



REDLANDS VOLLEYBALL ASSOCIATION

www.redlandsvolleyball.com

Holiday Training Camp Info

Monday 14th December (4 – 7 pm)

Tuesday 15th December (4 – 7 pm)

Wednesday 16th December (4 – 7 pm)

Layout

The following will be the layout for each day of the three-day training camp:

Time	Activity	Explanation
3:45 pm	Arrive at Venue	Players will check-in and are assigned a group and court
4:00pm	First Session	Players will train under coaches
5:20pm	Break	Players will have the opportunity to take a 15 min break. If Players would like to eat, they must supply their food/snacks for this.
5:35 pm	Second Session	Players will train under coaches
6:55pm	Debrief	Coaches will talk to players about that day's training/skills
7:00pm	Leave Venue	Players are to be picked up and leave the venue

Venue

The training camp will be held at Redlands College Sports Hall, 38 Anson Rd, Wellington Point QLD 4160. There are both male and female toilets for players. There will not be a canteen during the program. Players who wish to eat during the break must bring their food.

Coaches

Players will have the opportunity to train under a variety of coaching methods. All of our coaches have a valid Volleyball Queensland Accreditation and are registered, blue cardholders.

What to Bring

As this is only a 3-hour camp with a small break, players will not need to bring much. There is no required uniform, but players should expect to be regularly active and wear comfortable clothes and shoes. Knee pads are optional for players if they have some. Players are more than welcome to bring

snack food for the break. While there are water bubblers at the venue, all players should bring their water bottle.

Safety

Players safety while at the training camp is always of paramount importance. All coaches hold valid blue cards. There are also those with accredited first aid certificates to ensure the health of the players if an injury does occur. Players will not be allowed to leave the venue until a parent or guardian has arrived to pick them up. Parents will need to enter the venue to do.

COVID Regulations

During COVID-19 restrictions, parents will not be permitted into the training space (hall) and will be asked to drop off their athletes at the start of their session training time and be ready to collect them at the end of their training session. There will not be any seating provided as such for spectators.

***Remember that you should not attend if you are not feeling 100% well, or have any cold/flu/viral symptoms or if you answer yes to any of the current COVID-exclusion questions:

In the previous 14 days, have you:

- Had any COVID-19 symptoms?
- Been in contact with any confirmed/suspected COVID-19 case or you or one of your immediate family members is currently awaiting results of a COVID-19 test
- Returned from international travel or returned from Victoria, ACT or NSW (outside of the current travel bubble)
- Have been in or at any of the current contact tracing locations at the days/times as specified at <https://www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19/current-status/contact-tracing>

If you answer yes to any of the above, please do not attend training and seek immediate advice from your GP, Queensland Health or nearest COVID testing clinic.



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