GMVA August Newsletter

Thanks for reading the August edition of the GMVA newsletter. We are trying to keep everyone up to date with the happenings across all programs.

Players and parents will notice some different coaches around training from now on. That is due to some of our assistant coaches heading overseas to their college experiences. We have recently seen off Katie Marsh, James Haythorne, Alek Ryan, Matt Peck, Harry Byrne and Philip Freere

We have some upcoming events:
- The Youth Squad will play in the Maroondah Tournament on the of 17th of September
- The remaining players from the Full Time squad will also play, but in the 2 day event on the 17th and 18th of September
- Our season ending tournament is the Vic Open in Mornington on the 15th & 16th of October for the Junior, Senior and Pro Squads, rego will come out soon
- We have over 60 athletes heading to Brisbane to represent Victoria at National Junior Championships in late September

Trials have been released for the next season of GMVA, details are online at www.gmva.com.au. If you are already in the Junior or Senior squads you don't need to trail for next season. Only the Youth Squad (they currently train on the sand courts with Mick Stevens) need to trial to move up to the Junior Squads. If you have any questions, please contact Luke Campbell.

Exam time is coming up for the end of term and this can lead to stressed kids and parents wondering if they should come to training or not. Please click on and read the two articles below relating to the importance of exercise during exam periods to help with your study:
https://schools-education.knoji.com/dealing-with-exam-stress-the-role-of-exercise-and-physical-activity/
http://www.pointssports.com/the-benefits-of-exercise-for-studying/

Holiday Reminder: There will be no training for any squads on Monday the 26th of September during National Junior Champsions

Words of Wisdom: "The more you train, the better you get, it doesn't happen by accident"

Yours in volleyball,

Luke Campbell
GMVA Director