

QASMT Volleyball Academy Handbook

Inspiring Great Minds



Queensland Academy
for Science Mathematics
and Technology





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QASMT Volleyball Academy

Aims and Values

The QASMT Volleyball Academy aims to cultivate a holistic development pathway for students who show exceptional potential in volleyball, aligning with the International Baccalaureate's commitment to nurturing well-rounded, globally minded learners. The program values excellence, resilience, and teamwork, providing an outlet for students to refine their athletic skills while embodying the IB learner profile attributes of being balanced, reflective, and principled. By fostering collaboration, critical thinking, and perseverance on and off the court, the program supports students in becoming risk-takers who challenge themselves, embrace personal growth, and represents QASMT on the larger stage.

Expectations

Students who are part of the Volleyball Academy are expected to meet the Enrichment Policy. The Enrichment Policy states that students are expected to:

- Be passing all subjects in the previous term of study.
- Have an attendance of 90% or above over the past year to date, with the exception of approved leave, or certified medical absence.
- Record no pattern of lateness over the past year to date. A pattern of lateness to school is defined by 4, or more, late arrivals, in any given term, in the past year to date.
- Have recorded no unapproved leave over the past year to date.
- Have no major behaviour breach requiring disciplinary absence or time out, as outlined in the Student Code of Conduct, in the past 12 months.
- Have no pattern of minor behaviour breaches in the past year to date. A pattern of minor behaviour breaches is defined as no more than 3 behaviour breaches in the past year to date.
- Follow the student dress code, as outlined in the uniform policy.
- All school fee payments must be up-to-date for activities that incur a fee.

In addition to this, students are also expected to:

- Demonstrate commitment by attending scheduled training sessions, practices, and matches.
- Uphold a high standard of sportsmanship, showing respect to teammates, coaches, opponents, and officials.
- Balance their academic responsibilities with their participation in the program.
- Adhere to the uniform policy and positively represent QASMT both on and off the court.

Structure of the Program

The Volleyball Academy follows a term-by-term structure designed to ensure consistent development and progress. The program will usually begin halfway through the previous term, allowing students to trial, prepare, and set goals before officially starting. This structure ensures that students have ample time to integrate training into their schedules and maximize their participation in both training and competitions, while also maintaining their academic standards. Each term's program is aligned to dovetail with an external competition, such as a Volleyball Schools Cup event, corresponding to students' age and skill level. This alignment ensures that students can put their training into practice in a competitive setting, fostering growth, teamwork, and experience on a larger stage.

Students from each year level (Years 7 – 11) will be involved in the program at different times of the school year. This allows Volleyball coaching to be targeted to students at the right time building towards the Volleyball Schools Cup event.

The structure of the program is outlined below:

Year Levels	Week & Term	Competition Dates
Year 11	Term 2 Week 8 – Term 3 Week 4	Fri 8 th Aug 2025 – Sun 10 th Aug 2025 (Term 3 Week 4)
Years 9 & 10	Term 1 Week 7 – Term 2 Week 6	Fri 30 th May 2025 – Sun 1 st Jun 2025 (Term 2 Week 6)
Year 7 & 8	Term 2 Week 8 – Term 4 Week 4	Fri 24 th Oct 2025 – Sun 26 th Oct 2025 (Term 4 Week 3)

Please note that participation in the Volleyball Academy does not guarantee selection for competition teams, and additional fees will apply for those selected (see Costs section on Page 4).

Selection Process

Students taking part in the Volleyball Academy will need to undergo a selection process. This includes;

1. Completing the Volleyball Academy Application Form, ensuring all sections are filled out accurately, including a declaration confirming adherence to the enrichment policy.
2. A review to verify that all athletes comply with the enrichment policy
3. Attending Volleyball Academy trials. The date and time will be communicated by the Volleyball Program Coordinator. Trials will include:
 - Skill assessments such as serving, passing, setting, spiking, and blocking.
 - Game play scenarios to observe teamwork, communication, and tactical understanding/grasp.
4. Successful athletes receive an acceptance letter, along with a participation contract.

Training Sessions

Students will be expected to participate in between 2 to 3 sessions per week depending on the phase of the program. These sessions will be scheduled on either a Monday, Wednesday, or Friday morning from 7:15 AM to 8:15 AM, or a Monday afternoon from 3:10 PM to 4:10 PM. These flexible time slots are designed to accommodate coach availability and students' schooling commitments while ensuring regular participation in the program.

The term-by-term structure, coupled with consistent training sessions, provides a balanced approach to skill development, competition preparation, and academic responsibility. Students will work closely with expert coaches to refine their skills, enhance their fitness, and build strong team dynamics throughout the program.

Selection Criteria

Students will be selected for the Volleyball Academy based on the following criteria:

- **Engagement:** Students must meet all requirements of the student leadership and enrichment policy
- **Skill Level:** Demonstration of fundamental volleyball skills, including passing, serving, spiking, and setting.
- **Athletic Potential:** Demonstrated ability to develop and enhance athletic skills, with the potential for continued improvement and growth in volleyball.
- **Physical Fitness:** Evaluation of general fitness, including agility, endurance, and strength, to ensure readiness for the demands of the program.
- **Attitude and Teamwork:** A positive and collaborative attitude towards teammates, coaches, and the sport, demonstrating qualities such as resilience, sportsmanship, and communication.
- **Commitment:** Willingness to commit to the program's training schedule, competitions, and additional responsibilities such as officiating and scoring.
- **Personal Growth:** Alignment with the IB learner profile attributes, including being reflective, principled, and open-minded, both on and off the court.

The selection process will involve skill assessments and observations. Final decisions will be made based on an overall assessment of the student's volleyball potential, attitude, and commitment to the program.

Events and Competitions

The Volleyball Academy provides students with opportunities to participate in a variety of events and competitions, enhancing their skills and showcasing their talent. Key events include the Queensland Volleyball Schools Cup series, such as the Junior Schools Cup (JSC) for Years 7-8, Intermediate Schools Cup (ISC) for Years 9-10 and the Senior Schools Cup (SSC) for Years 11. These competitions allow students to experience high-level gameplay, foster teamwork, and build resilience in a competitive environment. In preparation for these competitions, students will also participate in scrimmages against other volleyball schools in our area to refine their skills and strategies. Additionally, they will learn valuable duties such as officiating and scoring, ensuring they understand all aspects of the game and can contribute to the duty roster during competitions.

Costs

Volleyball Academy Program Fee

Participation in the Volleyball Academy costs \$175 per student. This is to ensure a high-quality experience for all students. This fee covers the hiring of specialised coaches who provide expert training and guidance throughout the program. The fee also covers equipment and maintenance.

Competition Registration Fee

If a student is selected to compete at the Volleyball Schools Cup series, they will need to pay a fee to cover the costs of registering the team. This fee will be approximately \$50.00 - \$60.00.

Volleyball Queensland Membership

If a student is selected for to compete at the Volleyball Schools Cup series, they must also register with Volleyball Queensland to become a Recreational Member. This registration fee is \$35.00 and lasts for 12 months.

Volleyball Academy Uniform

As part of the Volleyball Academy, students required to purchase a Volleyball Academy uniform, which includes shorts/bike shorts and a playing shirt. This uniform is required to be worn during all training sessions and competitive games, ensuring consistency and team spirit. Students will be able to purchase the uniform from the QASMT uniform shop, and further details will be provided upon acceptance into the program. This uniform is being finalised, but expected costs are between \$70.00 and \$100.00.

Refer to the dress code policy for guidelines on the activewear uniform, the Volleyball Academy Uniform expectations are the same.

