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### Technical and Talent Coordinator
**Gillian Harrison**

Responsible for coordinating all the technical and talent elements of the Volleyball England strategic plan, including all National Squads in beach volleyball, sitting volleyball and volleyball and educational programmes for coaches, officials and technical volunteers.

T: 01509 227734

### Academy Coach and Technical Lead
**Bertrand Olie**

Bertrand is responsible for technical development at Volleyball England, as well as the lead for DiSE, Senior Academies and coaching at one of the junior academies.

T: 01509 227728

### Project Delivery Team Lead
**Vicki Carr**

Vicki leads on the delivery and reporting of a wide range of projects and programs, competition and events, core market activities, technical and talent initiatives and projects, income generation, marketing, business support, monitoring and evaluation.

T: 01509 227729

### Project Delivery Team Officer
**Eleanor Udall**

Eleanor tackles all the administration for the national teams as well as support the delivery of a wide range of projects and programs, including competition and event delivery, supporting the core market, income generation, marketing, business support, monitoring and evaluation.

T: 01509 227721

Please contact us at talent@volleyballengland.org or call our main line on 01509 227722

Address: Volleyball England, SportPark, 3 Oakwood Drive, Loughborough, Leicestershire, LE11 3QF

16 December 2019
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.

The Talent Pathway helps identify and develop talented young beach and volleyball athletes to 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 alongside university studies including at the Senior Academies. 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 formal reviews will be held with your coaches throughout the year, to assess your potential to remain on the pathway. Any athletes that leave the pathway will 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 and venue hire. 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.

We keep an UpToDate calendar Volleyball England website so you can check the dates for camps and competitions.
National camps are usually held at the National Volleyball Centre (NVC) in Kettering. The NVC opens at 8:30am 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.

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

**By Bus:**
The Newland Centre, Kettering is used by the National Express coaches and other bus routes are located around Kettering.
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 school work.
Accommodation

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

You will usually be in a triple room, with two other athletes. Sleeping arrangements are a double bed and a pullout sofa bed. We recommend that you bring a sleeping bag, so you do not have to share bedding. Otherwise rooms might be a twin room with separate single beds sharing with one other athlete. You will be allocated room mates.

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.

You need to be up in time for breakfast and to leave the hotel on time. The Team Manager 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 athletes.
Packing list for camp
- England training kit for each day
- England Tracksuit
- Training shoes
- Supports/strappings/plasters (if required)
- Water bottle
- Casual clothes
- Underwear and night wear
- Toiletries (toothbrush, toothpaste, shampoo, conditioner, deodorant etc.)
- Towel
- Notepad and pen, training diary
- Sleeping bag
- Sun cream, hats, sunglasses (for beach)

Medical
Emergency First Aid is provided at the venue. We need to know if you have any injuries so the coaching staff can look after you at the camps. If you have any recent injuries, please update us with your progress when you complete the camp registration form. Also let us know any advice your own doctor/physiotherapist has given you on outstanding injuries.
Should you need any physiotherapy or medical support outside of camps and competitions, please visit your local GP or NHS/private physiotherapist.

Food
Meals at camps will be arranged by Volleyball England. Breakfast is a buffet at the Holiday Inn Express.
You will have lunch and dinner at the NVC. It will typically be a protein item, such as lasagna or chicken pasta with salad and vegetables. Yoghurt and fruit is also provided.
Let us know any specific dietary requirements or allergies, when you complete your medical consent form. You can bring your own snacks, but they must be items which will aid your performance and recovery.

Your lunch/dinner at the NVC will be one of the following:
1. Beef Lasagne, Garlic Bread & Coleslaw
2. Chicken & Tarragon Pasta & Coleslaw
3. Chicken Stroganoff & Rice
4. Spaghetti Bolognaise
5. Sweet Chilli Chicken or beef Stir Fried
6. Chilli Con Carne served with rice
7. Spaghetti Meat Balls
8. Vegetable & Chick Pea Tagine served with rice

Feedback
After each camp there is a feedback form for you to fill in to you can let us know what changes or improvement you would like to see.
England teams enter a range of competitions, which vary from friendlies to European Championships.

Volleyball
The main competitions for the junior squad (U19) are the Cornacchia Cup in April and the North European Volleyball Zonal Association Championships (NEVZA) in October.

The cadet (U17) teams enter NEVZA in October and the Acqua Pradis Cup in Italy between Christmas and New Year. The cadet boys team play in Division three of the National Volleyball League. The cadet girls regularly accept invitations to international tournaments such as the Sardegna Volleyball Challenge in Sardinia.

Beach Volleyball
The England Junior beach programme looks to build on the domestic beach volleyball competition (Junior VEBT) and develop players capable of achieving success at 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 2-3 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.
Costs

Camps
Camps cost £90 for two days. Four day camps would be approximately £220. Your costs usually include court hire, food, accommodation, and transfers to the venue/hotel. Currently our Sport England grant covers the coaches, team manager and any sport science support staff costs.

We keep an UpToDate calendar Volleyball England website so you can check the dates for camps and competitions.

Competitions
We have set out some indicative costs (from 2019) for various competitions we will likely enter you in below. We understand this is a significant cost, we can help with this on our funding page (pg. 19).

Cadet (U17)
October 13-18: NEVZA U17 (Ikast, Denmark) £450
December 27-29: Acqua Pradis Winter Cup (Pordenone, Italy) £480
June 6-7 & 13-14: All Nations Tournament (London) circa £90

Junior (U19)
October 24-27: NEVZA U19 (Kuortane, Finland) £630
April 10-13: Cornacchia World Cup (Pordenone, Italy) £440

Junior Beach (Summer 2020 TBC)
MEVZA U20 championships £400
CEV U18/U20/U22 championships £500 - £600
NEVZA U19/U17 beach competition £530
U19 Home nations competition £150
There is a lot of paperwork when you are an athlete!
We need your help to get any document we send you completed as soon as possible.

<table>
<thead>
<tr>
<th>Document</th>
<th>Where to find</th>
<th>What you need to do</th>
</tr>
</thead>
<tbody>
<tr>
<td>Passport (with 6 months validity)</td>
<td>N/A</td>
<td>Athletes/Parents to send photo/scan to <a href="mailto:talent@volleyballengland.org">talent@volleyballengland.org</a></td>
</tr>
<tr>
<td>Parent &amp; Athlete agreement and code of conduct</td>
<td>Pages 22</td>
<td>Athletes/Parents to complete online agreement form here</td>
</tr>
<tr>
<td>Medical consent form *</td>
<td>Pages 23-24</td>
<td>Athletes/Parents to complete and send photo/scan to <a href="mailto:talent@volleyballengland.org">talent@volleyballengland.org</a></td>
</tr>
</tbody>
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*Note: We will need your NHS number and EHIC personal identification number. When you register with a GP practice, you’ll receive a letter containing your NHS Number. If you can’t find your NHS Number at home, your GP practice should be able to help you. Each NHS Number is made up of 10 digits shown in a 3-3-4 format.

The EHIC Personal Identification number will look something like ‘UK 7777 666’. If you do not have an EHIC, please apply for one here.

**Beach competition forms – selected beach athletes only**
These are mandatory for CEV and FIVB beach competitions. You will need to keep these up to date between January to December every year. We will let you know when we need these from you.

<table>
<thead>
<tr>
<th>Action</th>
<th>Document</th>
<th>Responsibility</th>
</tr>
</thead>
<tbody>
<tr>
<td>Athlete commitment &amp; Health certificate</td>
<td>BV - 01</td>
<td>Athletes complete forms then send to <a href="mailto:talent@volleyballengland.org">talent@volleyballengland.org</a></td>
</tr>
<tr>
<td></td>
<td>BVB – 01</td>
<td></td>
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<tr>
<td></td>
<td>BVB - 10</td>
<td></td>
</tr>
<tr>
<td>Anti-Doping education program</td>
<td>FIVB Play Clean</td>
<td>Athletes complete online, then send the certificate to <a href="mailto:talent@volleyballengland.org">talent@volleyballengland.org</a></td>
</tr>
</tbody>
</table>
The England Volleyball kit has been designed by the athletes. It can be personalised with your initials at the point of order.

You will need:
- 2 x red training tops
- 1 x tracksuit (top and bottom)

How to order
Directly from our supplier, KitLocker, from their website.
You will need to use the following username and password when prompted:

Username - Talent Pathways
Password - England18

Please note a 3-4 week delivery time

Competition kit
Competition playing kit will either be provided by Volleyball England (typically for volleyball competitions), or the competition organiser (typically for beach volleyball competitions). If Volleyball England has provided your kit, then this must be returned at the end of the event, unless otherwise agreed beforehand.

You are expected to wear your England training tops and tracksuits at camp and competitions.
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 realising 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 throughout 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 (see links below) and the chance to ask questions of one of our educators when you need to.

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
Samantha Jamieson- Deputy CEO
Bertrand Olie- Academy Coach and Technical Lead
Vicki Carr- Project Delivery Team Lead

Contact: talent@volleyballengland.org
Tel: 01509 2277 22
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.
The Athlete Zone is an education programme and consists of three areas.

1. E-learning programme for the cadets
2. E-learning programme for the juniors
3. An ‘Athlete Zone’ area on the Volleyball England website that all members of the volleyball community will have access to help them on their volleyball journey. This information will also link in with some of the content within the e-learning programmes. This will launch in several stages throughout 2019/2020.

**England Cadets**

We have partnered with the Youth Sport Trust to offer all cadet athletes on the pathway access to a unique online e-learning portal as part of the Athlete Zone. 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 before upcoming camps.

The three modules are; Life Alongside Sport, Performance Improvement and Wellbeing.

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 YST Talent modules.

You will receive your log on details once you join the pathway.

**England Juniors**

As part of the Athlete Zone all 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.

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

- Keep it professional – our athletes are the face of Volleyball England
- Check your privacy settings on all of 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 organisations – this will not look good on you or Volleyball England
- Remember to use hashtags Volleyball England are using
- Tag organisations, such as Volleyball England, and people in relevant posts so they see them. For example, it is always a nice idea to thank any organisations who have sponsored you.
- Have fun, be creative and promote hard work and achievements!

facebook.com/volleyballengland
@VballEngland
@Volleyball England
youtube.com/user/Englandvolleyball
How we can help

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. For more information please contact Bertrand Olie or see the TASS website https://www.tass.gov.uk/

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 number of Sportsaid places. Athletes are nominated by national team staff to put forward to Sports Aid 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 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.

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 in November, preceding December open trials.

Athletes are nominated by 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
How we can support you

**Active Partnerships** Formally known as County Sports Partnerships (CSP). With one assigned to each region of England, an Active Partnership can provide local support for athletes. Each county sport partnership has various funds than can applied for, please visit their website [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 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 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 demonstrate proper personal/professional behaviour at all times, promoting positive role models for other participants.
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 comply with UKAD’s, WADA’s and FIVB’s Anti-Doping policies.
9. I will not smoke or possess/consume alcohol or illegal drugs whilst at camps or competitions.
10. I will not engage in sexual activity whilst at camps or competitions.
11. 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.
12. I understand that a curfew will be set by the squad team manager for bedtime and I will abide by that.
13. I will not enter any accommodation other than my own
14. I understand that during national squad camps, under 18’s are not permitted to be transported in other athletes’ cars.
15. I agree that a full report of any misconduct be forwarded to my parents/guardians if so required.
16. 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.
17. 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.
18. I give permission for national squad staff to transport me at camps and competitions.

16 December 2019
Payment Terms and Conditions

This policy applies to all national team camps and competitions.

**Camps**

**Payment Deadlines**
We have to give the final numbers to the accommodation and caterers ten working days before the start of a camp. We would really appreciate it if you could help us by sticking to our registration and payment dates for each camp.

If you have any problems making payments by the deadline, let us know as soon as possible as we are more than willing to help and support where we can.

**Refunds and Transfers**
If an athlete is not able to attend the camp once they have registered the following applies:

- If it is more than ten working days before the start of the camp – full refund or transfer on to the next camp.
- If it is less than ten working days before the start of the camp – no refund

**Exceptional Circumstances**
Refunds may be consider in very exceptional circumstances and only if Volleyball England has not already paid for the goods or services.

Each case will be considered individually.

**Competitions**

**Selection**

When an athlete changes their mind and withdraws from a team without good reason they will be liable for any costs incurred to call up a replacement.

Each case will be considered individually.

If you have any questions about this policy, please contact The Hub, on 01509 227722 or talent@volleyballengland.org
| 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 |  
| European Health Number (personal identification number): E.g. UK 7777 666 |  
| National Insurance Number (if over 16 years old): |  
|  
|  

16 December 2019 Please see page 11 for more guidance on completing this document
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.

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

**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.

<table>
<thead>
<tr>
<th>Name of Parent/Carer</th>
<th>Relationship</th>
</tr>
</thead>
<tbody>
<tr>
<td>Contact Number:</td>
<td></td>
</tr>
<tr>
<td>Signed</td>
<td>Date</td>
</tr>
<tr>
<td>Print Name</td>
<td></td>
</tr>
</tbody>
</table>

16 December 2019
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 Bello to 5th place at the Youth Olympic Games, the highest ever result for a British Volleyball team.

Assistant Coach
Ryan Murphy

Ryan has been through the Volleyball England Pathway, starting as a cadet. At University he continued to play and started to coach volleyball. Ryan is also Head Coach for the South East Volleyball Association. He is a physical education teacher.

Team Manager
Ashley Cullen

Ashley has been involved in volleyball for over 40 years, starting out as an England Junior, then playing for the Senior squad. He is a coach, and current chairman at Hampshire Volleyball Association.
Cadet 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 has been a coach for a number of years including Super 8s club, Coventry and Warrick Riga Volleyball club, South Birmingham Ladies in NVL 1 and Warwick University. This led to him winning Community Coach of the year at Coventry, Solihull and Warwickshire Sports Awards in 2014. Currently he works at University of Nottingham Sport.

Assistant Coach
Will McDonald

Will started coaching aged 16, and Junior Volleyball has always been his main focus. He is currently coaching the girls programme at Richmond Volleyball Club. He was the coach at Oxford University in the BUCS Premier League in the 18/19 season, but will be moving on to focus his energy into raising the standard of junior volleyball in London.

Assistant Coach
Chris Frost

Chris came through the Volleyball Academy at Boswells School. He went onto play professionally in France. He now currently coaches Team Essex Blaze.

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 has recently been appointed as the head coach at Cambridge University.
Junior Men'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
Sam Bragg

Sam has come through the talent pathway playing both volleyball and beach for the junior squads. He went onto play for the England senior squad as a setter. After playing professionally in Europe, Sam now plays for Black Country Volleyball Club.

Team Manager
Sandy Trenam

Sandy is a trained Nurse and has played volleyball in every division in England. She has been a team manager in the pathway previously. She has a good understanding of the role and brings wealth of experience with her.
Head Coach
Daniel Primus

2019 will see Danny in the Volleyball England family for 30 years. He has successfully coached teams to the NVL and Cup Championships as well as numerous regional and divisional titles. Danny has both Volleyball England and FIVB accreditations and has previously been an Assistant Coach to the Junior Women and Development Squads, where gold was achieved at the Novotel Cup. Danny is currently working with Malory Eagles Volleyball Club.

Assistant Coach
Rachel Hutt

Rachel started playing volleyball at Bewdley Bears Volleyball Club. She played professionally in France, Germany and England. She competed in the London 2012 Olympics for Great Britain. Rachel is currently a coach at Black Country Volleyball 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 and assistant coached Swiss Cottage with Danny to a double winning season in 2009. She is the head coach at Warwick University.

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 regional girls team and hopes to continue developing young players on and off the court. Outside volleyball, she has recently graduated with a degree in Psychology and is now studying a Masters in Mental Health.
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 Beach Head Coach**  
Matt Rhymer

Matt has been head coach with the national junior squad since 2017. He is currently a PE teacher and also coaches at the Academy of Beach Sports in his spare time. His great work as a coach led to him being awarded ‘Young coach of the year’ in 2015.