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Congratulations on being invited to be part of the England Talent Pathway. This handbook will provide you with all of the basic information and guidance you need, as well as the expectations which come with being an England volleyball player.

Our Talent Pathway for volleyball is there to provide opportunities for talent identification, confirmation and development and ultimately success for our England national teams. The pathway provides both training and competition opportunities. It also allows players to both enter and leave the pathway, as is appropriate for their development.

England Talent athletes will be expected to attend all England indoor camps and attend at least three national beach competitions through the year. They will also be expected to be available for selection for international competitions.

Volleyball Futures athletes will be invited for a three-month trial with a review at the end in order to assess their suitability to be invited onto the pathway for a 12-month programme.

During this period, we will be looking for athletes to improve and develop both on court and off court, in training and in competition.

If at any time you are deselected, this is not the end of your opportunities. We realize this will be disappointing for you at the time, however the door is never closed and you may be invited back at any time.

**Testing & Assessment**

Whilst you are on the pathway, you will be regularly tested & assessed to gauge your technical, tactical and physical developments. This will take place four times during the year. Feedback will be available throughout and a formal review at the end of the 12 months, to assess your suitability to remain on the pathway.

**Payments**

All camps and competitions are self-funded in part. Volleyball England asks for a contribution towards the running of camps, but funds the majority of the costs. If you have any issues with making payments, please get in touch with the Talent Team, to discuss options available.
National camps are run on a regular basis (generally once a month). They will include practical sessions, theory sessions, one-to-ones, physical testing, medical screening and various educational sessions.

Travel to a Camp
You are welcome to travel to camp anyway you see fit. We do ask that you arrive in good time. If you know you may have issues arriving on time, please let your team manager know as soon as possible.

During the camp, squads will be transported by taxi, coach or train, your team manager will be the first one to leave the venue/accommodation and meet you at the venue/accommodation. However, if you arrive at the venue/accommodation before your team manager or other staff please wait patiently at the reception. Senior Squads are asked to transport themselves to the venue and accommodation.

Kit
At the beginning of your time on the England Talent Pathway, be it either 3 or 12 months, you will be provided with 3 England training tops. You are required to pay a deposit of £15 for this training kit.

The deposit for kit should be paid before your first England camp. The kit you receive is yours to look after and use at England training camps and competitions only. It is not to be used outside of England events. At the end of your time on the pathway, all kit should be returned to Volleyball England. The cost of any kit which is not returned will be taken out of the deposit.

Each player will need to bring the following with them to camps;
- Training kit for the amount of days
- Training shoes
- Supports/strappings usually required
- Water bottle
- Casual clothes
- Underwear and night wear
- Toiletries
- Towel
- Notepad and pen
- Suntan lotion

Camps

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- Underwear and night wear
- Toiletries
- Towel
- Notepad and pen
- Suntan lotion
**Camps**

**Accommodation**
All athletes are expected to stay at the team hotel with your pre-organised roommate. It is your responsibility to look after your key, during your stay and to return it back to the team manager, at the end of the stay. No family members are permitted to stay in the hotel with you for the duration of your stay. Please take notice of the fire procedures within the hotel and stick with the rest of your team once you are at the fire assembly points. It is your responsibility to be up in enough time for breakfast and to leave the hotel on time.

**Medical**
Volleyball England Physiotherapists will be present at all camps, unless you are otherwise notified. It is your responsibility to feedback to them any physical issues you are dealing with and advice your own Physio has mentioned (and vice versa).

**Food**
Meals at camps will be provided by Volleyball England and catered by either the venue or accommodation, unless otherwise informed. There will always be a selection of vegetarian and meat options, but it is your responsibility to inform your Team Manager and Head Office, if you have any specific dietary requirements or allergies 2 weeks before a camp. You can bring snacks, but they must be items which will aid your performance and recovery, not junk food or sugary drinks.
As part of the continued development of all our players, competitions are chosen and entered as is deemed appropriate. If selected, this will provide you with the opportunity to compete on an international stage and importantly the chance to win on an international stage.

Kit
You will be provided with playing shirts & shorts and a tracksuit for competitions (unless otherwise informed). You may also be provided with tracksuits, polo shirts and t-shirts, to wear when not on court. All kit provided is to be returned to Volleyball England at the end of the event, unless otherwise agreed beforehand.

Remember to bring your usual personal playing gear, as with camps.

Travel to Competitions
You are expected to be travel with the team to events. Travel days are set out well in advance by the organisers and governing body. The details of which will be sent out once transport and accommodation have been arranged. You are expected to stay for the duration, travelling back with the team.
All paperwork is the responsibility of the athlete, both for Volleyball England and international competitions. To add you onto the pathway we require you to complete the following paperwork:

**Passport** scan/copy – picture pages

**Signed Athlete Agreement**

**Completed FIVB PlayClean**

**Registration – Athlete Details** (including medical, dietary and personal information).

**Competition**

For competitions, there will be specific paperwork requirements, dependent on the level and governing body of the event. These include medicals and athlete agreement forms to complete. These will be provided, along with guidance well ahead of the competition.

**Indoor**

**M3 medical** - All Senior events require completion within 30 days of the start.

**Beach**

**CEV BV-01**: Annual Medical and Athlete agreement (combined)

**FIVB BVB-01**: Annual Medical

**FIVB BVB-10**: Athlete Agreement

**PlayClean** anti-doping education course – required for all events

All beach paperwork is to be completed annually. Copies of all paperwork, must be sent to Volleyball England’s Talent Team, to be signed off and registered with FIVB/CEV/NEVZA.

Please remember to keep you originals and bring copies with you to all events.
As an athlete on the Volleyball England Talent Pathway you have a responsibility towards anti-doping and clean-sport. Whilst we would never expect a Volleyball England athlete to consider taking a banned substance intentionally, we recognize that it is easier than most people think to inadvertently test positive by taking a banned substance without realising it. A simple mistake such taking medication containing banned substances or contaminated supplements, can end up resulting in a 4-year ban.

Anti-Doping education will be available to all our athletes 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.

**FIVB PlayClean**
http://playclean.fivb.com/

**UKAD Athletes Zone**
www.ukad.org.uk/education/athletes

**VE Anti-Doping Educators**
Adi Fawcett – Talent Manager
Richard Easton – Talent Officer
Amy Dobbins – Talent Admin

Check all medication with GlobalDRO – www.globaldro.com
Seek advice on whether you require a Therapeutic Use Exemption (TUE).
Advisor course to be completed by all parents, coaches, manager and V.E staff (who work with athletes)

**Anti-Doping**
PlayClean online certification must be completed annually, please use the following web address - playclean.fivb.com – and use your FIVB number to register/login. If you do not have your PlayClean certification for that year, you may not be allowed to compete by FIVB.
Anti-Doping education, certification and consideration is a part of any elite athlete’s life and we advise you make this part of your routine. If you would like education, advice and guidance on Anti-Doping please get in touch with the Talent Team at Volleyball England, UKAD &/or WADA.

**VE Talent Team**
talent@volleyballengland.org / 01509 227 731

**UKAD**
ukad.org.uk/athletes / ukad@ukad.org.uk / 02078 423 450

**WADA**
wada-amg.org / +41 21 343 4340
Daily eating habits are a large part of an athlete’s lifestyle and should provide everything necessary to maintain good health. For an athlete, the importance of a good diet becomes even more apparent as it can maximise performance, support training and aid recovery.

**The Athlete’s Plate**

- After training or playing try to eat carbohydrates and proteins. For example, a wholegrain roll with salad and ham or a baked potato and mixed bean salad, within 30 minutes.
- Sports drinks = Sugar & Toxins. Make your own e.g. 50% water + 50% fresh fruit juice + a pinch of sea/Himalayan salt (to make 1 litre).
- Supplementation is not necessary, we have a zero tolerance policy on the use of supplements (including sports drinks). Commercial sports protein supplements are often toxic.
- Take regular opportunities to drink water – avoiding dehydration is key to performance. Please look at and use the ‘Urine Colour Chart’ below;

**General Guidelines**

- Health is 80% what you EAT – consume a varied diet, consisting of high quality food, staying away from processed and ‘junk’ foods.
- Nutrients matter, not calories – increase the number of vegetables, fruits, nuts, seeds and legumes you are eating, to meet your nutrient needs.
- Vegetables are more nutritious than fruits – try to consume both with every meal.
- Healthy fats increase endurance and energy.
- At every meal eat a fat + carb + 20 grams of protein!

If you have any questions on your nutrition or would like more guidance, please contact the talent team at talent@volleyballengland.org
Volleyball England has embraced Social Media and has an active presence online through our Facebook, Twitter, YouTube, Instagram and Website.

facebook.com/VolleyballEngland
twitter.com/VballEngland
instagram.com/volleyballengland
youtube.com/user/Englandvolleyball
www.volleyballengland.org

Social media is a great opportunity to talk about your achievements and performances. We encourage all of our athletes to bring a personal touch and share your experiences, as well as express your personality. Posting pictures, short videos and text can keep people up to date with how competitions and training are going from the athletes’ point of view. It is important to remember that anyone can see what you put out and we ask that you follow our guidelines;

- Treat anything you post as a direct quote, it could be seen and used by anyone. Keep it professional - You are representing England
- Check your privacy settings on all your social media and be sure you are happy with those people/groups seeing pictures, videos or text which you may be tagged in or post.
- Avoid talking negatively about competitors, other countries or organisations – this will not look good on you or Volleyball England.
- Remember to use and respond to hashtags Volleyball England are using.
- Have fun and promote your achievements!
**TASS** - Talented Athlete Scholarship Scheme. Awards are specifically given to athletes in University education and who have proven themselves on the performance 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 our Talent Officer - Richard Easton

**SportsAid** - helps young sports people overcome the financial challenges they face, in their bid to become Britain’s next generation of sporting heroes. Athletes are typically aged 12 to 18 and are among our brightest hopes for future Olympic and Paralympic success. Athletes are nominated National Team Head Coaches and put forward by Volleyball England. If you’d like to speak to someone about Athlete nomination for SportsAid please contact our Talent Manager - Adi Fawcett

**Funding**

**County Sport Partnerships** - With one assigned to each region of England, a county sport partnership can provide local support for athletes. Examples of support include Leicestershire and Rutland County Sport Partnership Go Gold Programme www.lrsporthelp.org/gogold which provides grants of either £300, £500, £750 and up to £1,000 for talented athletes. Each county sport partnership should have its own equivalent fund so go to www.cspnetwork.org/your-csp to find yours.

**Local councils** - With 351 Local Councils in England there are multiple opportunities to access local funding to help your child. Examples from Tower Hamlets (London Borough Council) include support towards essential items of equipment/clothing required to compete and train and several other items. Typical Council grants for individuals range from £500-£1,500

**Other grants** - If you type “individual athlete grants” into a search engine, a range of foundations and charities will be identified that can help you. These include; the Dickie Bird 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 fee’s etc.
Other Opportunities

VOLLEYBALL ENGLAND FUTURES

northumbria UNIVERSITY NEWCASTLE

University of Essex

Bournemouth University

Sheffield Hallam University

UEL University of East London

The Boswells School

Tendring Technology College

LeAF Elite Athlete Academy

Newcastle-under-Lyme College

Loughborough College est. 1909

middlesbrough college
**Registration - Athlete Details**

*Personal, Medical and Passport Information Form*

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<tr>
<td>First Name</td>
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<td>Surname</td>
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<tr>
<td>Date of Birth</td>
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<tr>
<td>Home Address</td>
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<tr>
<td>Home Telephone Number</td>
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<td>Mobile Telephone Number</td>
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<tr>
<td>Email Address</td>
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<td>Emergency Contact 1</td>
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<td>Relationship to You</td>
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<tr>
<td>Contact Number</td>
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<td>Emergency Contact 2</td>
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<td>Relationship to You</td>
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<td>Contact Number</td>
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<tr>
<td>Club</td>
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<tr>
<td>Coach</td>
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<td>Position(s)</td>
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<td>Coaches Email</td>
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<td>Start Date</td>
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<td>End Date</td>
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<td>Nationality</td>
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<td>Full Name (as on Passport)</td>
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<tr>
<td>Doctor</td>
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<td>Address</td>
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<td>Telephone Number</td>
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<td>NHS Number</td>
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<tr>
<td>European Health Number</td>
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## Registration - Athlete Details

1. Have you had any serious illnesses or diseases e.g. glandular fever, epilepsy, asthma, heart problems, diabetes, skin conditions?

1. Have you got any special dietary requirements?

1. Have you had any operations?

1. Have you had any serious injuries e.g. strained Achilles, dislocated shoulder shoulders, ACL tear?

1. Have you got any allergies or sensitivities e.g. gluten, dairy, tablets/medicines, tapes, creams, Elastoplast, penicillin, aspirin etc.?

1. List all medication you are taking regularly or irregularly (include inhalers).

1. List all vitamins and/or supplements you are taking regularly or irregularly.

Please add any other information which we may need: (e.g. transport arrangements, minor injuries, religious requirements etc.)

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*All information will only be used by Head Office and the Team Manager.*

*These pages should be scanned or photographed and sent through to the Talent Team at Volleyball England – talent@volleyballengland.org*
The 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 may result in appropriate sanctions.

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 the being on the Volleyball England Pathway for the next 12 months, taking part in both Indoor and Beach Volleyball England camps and events.
2. I will treat others with the respect and fairness that I would like them to show me.
3. I will promote relationships with participants and others that are based on openness, honesty, trust and respect.
4. I will demonstrate proper personal/professional behaviour at all times, promoting positive role models for the participants.
5. 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.
6. I will keep my mobile phone switched off during sessions unless invited to use as part of the session.
7. I will ensure my use of social networking sites promote positive images and comments of the National Team and Volleyball England.
8. I will uphold Volleyball England’s business and sponsorship relationships, avoiding conflicting deals with rival companies when associated with Volleyball England or representing England.
9. I will comply with UKAD’s, WADA’s and FIVB’s Anti-Doping policies.
10. I will not smoke whilst on England duty.
11. I will not possess or consume alcohol or illegal drugs whilst on England duty.
12. I will not engage in sexual activity whilst on England duty.
13. I will not leave the National Volleyball Centre or my designated accommodation at any time during the camp, unless as part of an organised activity.
14. I understand that a curfew will be set by the squad Team Manager for bedtime and I will abide by that.
15. I will not enter any accommodation other than my own whilst on England duty.
16. Respect the spirit of CEV Fairplay The Volleyball Way.
17. Agree that a full report of any misconduct be forwarded to my parents/guardians if so required.
Athlete Agreement

I have read and acknowledged the ‘code of conduct’, as well as my responsibility to follow the guidelines given to me in the pack. In addition, I agree to pay for camps unless otherwise agreed with Volleyball England.

Name of player: ____________________________________________

Signature of player: ____________________________________________

Date Signed: ____________________________________________

I have read and acknowledged my child’s responsibility to follow the guidelines given in this handbook.

Name of Parent/Guardian:

_________________________________________________________

Signature of Parent/Guardian:

_________________________________________________________

Date Signed: ____________________________________________

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Key Contacts

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<tr>
<th>Volleyball England</th>
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<tr>
<td>Adi Fawcett</td>
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<tr>
<td>Bertrand Olie</td>
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<td>Richard Easton</td>
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<td>Amy Dobbins</td>
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<tr>
<th>Volleyball England Head Office General</th>
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<tr>
<td>Head office Phone</td>
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<td>Head office Email</td>
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<td>Website</td>
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<td>Talent Team</td>
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Address

SportPark
Loughborough University
3 Oakwood Drive
Loughborough
LE11 3QF

www.volleyballengland.org
Phone: 01509 22 77 22

About Us


Volleyball England is working hard to modernise the image of the game and has set itself some ambitious targets for the expansion of its membership. This includes an increase in affiliated Clubs, of qualified, registered and active Coaches and Referees, of Volunteers and of players of all standards and ages irrespective of gender and background.