

England Talent Pathway

Athlete Handbook

2022/23



**VOLLEYBALL**
ENGLAND

England Talent Pathway

This handbook will provide you with all of the basic information and guidance you need, as well as set out the expectations which come with being an England volleyball player.

If you are selected for the cadet or junior squads as a beach and/or indoor athlete you are on the Volleyball England Talent Pathway. The Talent Pathway is a talent development programme for young athletes to reach their full potential. For many athletes who have progressed through the England Talent Pathway, it has helped them make volleyball part of their future, whether that is playing professionally abroad or playing volleyball in conjunction with their university academic studies. The Pathway provides a range of training and competition opportunities. You can enter and leave the Pathway, at the appropriate times for your development.

As an England athlete you will be expected to attend all England camps you are invited to. You will also be expected to be available for selection for international competitions. Sometimes, only the athletes selected for a specific international competition will be invited to the preparation camp for that event.

During the time you are on the Talent Pathway, we will be looking for you to improve and develop both on court and off court, in training and in competition.

While you are on the Pathway, you will be regularly tested and assessed to gauge your technical, tactical and physical development. Feedback will be available throughout and reviews will be held with your coaches throughout the year, to assess your potential to remain on the pathway.

Any athletes who is asked leave the pathway can have a one to one discussion with a member of the coaching staff so they fully understand why and what they need to do next in their volleyball career. We hope that you will be on the Pathway for the full year to have time to develop and progress.



If at any time you are deselected, this is not the end of your opportunity. We realise this will be disappointing for you at the time. However, the door is never closed, and you may be invited back if you keep progressing and developing as a club athlete.

All camps and competitions are self-funded. The cost ordinarily includes food, accommodation, transport, competition entry fees, venue hire and staff costs. We are able to help athletes access local grants for their training, travel and camps with the national team. Volleyball England receives a grant from Sport England for the Talent Programme which is used to support staff such as coaches and team managers. There is more information about funding for individuals later in the handbook.

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Volleyball England Staff



Strategic Lead (Volleyball for Life)

Gillian Harrison

Gillian helps Volleyball England to better understand, articulate and promote the opportunities that volleyball provides for anyone, at any stage of their life. This includes the management of the talent pathways for all disciplines as and the development of education and training programmes.

T: 01509 974691



Project Lead - **Bertrand Olie**

Bertrand is responsible for technical development at Volleyball England, as well as the lead for DiSE, Senior Academies. Bertrand manages Volleyball Futures.

T: 01509 974697



Project Lead - **Mark Garcia-Kidd**

Mark leads on the delivery and reporting of a wide range of projects and programs, competition and events. In Talent he manages the Team Managers and leads on athlete education and funding. He is the point of contact for all England beach athletes.

T: 01509 974 689



Talent Manager –**Andy Jones**

Andy manages the Talent Pathway, senior beach, indoor and sitting volleyball programmes. He works closely with the British Volleyball Federation to coordinate the performance plans.

T: 01509 974 693

Project Officer

We have administrative support for the Talent Pathway who can be contacted at talent@volleyballengland.org

NVC Camps



National camps are usually held at the National Volleyball Centre (NVC) in Kettering. The NVC opens at 9am on Saturdays and Sundays.

You will need to make your own travel arrangements to camps. We can help you link up with other athletes who will be travelling from the same area so you can share lifts. If you know you may have issues arriving on time, please let your team manager know as soon as possible.

We make all travel arrangements during camps. Travel between the hotel and the NVC is by taxi. Team staff supervise departures and arrivals. If you do arrive before your team manager or other members of staff, at the hotel you must wait patiently at the reception.

During national squad camps we request that under 18's do not travel in other players vehicles.

NVC Address:

Arena Sports Kettering
Thurston Drive
Kettering
Northants
NN15 6PB

Tel: 01536 414308

How to get there by Car:

Located near the A14 (junction 8) and A34, and 20 minutes off the M1, it is easy to find. If you are using a Satnav, the postcode is **NN15 6PB**.

How to get there by Train:

The nearest station is **Kettering station** which is only a short 15 minute walk to the NVC.

NVC Camps

Facilities

Indoor Arena: This is a 2000m² space made up of four courts, this is where the majority of training for the camps will take place.



Beach Volleyball Courts: Kettering has three beach courts with sand that came from the London 2012 Olympics! These are used during beach volleyball camps.



Club Room: This overlooks the indoor arena and provides a space for classroom-based learning, workshops, group work and team discussions as well as some down time in between camp training sessions. You can also use this as a study space should they need to do exam revision or schoolwork.

Holiday Inn Express



Accommodation

You stay at the Holiday Inn Express (Kettering), for camps at the National Volleyball Centre.

You will usually be in a room, with one other athlete. Sleeping arrangements are either a double bed and a pullout sofa bed or twin beds

You will be allocated a room mate by the ENG staff.

Boys and girls are accommodated on separate floors in the hotel. You should only be on your allocated floor. We ask that you respect individuals' personal space therefore you should only be in your allocated room. There is plenty of space on the ground floor to congregate.

During the camp you must stay with your team, not with any family members



Address

Holiday Inn Express Kettering
Weekley Wood Avenue
Kettering
NN14 1UD



You will need to be up in time to eat breakfast and to leave the hotel on time.

The team manager or coach will let you know the curfew time and breakfast time at each camp. You must not leave the hotel without permission. Athletes must always be in groups of no less than three.

Competitions

England teams enter a range of competitions, which vary from friendlies to European Championships. Athletes need to have an up to date British Passport to be selected for International Competitions.

Volleyball

The main competition for the junior squad (U19) is the North European Volleyball Zonal Association Championships (NEVZA) in October. The teams sometimes enter the Cornacchia Cup in April and the All-Nations Tournament in September.



The cadet (U17) teams also enter NEVZA in October. They accept invitations to international tournaments such as the Sardegna Volleyball Challenge in Sardinia, Aqua Pradis in Italy. Their prep camps include stays in France and Portugal.

Beach Volleyball

The England Junior beach programme looks to build on the domestic beach volleyball competition (Junior and Senior UKBT) and develop players capable of achieving success at Home Nations (BVF), European (CEV) and World (FIVB) level competitions. The competitions would include NEVZA and CEV (European) age group competitions

Logistics

If you are selected for an international competition, you will be sent a competition information pack which has all the information you need such as flight times, where you will be staying and what to take with you and any livestream links. Usually, teams meet at the airport 1 -2 hours before departure.

Volleyball England makes group bookings for teams travelling to international competitions and expect all home-based athletes to travel together. Any athlete that seeks to make independent travel arrangements will have to cover the costs of any existing group booking.

Away supporters are always welcome to attend. However, we are not able to make travel arrangements for friends and family who want to travel to support the team.



COVID - 19 Measures

Volleyball England has gotten approval from the Department of Culture Media and Sport (DCMS) before we could restart any form of volleyball. We have published the Action Plan and Risk Assessments that were approved [here](#), if you are keen to read them.

Within Volleyball England any squad or team wanting to return to training or enter a competition has to make a formal request and submit specific RTCBC Documents for travel to and from competition and the duration of the competition (templates provided on request). They are assessed initially by members of the Talent Team before being reviewed by Volleyball England Covid Officer and Covid Medical Officer, then formally signed off by the CEO.

For the training camps We have been working closely with the National Volleyball Centre, the taxi company and the Holiday Inn Express to make the arrangements.

We have a Risk Assessment for the Talent Pathway to Return to Training at the National Volleyball Centre. The risk assessment for the National Camps will be uploaded to the performance section of our website [here](#).

Please read it thoroughly. It is still a working document so will be updated when we receive new information, but it will remain open for your to see.

There are some specific COVID health measures we have taken:

- Athletes showing any sign of covid symptoms, should not attend the camps.
- Another requirement is to have a formal OPT IN, whereby participants formally acknowledge they have read all the risk assessments and agree to recommence training.
- Reduced room sharing from three to two athletes.

However, if you have to self-isolate please don't come to the camp please email talent@volleyballengland.org to let us know.



Administration

Document	Where to find	What you need to do
Medical consent form (new athletes only)	Page 22	Complete and send to talent@volleyballengland.org . This is mandatory.
Parent & Athlete agreement, code of conduct	Page 18	Please read and sign HERE

England Kit

Volleyball England has signed a new contract with Errea to provide kit for all the national teams. Information about how to purchase the kit from the online shop can be found below. Only Errea kit should be worn. Club kit is not permitted at ENG camps or when on international duty.

Athlete Mandatory Kit

This kit is compulsory for training camps and competitions. Athletes should have their kit by the December Camp.

Tracksuit Trousers (Flann design), Tracksuit Jacket (Donovan design), Training shirt x 2 minimum (Brian design for men/Brigit design for woman), Training Shorts x 2 minimum (either Ivan/Bolton male or Emma/Kyara female).

Athlete Optional Kit

These are examples of the kit that is available to purchase: hoodies, jackets, baseball caps, kit bag, compression sleeves, knee pads, rucksacks. You will be able to see pictures of these items on the online shop. They are optional purchases.

Volleyball England

Provides the match playing kit and courtside t-shirts. These are kept centrally and given out at each competition.

How to order kit

The kit can only be purchased from L4Teamwear. The link to the Volleyball England Official Squad section is [HERE](#) The password is VE21

The prices and size chart on the L4Teamwear website. L4Teamwear is stocking up ready for October. The sizes are snug. The recommendation is to size up.

Mandatory Kit for Talent Pathway Athletes			
Men	Women	Men	Women
			
			

Anti-Doping

Athletes on the Volleyball England Talent Pathway have a responsibility towards anti-doping and clean-sport.

It is easier than most people think to inadvertently test positive by taking a banned substance without realizing it.

A simple mistake such as taking medication containing banned substances can end up resulting in a 2-year ban due to the strict liability principle. Strict liability means that you are solely responsible for any banned substance you use, attempt to use, or is found in your body (intentional or not).

Anti-Doping education will be available to you on the Pathway. This may take the form of education sessions timetabled into camps, 1 to 1's with one of our qualified educators, access to online resources from FIVB & UKAD and the chance to ask questions of one of our educators when you need to.

As soon as an athlete is selected to the England Talent Pathway, they are bound by Volleyball England anti-doping rules for a minimum period of 12 months.

By giving consent for an athlete to join the Talent Pathway parents/guardians give permission for them to be tested.

World Anti-Doping Agency (WADA)

<https://www.wada-ama.org/>

+41 21 343 4340

FIVB PlayClean

<http://playclean.fivb.com/>

UKAD Athletes Zone

www.ukad.org.uk/education/athletes

ukad@ukad.org.uk

02078 423 450

VE Anti-Doping Educators

Bertrand Olie- Project Lead

Rob Payne - Deputy CEO

Contact: talent@volleyballengland.org

Tel: 01509 2277 22



Anti-Doping

Anti-Doping checks

 Check all **medication** against the prohibited list with [GlobalDRO](#), especially when abroad. Make sure you keep a note of the checks on your phone.

 **Supplements-** Please note that **as an athlete you must know the risk with taking supplements**. It is vital you consider this message if you are using, or contemplating using, nutritional supplements. No one can guarantee that supplements are free from prohibited substances, and you may accidentally commit an Anti-Doping Rule Violation by taking them. Assess the need, assess the risk, assess the consequences (ANARAC). You can use [Informed Sport](#) to reduce the risk as they batch test products.

 Seek advice on whether you require a **Therapeutic Use Exemption (TUE)**.

All Volleyball England coaches, and team managers complete the UKAD Advisor Award. We strongly recommend parents to complete this to help you understand anti-doping. This is a one and a half hour free course [here](#).

PlayClean online certification must be completed annually by beach players for competition, please use [playclean.fivb.com](#) and use your FIVB number to register/login.

If you would like education, advice and guidance on Anti-Doping please get in touch with Volleyball England, UKAD &/or WADA.



Athlete Education

There is blended learning education programme with a mixture of eLearning and face to face content.

England Cadets

Throughout your time on the pathway you will have the opportunity to attend workshops during camps led by experts in, for example; nutrition, strength and conditioning and injury management.

We focus on Life Alongside Sport, Performance Improvement and Wellbeing.

We will provide you with access to relevant e-courses, and links to sports partners who offer advice and guidance for talented athletesand parents too!



England Juniors

Junior athletes need to register for the Athlete365 portal in association with the International Olympic Committee (IOC). You can do this [here](#).

Registration is free and only takes a minute to set up. If you get stuck, details of how to do this and how to navigate around the portal can be found in the short 'how to' video [here](#).

Athlete365 is an IOC initiative created by athletes, for athletes. Its purpose is to support you throughout your journey on and off the court. Athlete 365 provides tools, services and a strong global network to help you tackle some of the challenges that come with competing at a high level. During camps your coaches and team manager will help guide you through the modules and you may be set tasks to complete during camps or to complete before upcoming camps. Please note that you will not need to complete each module as some are not relevant to you.

Throughout your time on the pathway you will have the opportunity to attend workshops during camps led by experts in, for example; nutrition, strength and conditioning and injury management. These workshops will tie in with the content that you will learn within your Athlete 365 modules.

Social Media

Volleyball England uses the power of social media to promote what we do and the sport of volleyball. We encourage you to do the same!

Social media is a brilliant way of letting your family, friends, sponsors and supporters know about what you're doing in your volleyball career and keeping them up to date with your performances. VE would encourage athletes to create a dedicated volleyball account.

To ensure your social media stands out, it is a good idea to bring a personal touch and share your experiences, as well as express your personality. Posting pictures, short videos and text about competitions and training can give people a brilliant insight into the life of an athlete.

However, it's important to remember social media can have a negative impact – if not used in the best way.

Anything you post is in the public domain and can be seen and shared by anyone.

If you are representing England at a competition, remember to wear your approved England Kit when you share photos.

To ensure your social media remains fun and positive, follow our guidelines:

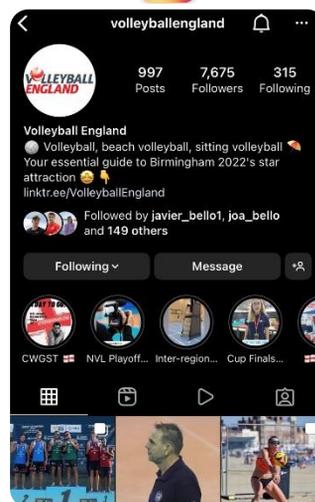
-  Keep it professional – athletes are the face of Volleyball England
-  Check your privacy settings on all your social media. Be sure you're happy with the people/groups seeing pictures, videos or posts you publish or are tagged in
-  Avoid talking negatively about competitors, teammates, other countries or organizations – this will not look good for you or Volleyball England
-  Remember to use hashtags Volleyball England are using
-  Tag organizations, such as Volleyball England, and people in relevant posts so they see them. For example, it is always a nice idea to thank any organizations who have sponsored you.
-  Have fun, be creative and promote hard work and achievements!



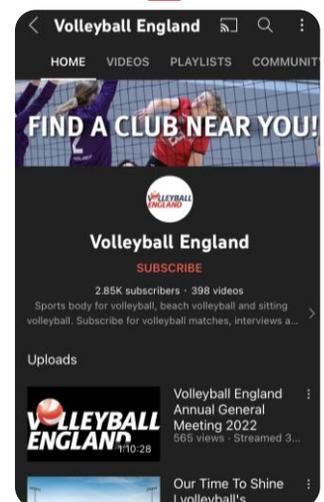
[facebook.com/volleyballengland](https://www.facebook.com/volleyballengland)



<https://twitter.com/VballEngland>



[@VolleyballEngland](https://www.instagram.com/VolleyballEngland)



[Youtube.com/englandvolleyball](https://www.youtube.com/englandvolleyball)

Funding

How we can help



SUPPORTED BY  LOTTERY FUNDED  SPORT ENGLAND

TASS

Talented Athlete Scholarship Scheme. Awards are specifically given to a limited number of athletes in University or higher education and who have proven themselves on the talent pathway. The award provides access to a range of sport and exercise science services and financial help towards training and competing. There is no application process for TASS the federation makes nominations in July/August. For more information, please contact Bertrand Olie or see the TASS website <https://www.tass.gov.uk/>



Backing the Best

This is run by SportsAid for Sport England and is for young, exceptionally talented athletes in the early stages of their careers and who face the greatest financial challenges. This is limited to joint household incomes under £55k. The money awards goes towards essential costs such as travel, accommodation, kit and support by coaches and physios. In the past Volleyball England has had 5 athletes receiving this award.

Junior athletes who join the programme in the final year are not able to apply for Backing the Best as nominations are finalised before you join the pathway.

National team staff to put forward to SportsAid to determine who will be funded. These nominations happen in October/November each year. Successful nominees will receive SportsAid from the following April for one year. If you think you are a likely candidate for Backing the Best please email talent@volleyballengland.org



SportsAid

This helps young sports people overcome the financial challenges they face, in their bid to become Britain's next generation of sporting heroes. Volleyball is allocated a small allocation of Sportsaid places. National team staff nominate athletes to Sports Aid. These nominations happen in October/November each year. Successful nominees will receive SportsAid from the following April for one year. If you think you are a likely candidate for SportsAid please email talent@volleyballengland.org

More information can also be found on the SportsAid website www.sportsaid.org.uk/

Junior athletes who join the programme in the final year are not able to apply for SportsAid as nominations are finalised in November, preceding December open trials.

Funding

How we can support you

There are 43 **Active Partnerships** in England that can provide local support for athletes. You can find your local Partnership [HERE](#)

Local councils With 343 Local Councils in England there are multiple opportunities to access local funding to help our athletes. Examples from Tower Hamlets (London Borough Council) include support towards essential items of equipment/clothing required to compete and train. Typical Council grants for individuals range from £500-£1,500. These can be found on county or local borough council websites.

Other grants If “individual athlete grants” is typed into a search engine, a range of foundations and charities will be identified that can help support young athletes. These include; the Dickie Bird Foundation, Rob George Foundation and the GLL Sport Foundation. Typically, grants range from £200 - £1,250 and can be used towards financial help with training, associated travel, competitions and camp fees etc.

FANS Scheme Many councils and Active Partnerships offer the FANS Scheme (Free Access to National Sportspeople). The scheme provides sports people who compete at a national level with free access to their swimming pools, gyms and other leisure facilities for 12 months. To find a FANS scheme near you either contact your local council or search ‘FANS Scheme’ then the name of your local council or Active Partnership. You will need a letter from Volleyball England as proof. You can either use your selection letter or if you require a more specific letter please write to us at talent@volleyballengland.org and we can provide this for you.

Volleyball England Foundation is looking to support junior athletes with programme fees and competitions whilst representing England, The Volleyball England Foundation will try to offer support to athletes that request it through the talent team. Further details to be confirmed.

Volleyball England Funding Guide – Although aimed at supporting clubs, our Funding Support guide provides usual information and guidance. You’ll also find some fun fundraising and sponsorship ideas!

Please email fundingsupport@volleyballengland.org if you would like a copy of the guide.



Code of Conduct

Attendance at National Team training camps and competition is a valuable experience that is intended to improve your performance and development as an athlete. Volleyball England is committed to the highest of standards of behaviour. We expect all athletes attending camp to accept and adhere to these standards. Any violation will result in appropriate sanctions. Follow link [here](#) to complete.

As an athlete I am representing my country, Volleyball England, my club and my family. I take full responsibility for my actions. I have read this 'Code of Conduct', I understand the points below and I agree to comply fully with them.

1. I fully commit to being on the Volleyball England Pathway, taking part in both Volleyball and Beach Volleyball England camps and events.
2. I will promote relationships with everyone that are based on fairness, openness, honesty, trust and respect.
3. I will always demonstrate proper personal/professional behaviour.
4. I will respect others regardless of race, gender, disability, ethnicity, sexuality or religious beliefs and I will not tolerate or be involved in discrimination of any kind.
5. I will keep my mobile phone switched off during sessions unless invited to use it as part of the session
6. I will ensure my use of social networking sites promote positive images and comments of the National Team and Volleyball England.
7. I will uphold Volleyball England's business and sponsorship relationships, avoiding conflicting deals with rival companies when associated with Volleyball England or representing England.
8. I will only wear approved VE kit when representing England, and during photoshoots
9. I will comply with UKAD's, WADA's and FIVB's Anti-Doping policies.
10. I will not smoke or possess/consume alcohol or illegal drugs whilst at camps or competitions.
11. I will not engage in sexual activity whilst at camps or competitions.
12. I will not leave the venue or accommodation at any time during the camp or competition, unless as part of an organised activity or with permission from my squad coach or team manager.
13. I understand that a curfew will be set by the squad staff for bedtime, and I will abide by that.
14. I will not enter any accommodation other than my own
15. I understand that during national squad camps, under 18's are not permitted to be transported in other athletes' cars.
16. I agree that a full report of any misconduct be forwarded to my parents/guardians if so required.
17. I agree that my personal information can be used by Volleyball England staff for the purpose of administration in line with the Volleyball England [GDPR Data Protection policy](#) and [Privacy policy](#).
18. I permit Volleyball England and competition organisers to take photographs, videos and live stream for media purposes. Any media taken will be used suitably and with discretion.
19. I give permission for national squad staff to transport me at camps and competitions.

Core Programme Benefits

Core Programme Athlete Benefits

Talent Pathway athletes receive a range of benefits and support as part of the core programme. Current benefits include:

- Athlete Welfare and Safeguarding
- Athlete Education – a range of resources, webinars, support and advice on the following:
 - Strength and Conditioning
 - Sports Psychology
 - Athlete Nutrition
 - Social Media
 - Anti-Doping
- Athlete Funding Support
 - TASS
 - Backing the Best
 - SportsAid / England Futures / Volleyball England Foundation
 - FANS
- Athlete/Squad photographs
- Covid Preventions Webinar (for athletes selected for international camps & competitions)
- Covid Medical Officer & Covid Officer Services
- Talent Pathway Staff Management - recruiting, vetting and training
- National Trials Administration and Organisation
- Competition Administration - International Player Registration (VIS), tournament entry administration, travel logistics, and documentation
- Volleyball England Insurance
- Camps Administration and Organisation
- NVC Camp costs - court hire, meals, accommodation, transfers, equipment

The core programme does not include the cost of competitions or overseas training camps. From time-to-time additional camps, may be added to the programme, at an additional cost. The Beach Programme is not included in this costing and comes at an additional cost. For example, for selected athletes to prepare for NEVZA. The indicative competition costs are indicated below.

• NEVZA, October U17 (Ikast, Denmark)	£800
• NEVZA U19, October (Kuortane, Finland)	£800
• All Nations, June and September U17/U19 Tournament (London)	£100
• Cornacchia World Cup April U17/U19 (Pordenone, Italy)	£700
• CEV U18/U20/U22 Beach championships	£700 - £800
• NEVZA U19/U17 beach championships	£730
• Home Nations Beach championships	£350

Payment Terms and Conditions

Payment - Monthly Direct Debit

The Talent Pathway core programme costs £99 per month for 12 months.

Direct debit payments are collected on the 1st of each month, starting from the 1st of November 2022 and ending 1st October 2023.

Details about how to set up the Direct Debit will be included in the athlete's selection letter.

If an athlete stops paying, without prior agreement, Volleyball England will contact athletes. If there is no resolution Volleyball England will assume that they have left the programme and they will not be invited to the next camp/competition.

Refunds

Refund requests should be submitted by email to talent@volleyballengland.org explaining the reasons and stating how much of the core programme the athlete has missed. Any refund requests will be tracked by VE Finance team and at the end of the core programme (Sept/Oct) Volleyball England will review requests and issue refunds where applicable.

Refunds will be considered for:

- Long term Injury (Multiple camps missed or Doctors note)
- Family bereavement
- Athlete has Covid-19
- Exceptional circumstances

Refunds will not be considered for the following reasons:

- Short term injuries
- Injuries sustained at camp or competitions
- Travel distribution to camp or competitions
- Late arrival or early departure to and from camps
- Withdrawal from camps past the registration deadline
- Athletes who breach the code of conduct and are serving sanctions
- Choosing club representation or other events over National Camp Weekends

It is extremely important that athletes/parents tell the talent team at the time if an athlete is experiencing any of the above issues. This will help validate any refund request.

Payment Terms and Conditions

Withdrawal from the program

If an athlete withdraws from the programme, they will be required to settle any outstanding balance.

Joining the Pathway

Athletes who join the pathway through closed trials will be required to set up a direct debit as soon as their place is confirmed in the 22/23 cycle.

ENG athletes living abroad

Athletes who are part of the programme living abroad will be required to pay a fee for the month of the programme they receive benefits, this fee will often be higher than the £99 monthly payments because the monthly payments spread out the cost of the core talent programme across the year.

When athletes living abroad accept the VolleyZone camp invitation they will be sent an invoice for the benefits received during that month. . Payment will be done via VolleyZone or BACS transfer.

VolleyZone

Athletes/parents MUST respond to every Volleyzone invitation. If an invitation is declined, you need to provide a reason. This will help determine refunds.

If an athlete needs to withdrawal after the VolleyZone deadline has passed, they will need to email talent@volleyballengland.org stating the reason. This includes such events as camps, competitions, and webinars.



Medical Consent Form



First Name:	
Surname:	
Date of Birth:	
Home Address (including postcode):	

Emergency Contact 1 Name	
Relationship to athlete:	
Contact Number:	
Email:	
Emergency Contact 2 Name	
Relationship to athlete:	
Contact Number:	
Email:	

Passport Number:	Expiry Date:
Full Name (as on Passport):	

Doctor:			
Address:			
Telephone Number:			
NHS Number: E.g. 485 777 3456		EHIC Number	
National Insurance Number (if over 16 years old)			

Medical Consent Form

In case of emergency and as part of the Volleyball England's responsibility to young people, ALL individuals are required to complete this medical information section as accurately as possible. Details will be held securely with access restricted to authorised individuals only. Please include any dates of illnesses, injuries or operations where necessary.

Have you had any serious illnesses or diseases e.g. glandular fever, epilepsy, asthma, heart problems, diabetes, skin conditions?	
Do you currently have any long-term illnesses or injuries?	
Have you had any serious injuries e.g. strained Achilles, dislocated shoulder shoulders, ACL tear?	
Have you had any operations?	
Have you got any special dietary requirements?	
Have you got any allergies or sensitivities e.g. gluten, dairy, tablets/medicines, tapes, creams, Elastoplast, penicillin, aspirin etc.?	
List all medication you are taking regularly or irregularly (include inhalers).	
List all vitamins and/or supplements you are taking regularly or irregularly.	
Please add any other medical information which we may need:	

Consent by Parent/Carer

I consider the young person named in this document to be physically fit and capable of full participation and agree to notify Volleyball England of any changes to the information provided. Furthermore in the event of an injury I give permission for Volleyball England to obtain emergency medical treatment. I confirm that I have legal responsibility for this young person and am entitled to give this consent.

Name of Parent/Carer		Relation ship	
Contact Number:			
Signed		Date	
Print Name			

U17 Boy's Squad Staff



Head Coach - Keith Trenam

Keith is currently the performance and development coach at Sheffield Hallam University. His team finished top 5 in the Men's Super league this year. His significant contribution to international and high performance was recognised on his induction to the Dr Don Anthony Hall of Fame in 2015.

Assistant Coach - Ronan Bellabarba

Ronan learned to play volleyball in Italy, played at Dundee VC for several years, coached at St Andrews University, co-founder of St Andrews Beach Volleyball Club, served as chairman of a newly re-established Team Fife V.C.; played and coached at Cambridge Rhinos, player, sometimes team captain and deputy Chairman of Marske V.C., coach at Northfield School Billingham, Development Officer for Tees Valley Volleyball Association and proud to be Assistant Coach to the Volleyball England Cadet Boys

Assistant Coach - Dave Roberts

Dave has been involved with the national programme since 2010 working with different squads. He is currently the head coach of the Royal Airforce. Dave has coached in every National League Division including super league where he was Sheffield Hallam's ladies head coach.



Assistant Coach - Ben Fairweather

Ben started playing volleyball at the age of 11 and coaching aged 18. He has been involved with the England Cadet Boys since 2019 and the South West regional junior programme since 2013. Although his main focus as a coach is junior volleyball, Ben has also coached teams in BUCS and NVL 1. Ben is a co-founder of Exeter Storm Volleyball Club, where he is currently chair, head coach and an active NVL player.

Team Manager Antonio Coddington

Antonio started playing volleyball at 16 and played both Junior, Senior Level and in the NVL. His admin talents were spotted from an early age both regionally and nationally. Antonio is currently the London Volleyball League Secretary. He is an experienced team manager.

Peter Makowski - Assistant Coach

Piotr has been involved in beach volleyball since 2009. Piotr played on the National Tour since 2014 qualifying for National Finals on two occasions. Piotr is a co-founder of Skyball Beach Volleyball Club and has coached beach volleyball since 2017. Piotr has been an assistant beach coach for England Juniors Men since 2019, and assistant indoor coach for England Cadets since 2021. Piotr is a full time coach at the Gorse Academies Trust in Leeds.

U17 Girl's Squad Staff



Head Coach - Darren Lewis

Darren played volleyball for the England Junior team. He has been coaching in the national team programme since 2005 spearheading England campaigns at CEV and NEVZA junior championships. He is currently a PE teacher at Boswells School and Head of the school's Volleyball Academy.

Assistant Coach - Freddie Fairbairn

Freddie assists with the England Cadet Girls squad and heads up the England U18 Girls Beach Volleyball squad. He is also the head coach at the University of Nottingham, a Volleyball England Senior Academy, leading the indoor and beach programmes to the top of university volleyball rankings in 2021/22 and their NVL squads through their Super League campaigns.



Team Manager - Iwona Grabon

Iwona played volleyball professionally in Poland. She was the head coach at RAF Hawks women's volleyball, coaching them to victory for the first time at the Crown services tournament in May 2018. Iwona is an experienced team manager having worked with junior and cadet squads.



Assistant Coach – Marjana Erminio

Marjana played volleyball for the Junior national team in Slovenia and has been coaching juniors in Slovenia. For last couple of years she is coaching junior girls at the Richmond Volleyball Club who are competing at Junior national championships and became National champions in all age groups. In her free time she is playing for Wimbledon Wildkats in the London league division 1. Coaching juniors and playing volleyball is her passion and hobby alongside her full time job



U19 Men's Squad Staff



Head Coach - Sam Bragg

Sam is currently a coach at Black Country Volleyball club, at both National League & U18 level, and this coming season also will coach at University of Worcester. Sam progressed through the pathway, representing England at Cadet, Junior and Senior level as well as gaining several GB caps. Sam also played two years professionally in Germany & Bulgaria

Head Coach - Sam Shenton

Sam is currently the Head of Volleyball at Northumbria University, performing coaching duties for both the men's and women's teams. He has progressed through the Volleyball England pathway and represented his country at Cadet, Junior and Senior Level. After graduating with a degree in Sport and Exercise Science, Sam played professional volleyball in France, Sweden and Holland.



Assistant Coach Phil Crawford

Phil started volleyball at Tendring in 1991 and progressed through the county, regional, cadet and junior system representing England at the World Schools games in Athens in 1998. Since joining the RAF his volleyball journey continued, playing all round the world as well as continuing to play in NVL for over 20 years. Phil is qualified in many different performance coaching areas and has ILM and CMI qualifications in Coaching, Management and Leadership and a passion for human behaviour, decision making. Within volleyball Phil has coached several local, youth, military and NVL sides prior to assuming the England U19 Assistant Coach role

Team Manager Andrew Tuck

. Andrew started playing a very long time ago, and has represented Wales at junior and senior international level. He has played national league for the last 25 years, and has had various administration roles within the clubs he has played for. Currently developing his coaching skills within Team Essex and The Boswells School. With two children currently in the program, he is keen to help make this as good an experience as possible for the athletes.

Adam Bradbury

Adam started playing volleyball with Newcastle Staffs Volleyball Club. He was a professional player and coach in Sweden and captained the England Senior Volleyball Team. He also coached with Esperia Volleyball Academy in Dubai and worked with the Australian and Swedish Junior volleyball teams.

U19 Women's Squad Staff

Head Coach

Position Vacant – The new Head Coach will be in post for the start of the season

Assistant Coach Gabriela Pecovska

Gabriela recently joined the coaching team started playing volleyball when she was 12 in Slovakia, where she comes from. As a junior, she represented her city Presov in Czech Republic and Denmark. She started coaching in York Volleyball Club back in 2015 and in 2019 she became HC for York Men in NVL and in 2017, she became coach of U18 boys team. She is now HC of U17 Girls in Yorkshire Region in indoor volleyball and U18 Girls in beach volleyball.

Assistant Coach - Rachel Hutt

Rachel started playing volleyball at the tender age of 5. She soon started training with the England cadets and received her first England junior cap at 13 vs Ireland. Progressing into the England seniors at 18 where she gained 49 caps.

Rachel played professionally in France and Germany before the Olympics. After competing in the London 2012 Olympics for Great Britain Rachel went on to be head coach at Black Country Volleyball Club leading the NVL, U18 and U16 girl squads for 5 years. Now with three children in tow and living back in Sheffield she's player coach for the Sheffield ladies NVL squad and helping to develop a thriving junior side to the club



Assistant Coach - Alex Smith

Alex represented England both indoors and, on the beach, as a player. After getting MVP recognition at the CEV U19 qualifiers, she won a volleyball scholarship to Stanford university in California and was part of a team which won the NCAAs. She started coaching in 2007 and has coached regional junior teams, national league teams. She is the head coach at Warwick University. Alex



Team Manager - Catarina Machado

Catarina has worked alongside world class athletes who have competed at World Championships and Olympic Games. She started playing volleyball at 14 years old. She currently coaches the U17 South East girl's regional team. Outside volleyball, she has recently graduated with a degree in Psychology and Masters in Mental Health, and now works in the NHS as an Assistant Psychologist..



Beach Staff



Junior Men Beach Head Coach - Luis Bello

Luis has been involved in volleyball for over 25 years. He is currently a P.E teacher and head coach at Richmond Volleyball Club. At Richmond this year, his team were crowned English Champions for U18 and U16 boys. He coaches beach volleyball and volleyball. He coached the Great Britain Team Javier and Joaquin to 5th place at the Youth Olympic Games, the highest ever result for a British Volleyball team

Junior Women Head Coach - Peter Soczewka

Peter got involved with volleyball in his junior years when he was part of the volleyball academy in Olsztyn (Poland). Currently working with junior boys at Richmond both indoor and on the beach.



Junior Men Assistant Coach - Piotr Makowski

Piotr has been involved in beach volleyball since 2009. Piotr has played on the National Tour since 2014 qualifying for National Finals on two occasions. Piotr is a co-founder of Skyball Beach Volleyball Club and coached beach volleyball since 2017. Piotr has been an assistant beach coach for England Juniors Men since 2019, and he is currently a head coach at the University of York.



Junior Women Head Coach - Freddie Fairbairn

Freddie assists with the England Cadet Girls squad and heads up the England U18 Girls Beach Volleyball squad. He is also the head coach at the University of Nottingham, a Volleyball England Senior Academy, leading the indoor and beach programmes to the top of university volleyball rankings in 2021/22 and their NVL squads through their Super League campaigns.



Junior Men Assistant Coach - Sam Dunbavin

Sam is from North Devon and, although he has played volleyball since he was 11, Sam was a late bloomer. Sam made his first England cap when he was 20. Sam now runs his own beach volleyball coaching and events business and compete on the world tour. He is passionate about giving young people the chance to succeed in volleyball.



