



2010 U/17, U/19 & U/21 – Victorian State Team Program

IMPORTANT UPDATE TO FLIGHTS:

Unfortunately there have been two changes made to our flights, shown below in blue.

Melbourne to Perth – Saturday 3rd July, 2010:

1. Jetstar JQ968

Departs Melbourne @ 3:50pm

Arrive Perth @ 5:55pm (local time)

Travelling = U17 Boys

2. Virgin Blue DJ687

Departs Melbourne @ 3:45pm – change of departure time

Arrive Perth @ 6:00pm (local time)

Travelling = U17 Girls, U19 Girls, U21 Women; U19 Boys, U21 Men

Perth to Melbourne – Saturday 10th July, 2010:

1. Jetstar JQ973 (flight number not JQ971)

Departs Perth @ 1:00am (11th July) – change of departure time

Arrive Melbourne @ 6:30am (Sunday 11th July)

Travelling – U17 Girls, U19 Girls, U21 Women; U19 Boys, U21 Men

2. Virgin Blue DJ698

Departs Perth @ 11:45pm

Arrive Melbourne @ 5:15am (Sunday 11th July)

Travelling – U17 Boys

Airport Meeting Times:

Everyone travelling to Perth with the group flights above must be at Tullamarine airport **by 2:30pm** at the correct domestic departure terminals – i.e. U17 Boys at Qantas/Jetstar, everyone else at Virgin Blue.

On return to Melbourne, all teams will need to return their team mini buses to Perth airport two hours prior to departure:

- U17 Boys @ **9:45pm** – then check in and wait at boarding gate
- U17 Girls, U19 Girls, U21 Women; U19 Boys, U21 Men @ **11:00pm** – then check in and wait at boarding gate

This provides all teams with the opportunity for last minute sight-seeing and dinner following the closing ceremony. Athletes who are remaining in Perth or travelling home with family may depart the team at the stadium following the closing ceremony – your coach must be aware you are leaving.



Uniform Update

As mentioned today at uniform presentations, all athletes have received their full kit of uniform, unfortunately except for their two playing shirts. The final process in their production was delayed, and we chose not to compromise their quality or risk damage to the printing by rushing them to hand out today. These will be handed out to teams at the last training on Sunday 27th June and the U17 Boys Gold athletes will have their tops posted out.

It is important that you check your uniform ASAP for any major faults and notify Lauren immediately as there may be time to fix any problems – delays in this advice will mean nothing can be done. Please remember that spares are very limited so you won't be able to exchange uniform items in the case of a change of mind about size.

Accommodation Properties in Perth:

Boys will be staying at –

Mounts Bay Water Apartments
112 Mounts Bay Rd, Perth
Phone: 08 9217 8000

Girls will be staying at –

Medina Grand Perth
33 Mounts Bay Rd, Perth
Phone: 08 9213 5333

Both properties are a short walk to the centre of the city, Barrack Street Jetty for the Swan River ferry ride to Fremantle and should only be around a 10-15 minute drive to the Stadium.

Coaches Contacts:

Please ensure you have the relevant coach's phone number available and also Lauren Howes' – athlete's coaches should be contacted in the first instance:

U17 Boys Blue: Nic Kaiser	0417 212 138
U17 Boys White: David Jensen	0409 188 620
U17 Boys Gold: Paul Freckleton	0412 947 426
U19 Boys Blue: Dan Higgins	0407 844 881
U19 Boys White: Grace Sobolewski	0407 511 448
U21 Men: Rob Strachan	0409 238 889
U17 Girls Blue: Bill McHoul	0417 341 685
U17 Girls White: Steve Holder	0410 542 963
U19 Girls Blue: Michael Brookens	0410 683 803
U21 Women: Ross Sullivan	0412 458 825
Program Manager: Lauren Howes	0402 318 032

Tournament Details:

2010 Australian Junior Volleyball Championships (AJVC)
Monday 5th July to Saturday 10th July
Western Australia Basketball Centre
106 Stephenson Av, Mount Claremont
Stadium Phone Number: 08 6272 0702





Program Coaches and Physiotherapist/Sports Trainer:

Due to a death in the family, Tomas Santamaria will not be travelling with our teams to Perth. Our thoughts are with Tomas and his family and we thank him for his support of the Program this year. Luke Campbell will be supporting our teams for the full seven days.

Our travelling Sports Trainer and Physiotherapist will be again be Tony Cuddy, who is a familiar face for many of our athletes. Tony will treat athletes at the stadium only, athletes who require first aid at their accommodation will need to see their Coach or Assistant Coach.

Uniform Preparation, Protocol and To Pack List:

Please ensure that all uniform items are clearly marked with your name! Also please ensure that you pre-wash all items before the tournament according to the washing instructions.

Throughout the tournament, athletes are required to wear their Victorian Tracksuit and polo top, including to the opening and closing ceremonies, to matches, whilst at the stadium and travelling.

Runners and closed-toe shoes must be worn at all times. Thongs and Ugg-Boots are not to be worn.

To Pack:

- Tracksuit
- Playing tops x 2
- Playing shorts x 2
- Playing socks x 6+
- Polo Top
- Playing shoes, ankle braces, knee pads
- Playing kit – bag, towel, drink bottle, strapping tape, etc.
- Bathers and beach towel
- Casual attire
- Casual shoes
- Underwear
- PJs
- Toiletries and personal items
- Medication (if required)
- Money for meals (approx. \$240)
- Other spending money

Bedding and towels are included, however bring along your own pillow if you wish.

Team Photos:

Players and Coaches are to wear their polo tops, tracksuit pants and runners for the team photo.



Meals whilst in Perth:

As meals are not included in the Player Levy as all teams have different schedules, teams will organise this together. Teams will shop for breakfast, lunch and dinner items and plan their arrangements around when their games are on.

If any family or friends are travelling to support the teams at the tournament and would be willing to assist the coaches with preparing lunches and possibly dinners, please speak to the coaches.

Tournament Draw and Results:

Coaches have been provided with a draft draw only at this stage. The draw should be officially realised around a week prior to the tournament, however, it is not final until after the coaches/officials technical meeting following the opening ceremony.

Please check Volleyball Australia's website for any updates on the draw and results:

<http://www.avf.org.au/index.php?id=104>

Opening and Closing Ceremonies:

Opening Ceremony – Sunday 4th July, WA Basketball Centre, @ 6:00pm

Closing Ceremony and Presentations – Saturday 10th July, WA Basketball Centre, approx 4:00pm

Blue & White Jacket Dinner – 2010 State Team Presentation Night:

The 2010 Blue and White Jacket Dinner will be held on Saturday 21st August, 7pm-12am, at the Powerhouse Function Centre, Lakeside Drive, Albert Park.

All athletes are presented with a certificate on the night and the Most Valuable Players for each team, and for the State Team Program Overall, are announced. More information will be posted out to everyone in due course and before we travel to Perth. Please note that all athlete tickets are covered in the Player Levy and guests will be able to purchase tickets for \$55.

Program Manager Contact:

Lauren Howes
Events Coordinator/ State Team Program Manager
e: laurenhowes@volleyballvictoria.com.au
p: 03 9794 0009 (business hours)

Maribyrnong Sports Academy – Volleyball Information Night 23/06/10:

Wednesday 23rd June
Maribyrnong College, River Street, Maribyrnong

Promoting a high performance culture in Sporting Excellence & Academic Achievement

Good Luck!

The board and staff of Volleyball Victoria would like to wish all coaches and athletes the best of luck in their final preparations for the Australian Junior Volleyball Championships and also whilst representing Victoria with pride and passion at the tournament! We look forward to the fantastic matches and bringing home many medals, awards and the President's Cup!

GO VICS!

