

# NZ A Beach 2024-2025 Programme Information

Thursday 12 September, 2024

*Te Pae Tata/Mission: Unlocking of the ihihi of volleyball for all*

*Te Pae Tawhiti/Vision: Whanau thriving through volleyball*

*Nga Uara/Our Values:*

- *Manaakitanga – we give, we care, we respect*
- *Mahi Tahi – we listen, we connect, we inspire*
- *He Tangata – we embrace diversity, we promote equity*



---

## Strategic positioning of NZ A Programme

Volleyball New Zealand's Strategic Plan 2022-2030 outlines the goal of medalling at Commonwealth Games and recording top 16 finishes at Olympic Games in beach volleyball.

Our wider beach volleyball programme is in place to create a long-term system which produces and grows top-level players in New Zealand. It has been established to provide a clear pathway for players towards becoming a High Performance player on the World Tour.

## Purpose of the NZA programme

The NZ A Beach programme has been established to identify and develop players showing ability and desire to reach the High Performance programme level of the pathway.

## Who is involved?

- Head Coach: Antonia Harrison (oversees programme and the coaches within it. Mentored by Jason)
- NZ A Coaches: Craig Seuseu (Based in Auckland), Shaunna Polley (Based in Tauranga)
- Physio: Brad Takai
- Wellness: Colleen Campbell
- Administrator: Teresa Highnam
- Finance: Melanie Sykes

## NZ A Beach Programme timing

The NZ A Beach programme runs from the end of October to the end of the G.J. Gardner Homes NZ Beach Tour each summer (expected to be around March).

2024/2025 camp dates:

- Camp 1 = November 8-10 (Tauranga)
- Camp 2 = December 13-15 (Tauranga)
- Camp 3 = *Tentative January 17-19 (Tauranga)*

## Costs, registration and payment

- Trial - \$100
  - NZ A Camp Block 1 (2 x camps – November & December) - \$400
  - NZ A Camp Block 2 (1 x camp - January) - \$200
- Please note all costs inclusive of GST*

### Registration

To register for the trial, login to Friendly Manager [here](#).

### Payment

- Trial – via registration process
- Camps – once selections are confirmed, players will be invoiced for the camp amounts

### What's included for the cost?

- Weekly training in Tauranga and Auckland – October through to March
- Top-level coaching and support with video reviews
- 16 Week training plan
- Coaching support for G.J. Gardner Homes NZ Beach Tour
- Coaching and scouting support in international events

## Selection to the programme

Players are selected for inclusion in the NZ A Beach programme via an open trial opportunity (details below). Players will be notified within one week of the trial of the outcome.

After the trial process, up to eight men's and women's players will be selected. A review on these selections will be made at the end of December to determine if any changes to the named squads are required.

It is fully expected that there will be some committed and talented athletes that will miss out on selection to the 2024/25 NZ A squads across both genders. It is the view of the programme that NZ A is ONE pathway to international success and those missing out on selection this coming summer should continue to train hard and work hard towards national success and international representation.

### NZ A Trial 2024-2025

Where: Main Mt Beach, Mt Maunganui

When: October 25-27, 2024

Format:

- October 25-26 - 2 x 90-minute sessions each gender
- October 27 – Matches

## The NZ A Beach Programme – what to expect

- Training - Weekly training will be planned out to have you peaking for the G.J. Gardner Homes NZ Beach Tour. Starting with your technical side into a high rep load and moving into taking those skills into Game Play. The Game Tactical elements follow and finally full matches ready for the NZ tour
- Camps - Will be a higher condensed version of the weekly training
- Meetings with coaches - To plan out your season and talk about goals for the NZ tour and possible international events
- Video - Sending in video of yourself at trainings and international events to get feedback on what to work on
- Partnership: NZ A coaches will be selecting partnerships for the 2024-25 season. Coaches will lead conversations around how partnerships will be formed, ensuring that players considerations are heard.

The overall goal is to have consistency in partnerships while pursuing the growth of each individuals potential.

- G.J. Gardner Homes NZ Beach Tour - Coaches will be at these events to give feedback on your game and help talk through the tactical side of the game
- Physical programme - Brad Takai will be available to chat with and talk through your plans in this area
- Wellness checks - Colleen Campbell will be doing check ins and monitoring of players welfare and will also connect with families of U-19 players.

### **NZ A Programme - VNZ Expectations of athletes involved**

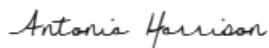
If a player lives in Tauranga or Auckland:

- Attendance of 4 or more NZ A weekly training sessions
- Making 100% of camp training
- Sending in at least one video every three weeks for review starting from November 12<sup>th</sup>
- Initial meeting with coaches to go over goals and plans for the year during November
- Talking with Brad Takai or sending in your physical/training plans for the season
- Playing every G.J. Gardner Homes NZ Beach Tour
- Playing in 2-3 Futures events including Mount Futures in March

If you have any questions regarding the programme, please contact – Teresa Highnam  
[admin@volleyballnz.org.nz](mailto:admin@volleyballnz.org.nz)



**Colleen Campbell**  
High Performance Manager  
Volleyball New Zealand



**Antonia Harrison**  
NZ A Head Coach  
Volleyball New Zealand



**Teresa Highnam**  
Performance and Operations Administrator  
Volleyball New Zealand