



# 2010 GIRLS OPEN TRIAL

## WHAT IS THE EASTERN INSTITUTE OF VOLLEYBALL (EIV) ???

EIV was established to identify talented athletes, with volleyball skills and/or athletic ability for the sport of volleyball, and to develop this potential to its highest level possible; school, Victorian or Australian representation. EIV is endorsed by Volleyball Victoria and Volleyball Australia.

## EIV SERVICES

- Elite coaching from current Australian coaches and players to develop your skills further using current Volleyball Team Australia skill models
- Strength & conditioning
- Sports medicine (Bounce Health Group)
- Sports psychology (Innate Youth)
- Performance analysis technology
- Close relationship with both your school and club coaches

## EIV TARGET ATHLETES

- EIV's 2010 program will focus on female athletes born in 1994/95 (Youth) but athletes born in 1996/97 (pre-youth) are also welcome. These age brackets are in line with the current Australian Youth Program.
- EIV is a talent identification and development program thus volleyball skill is only one component assessed. Athletes with limited or no volleyball experience are more than welcome to attend.

## EIV PROGRAM STRUCTURE

- 24 female athletes will be selected to participate in the program. This number may be increased or decreased at the staff's discretion.
- Training will be from 6pm to 8pm Monday evenings at Luther College.
- Further training will be added (one more court session per week), once the Victorian Volleyball League (state league) concludes in September (Wednesday nights, same times).
- Successful athletes until September (not pre-youth) are expected to at least be training with a state league club if not playing. Choice of club is entirely up to the athlete, and school links are strongly encouraged

## TRIALS & INFORMATION SESSION

Monday 15<sup>th</sup> & 22<sup>nd</sup> March. 6pm to 8:00pm  
Luther College Gym, Plymouth Rd, Croydon.

COST - \$5 per trial (information session 22<sup>nd</sup> March, 8:00pm – parents welcome)  
Please pre-register interest via email !!!

## FURTHER INFORMATION

GIRLS – Bill McHoul (Head Coach) 0417 341 685 or [bill@i.net.au](mailto:bill@i.net.au)

