



# 2016 GIRLS PROGRAM TRIALS

## 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. Many EIV athletes have gone on to achieve their ultimate goal of representing Australia and/or gaining a USA College scholarship..

## 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)
- Video and performance analysis technology (Perana Sports)
- Beach volleyball component is part of the program as well as indoor volleyball
- Country camp & tournament
- Close relationship with both your school and club coaches

## EIV TARGET ATHLETES

- EIV's 2016 program will focus on the following age brackets;  
Girls – athletes born 2000/01 (Youth) and 2002/03 (Pre Youth)  
These age brackets are line with the current Australian Youth Programs but are only an indication of the focus age group, athletes that older or younger are welcome to trial.
- 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

- Up to 24 athletes will be selected to participate in the program. This number maybe increased or decreased at the staff's discretion.
- Training will be from 6:15pm to 7:45pm, Monday evenings at Luther College, Croydon

## TRIALS & INFORMATION SESSION

Monday 7th & 21<sup>st</sup> March. 6:15pm to 7:45pm  
Luther College Gym, Plymouth Rd, Croydon.

COST - \$5 per trial (information session 21<sup>st</sup> March, 7:15pm – parents welcome)

## FURTHER INFORMATION

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

