



**GIPPSLAND
SPORTS
ACADEMY**

Gippsland Sports Academy
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Information Sheet - 2026 Volleyball Program

Gippsland Sports Academy (GSA) will again run its Volleyball Program in 2026 with Lachlan Morland as Head Coach and Blake Hunter as Assistant coaches.

Please see below a brief overview of the program:

Trial Date	Date: Saturday 8 th November 2025 Venue: Churchill Leisure Centre Time: 10am – 2pm Registration to trial : https://tinyurl.com/gsavoleoi
Induction Day	Date: Sunday 7 th December 2025 Venue: TAFE Gippsland Yallourn Campus John Field Drive Newborough Time: 9.00am – 3.00pm
Acceptance of Offer	An Invitation letter will be sent to successful athletes by no later than Friday 21 st November 2025 Enquiries: Jude Bergmann – judeb@sportgippsland.org.au Phone: (03) 51270174
Uniform Requirements	Required uniform to be ordered – singlet & shorts, if you do not already have one. Athletes are to wear their GSA uniform at all sessions. No Club uniforms are to be worn at GSA sessions. Additional optional merchandise items are also available to purchase • Uniform is to be ordered, and paid for, online • Uniform will be delivered to home address Uniform Information will be provided in the invitation letter



**TAFE
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INVESTING IN ATHLETE EXCELLANCE



Sessions to be held	Coaching: 7 Coaching sessions (10am – 12.15pm, 1.15pm – 3.30pm) Proposed Dates - TBC																																													
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Note: Dates & Venues TBC based on availability																																														
ACE Day – 14 th April 2026 - Education Sessions (school holiday program)																																														
Sports Science – Nutrition, Sport Psychology & Injury Management																																														
Strength and Conditioning sessions (S & C)	A fitness test will be completed at the commencement and at the end of the program Strength and Conditioning sessions will be: • Face to face - 2 session per month S & C sessions to be held in Bairnsdale, Sale, Traralgon & Warragul (based on athlete home address) from Feb – May 2026 ➤ Individual Home programs based on Musculo Skeletal screenings are given to each athlete and logged through TeamBuilder This is a critical component of the program, attendance is expected.																																													

Musculo-Skeletal Screening	All athletes new and returning who have not been assessed in the past 12 months must undergo a musculo-skeletal screening. *More information will be supplied in the athlete invitation
Cost & Payment	Athlete Levy to be confirmed Athlete levy does not include uniform costs or travel costs. Fees will be invoiced upon acceptance of position in the program *NOTE: Final costs are determined by the final number of athletes that accept their position with the Academy.
Sport Integrity Australia	- All athletes will have a presentation on Sport Integrity Australia - All athletes MUST complete the required Sport Integrity Australia level: - New athletes to complete Clean Sport 101 1st year athletes to complete level 1 2nd + year Returning athletes to complete level 2 - The link is: https://elearning.sportintegrity.gov.au/login/index.php Completion of Sport Integrity is a requirement by the Victorian Institute of Sport and Sport and Recreation Victoria and therefore must be completed to be eligible for graduation.
Expectations of Athletes	Athletes are expected to attend all Academy activities, where possible, this involves committing to: ➤ Attend all training sessions except athletes who have an agreement with the GSA Head Coach to attend State or National opportunities. ➤ Follow the strength and conditioning program, including completing components at home & attending face to face sessions. ➤ Attend other Academy functions such as: - ACE Day April 14th 2026 - Awards evening Friday 1st May 2026 ➤ Register as a member of Volleyball Vic