England Talent Pathway
Parent Handbook

VOLLEYBALL ENGLAND
Contents

England Talent Pathway 4
  Testing & Assessment 4
  Payments 4

Camps 6
  Travel to a camp 6
  Accommodation 6
  Food 6
  Kit 6
  Medical 6

Competitions 8
  Kit 8
  Travel to competitions 8
  Accommodation 8
  Food 8

Paperwork 9
  Volleyball England 9
  Competitions; Indoor & Beach 9

Anti-Doping & 100% ME 11

Nutrition 12

Social Media 14

Funding 15

Other Opportunities 16

Supporting My Athlete 18

Parent/Guardian Agreement 19

Key Contacts 20
Congratulations on your child 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 them being an England volleyball player.

Our Talent Pathway for volleyball is 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 your child is deselected at any point, this is not the end of their opportunities. We realize this will be disappointing for them at the time, however the door is never closed to them and they may be invited back at any time.

**Testing & Assessment**

Whilst on the pathway, they will be regularly tested & assessed to gauge their 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 their 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.
Camps

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. You will be given a time to drop your athlete off at the start of an event and pick them up at the end. We do ask that you arrive in good time, so as not to eat into the training sessions. If you know you may have issues arriving on time, please let the team manager know as soon as possible. Whilst at camp all transportation will be provided.

Accommodation

Accommodation is provided as part of the camp arrangements for all athletes and staff. Your child will be placed in a room with 1 or 2 other athletes. Family members are not permitted to stay in the hotel with the team and are asked to respect the privacy and time constraints of the squad during camps.

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 your child has any specific dietary requirements or allergies 2 weeks before a camp.

Kit

At the beginning of your athletes’ time on the England Talent Pathway, be it either 3 or 12 months, they will be provided with 3 England training tops. They 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 they receive is theirs 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.

Medical

Volleyball England Physiotherapists will be present at all camps, unless you are otherwise notified. It is yours and your athletes responsibility to feedback to them anything physical issues you are dealing with and any advice your own Physio has mentioned (and vice versa).
As part of the continued development of all our players, competitions are chosen and entered as is deemed appropriate. If selected, this will provide your child with the opportunity to compete on an international stage and importantly the chance to win on an international stage.

**Kit**
All athletes will be provided with England playing kit for competitions. They may also be provided with polo shirts, t-shirts and tracksuits for use away from court. All kit must be returned at the end of competition.

Please remember to send you athlete with their usual playing and training kit as well. Guidance is provided in the Athlete Pack.

**Travel to Competitions**
All athletes are expected to be travel with the team. The travel days are set out well in advance by the organisers, NEVZA, CEV and/or FIVB. The details of which will be sent to everyone once transport has been arranged.

Parents and guardians will be informed of the drop off and pick up times/locations, well ahead of time. If you have any issues with these details, please get in touch with the Team Manager or Head Office as soon as possible.

**Accommodation**
At competitions, accommodation is usually set out by the organisers in the practical information. If this is not the case, Volleyball England will arrange suitable accommodation for the duration of the event. Whilst the style and quality will vary for different events, it is normal for players to be placed into dorms or rooms of 2-3. It is the athletes responsibility to look after their room key and return it when they leave, either to the team manager or accommodation reception. No family members are permitted to stay with the team for the duration of the event.

**Food**
All competitions offer catering for teams, during the event. If your child has any specific dietary requirements or allergies, please list this on the details page or inform your Team Manager or the Volleyball England Head Office.
**Paperwork**

**Volleyball England**

All paperwork is the responsibility of the athlete, both for Volleyball England and international competitions. We ask that you help your child to understand and complete the paperwork. To add them onto the pathway we require them 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).

**Competitions**

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 the originals, as athletes must take these to competitions.
As the parent/guardian of an athlete in the Volleyball England system 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 as taking medication containing banned substances or contaminated supplements, can end up resulting in a 4-year ban.

Anti-Doping education and information will be available for parents/guardians when requested. Just get in touch with the Talent Team at Volleyball England, if you would like some guidance from one of our qualified educators.

There are also free access to online resources & courses from FIVB, UKAD and WADA (see links below).

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

**UKAD Parents Zone**
ukad.org.uk/education/parents
ukad@ukad.org.uk

**WADA**
wada-amg.org

**Anti-Doping**
All Volleyball England athletes are required to complete the FIVB PlayClean online certification annually (guidance in the Athlete Pack). Please help your child to understand the importance of anti-doping and the need for such education. Anti-Doping education, certification and consideration is a part of any elite athlete’s life and we advise you make this part of your child’s annual routine. We also advise the following;

- Check all medication with GlobalDRO – www.globaldro.com
- Seek advice on whether your child requires a Therapeutic Use Exemption (TUE).
- UKAD Advisor course to be completed by all Parents/Guardians, Coaches and Team Managers – this is available free at ukad.org.uk/education/learningzone

Please send a copy of your certificates to the Talent Team. For further guidance contact Volleyball England’s Anti-Doping Educators;

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

**VE Anti-Doping Educators**
Adi Fawcett – Talent Manager
Richard Easton – Talent Officer
Amy Dobbins – Talent Admin
Daily eating habits are a large part of a healthy lifestyle and should provide everything necessary to maintain health and prevent disease. For an athlete, the importance of a good diet becomes even more apparent as it can maximise performance, support training and aid recovery.

“A good diet will not turn a mediocre athlete into a champion, but poor food choices can turn a champion into a mediocre athlete” – Sports Dieticians Australia

Of all the determinants of success, diet is one area that can be easily manipulated and so effort should be made in order to improve it where possible.

Athletes require a complete diet to provide energy for exercise, nutrients to support recovery and for growth. The diet should include the consumption of the full spectrum of both micronutrients (vitamins and minerals) and macronutrients (carbohydrates, proteins and fats).

The Athlete’s Plate

General Guidelines

For athletes engaging in high activity levels a daily intake consisting of the following is recommended;

- Eat a varied diet consisting of high quality food – staying away from processed and ‘junk’ foods. This will provide you with the range of vitamins and minerals your body requires for health and performance
- Increase the number of vegetables, fruits, nuts, seeds and legumes you are eating – to meet your nutrient needs.
- Eat fresh fruits and vegetables with every meal.
- Consume around 7 grams (g) of carbohydrate per kilogram (kg) of body weight – ideally complex/slow carbohydrates
- Carbohydrate consumption should take place within 1 hours of activity, to optimize glycogen recovery and around 2-3 hours before activity.
- Consume at least 1.2g of protein per kg of body weight, for muscle repair and adaptation – easily achieved by having an adequate calorie intake
- Take regular opportunities to drink water – avoiding dehydration as a 2% loss in bodyweight due to dehydration can lead to performance loss
- Supplementation is not necessary, we have a zero tolerance policy on the use of supplements

If you have any questions on your nutrition or would like more guidance, please contact the talent team at talent@volleyballengland.org
Social Media

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!
Funding

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

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.lrsport.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
Parents and guardians play a vital role in an athlete's development and sporting achievements. At Volleyball England, we recognise and thank you for your contribution and hard work in supporting your athlete along their journey. If at any time you require support and guidance on how best to help your child, please get in touch with us (all conversations will be treated as confidential).

Communication
Planning how much you communicate with your athlete whilst they are away at camps and competitions is vital, as it can impact on how they prepare for the event. We suggest that you sit down with your athlete prior to the event and discuss a plan which is agreed between the both of you. Athletes do get down times during camps and competitions, in which they may choose to contact family and friends. However, we ask for parents to remain positive, supportive and keep the athletes on track with their programme.

Whilst Away
Whilst at camps, competitions and games parents are not permitted to enter the court of play until the game has finished or the Team Manager signals you to come over. There will be allotted times, agreed with the coaching staff and athletes in which families are allowed to come together, in between training and games. Please remember that your athlete will be there to compete for England and will need support and positive reinforcement if they appear to be distressed about certain aspects of the event.

Athletes will receive an athlete pack prior to major competitions (FIVB/CEV/NEVZA). This will outline all the transport, accommodation, event and contact information, for families to use in emergency circumstances. We encourage families travelling to support players, but would prefer families and athletes do not stay at the same hotel, as this may have a negative impact on the preparation and performances. This could be a once in a lifetime opportunity for your player to represent England at a major competition and all emphasis will need to be on the player to perform to their very best. Your athlete has a duty to the team whilst at international competition's and may be preoccupied after games with coaches debriefing, warm downs, doping control and other commitments.

At Home
It is important your young athlete continues their hard work back at home. Athletes will receive feedback, highlighting good points and will suggest aspects of their game which need to be worked upon. As a parent or guardian, you have a unique opportunity to aid them, by putting in place a positive environment, helping with their development. This should include a suitable and healthy work/training/life balance, a healthy diet, adequate sleep/rest and medical care. With your efforts at home, alongside the coaching and education Volleyball England will provide, your athlete will have every chance of reaching their goals.
Parent/Guardian Agreement

I have read and acknowledged the ‘Supporting My Athlete’ section, 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 Parent/Guardian:

________________________________________________________

Signature of Parent/Guardian:

________________________________________________________

Date Signed: ____________________________________________

This page should be scanned or photographed and sent through to the Talent Team at Volleyball England – talent@volleyballengland.org
Key Contacts

### Volleyball England

<table>
<thead>
<tr>
<th>Name</th>
<th>Role</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adi Fawcett</td>
<td>Talent Manager</td>
<td><a href="mailto:a.fawcett@volleyballengland.org">a.fawcett@volleyballengland.org</a></td>
</tr>
<tr>
<td>Bertrand Olie</td>
<td>Technical lead</td>
<td><a href="mailto:b.olie@volleyballengland.org">b.olie@volleyballengland.org</a></td>
</tr>
<tr>
<td>Richard Easton</td>
<td>Talent Officer</td>
<td><a href="mailto:r.easton@volleyballengland.org">r.easton@volleyballengland.org</a></td>
</tr>
<tr>
<td>Amy Dobbins</td>
<td>Talent Administrator</td>
<td><a href="mailto:a.dobbins@volleyballengland.org">a.dobbins@volleyballengland.org</a></td>
</tr>
</tbody>
</table>

### Volleyball England Head Office General

<table>
<thead>
<tr>
<th>Category</th>
<th>Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Head office Phone</td>
<td>01509 227722</td>
</tr>
<tr>
<td>Head office Email</td>
<td><a href="mailto:info@volleyballengland.org">info@volleyballengland.org</a></td>
</tr>
<tr>
<td>Website</td>
<td>volleyballengland.org</td>
</tr>
<tr>
<td>Talent Team</td>
<td><a href="mailto:talent@volleyballengland.org">talent@volleyballengland.org</a></td>
</tr>
</tbody>
</table>

### 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.
Notes