto:kylie.l@volleyballsa.com.au) if you have any issues with payment:

Your yearly fee includes a uniform, access to training equipment, access to high-level coaching, and information afforded only to Emerging Talent athletes. We encourage you to carefully consider your offer and ensure you get along to as many training sessions as possible. There is NO pro-rata reduction in the program fee if you enter the program late or leave the program early. Refunds will not be issued if sessions are missed for any reason. Please consider this if you have been offered a position before accepting and returning your signed offer documentation.

### **Volleyball South Australia Membership**

This membership is required to participate in the wide array of social, school, or club-based competitions, or training camps we encourage athletes to participate in alongside the High-Performance Pathway. Volleyball South Australia membership fees are not included in the 2024-25 placement fee. It is a requirement that all placement holders have a Volleyball South Australia Full Junior membership. If you don't have a current membership, you can [register here](#).

### **Practice Schedule & Session Attendance**

- The Emerging Talent Hub training sessions will be at the same time and venue each week. On the rare occasion that a session may need to be changed, Athletes and Guardians will be emailed details as soon as possible.
- We strongly encourage athletes to attend all sessions. We also encourage athletes to represent their school and/or club as well as representative teams such as South Australia and Australia. Therefore, it is understandable that attending all sessions is not always possible. Upon a clash of activities or load, attendance to sessions should be discussed with the Hub Coach, and decisions and plans will be made on a case-by-case basis.
- The pathway places a large emphasis on athletes' academic undertakings and understands that there may be times of the year when it will be difficult to attend a session due to a larger academic load, or during exam periods. As such, we encourage athletes to work hard and commit to their academic endeavours so be proactive in that space to ensure academic success. It is perfectly fine to miss a training session to focus on your schoolwork, or to spend needed time with family as required. Please communicate this need in advance and advise you will not be attending training that week via email before the session, wherever possible.
- There is no hidden secret to becoming a successful athlete: two very important keys are quantity and quality of practice and competition – the more work you do and the better that work is, the faster you improve. "You get out of it what you put into it."

### **Clothing & Equipment**

- Each athlete will be required to wear the Emerging Talent Hub Shirt at each session. (These will be ordered and distributed in 2025)
- Also, they will need to bring a water bottle and have appropriate footwear.
- For the beach sessions, all athletes **MUST** wear sunscreen and hats/caps. We additionally advise wearing sunglasses.
- For indoor volleyball sessions, kneepads are highly recommended.

### **Program Documentation and Policies**

Athletes will be required to complete a few forms once they have accepted a position with the High-Performance Pathway. These documents will be provided electronically and will be of different types:

- JotForm Acceptance Document to be signed and submitted
- PDF documents and emails to be retained by the athlete (like this one)
- Payment process (invoice)

**Additional Volleyball South Australia Policies can be found here:**

<https://volleyball.org.au/integrity/policies/>

### **Any Further Questions**

If you have any further questions that are not answered in this document, please contact Development and Admin Coordinator, Kylie Lines ([kylie.L@volleyballsa.com.au](mailto:kylie.L@volleyballsa.com.au)), Pathways Coach Kelly Porter ([Kelly.P@volleyballsa.com.au](mailto:Kelly.P@volleyballsa.com.au)) or Head of Performance Pathways Deb Kassing ([Deborah.k@volleyballsa.com.au](mailto:Deborah.k@volleyballsa.com.au)).