



2018 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 Senior Volleyroo's skill models
- All year round training in school terms
- Strength & conditioning
- Sports medicine (Croydon Sports Injury & Spinal Clinic)
- Video and performance analysis technology (Perana Sports)
- Country camp & tournament
- Close relationship with both your school and club coaches

EIV TARGET ATHLETES

- EIV's 2018 program will focus on the 2004/05 (Pre Youth) & 2002/03 (Youth) age brackets. This age bracket is in line with the current Australian Pre Youth & Youth Programs but is 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 19th & 26th March. 6:15pm to 7:45pm (please arrive 10 minutes early)
Luther College Gym, Plymouth Rd, Croydon.
COST - \$5 per trial (information session 26th March, 7:15pm – parents welcome)

FURTHER INFORMATION

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

