



2017 GIRLS EIV ELITE PROGRAM

WHAT IS EIV ELITE ???

As athletes get older their academic study commitments get larger, plus to improve their volleyball it is important for them to play & train with a State League Club as competition is one of the foundations of becoming a better volleyballer.

Recognising the importance of the above factors; we have established the EIV ELITE program.

The EIV ELITE program will fundamentally be the same as the EIV all year round program, except two big differences; it will run from mid-August through to the end of February in school term, and will be aimed at the Year 10 to university level athlete.

EIV ELITE SERVICES

- Elite coaching from current Australian coaches and players to develop your skills further using current Senior Volleyroo's skill models
- Training August to February in school term
- 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 ELITE TARGET ATHLETES

- EIV ELITE'S 2017 program will focus on the 2000/01 (Junior) age bracket. This age bracket is in line with the current Australian Junior Program but is only an indication of the focus age group, athletes that older or younger are welcome to trial.

EIV ELITE 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 7:15pm to 9:00pm, Monday evenings at Luther College, Croydon

FURTHER INFORMATION

Selections for EIV ELITE will be conducted via an expression of interest process. By the 31st July please email Bill McHoul to express an interest. Further information will be distributed at this point.

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

