

VICTORIAN AMATEUR VOLLEYBALL
ASSOCIATION.
COACHES COMMISSION

K. AKARU
5 REDFIELD CRT.,
BUNDOORA, 3083.

Dear *Darry,*

The V.A.V.A. Coaches Commission hereby requests that you inform all the present and intending coaches within your club, or known to you, perhaps through school or Y.M.C.A. competitions, of the coming

COACHES SEMINAR

details of which are outlined below.

EVENT: Coaches Seminar.

AIM : To increase the knowledge of coaches about the fundamental principles of successful and safe coaching, thereby improving the standard of coaching and consequently playing of volleyball in Victoria.

DATE : Saturday, 11th and Sunday, 12th, February, 1978.

VENUE: Koonung Community Centre
Koonung High School,
Elgar Road,
Box Hill, 3129.

PROGRAMME :

SATURDAY 11th.

9 a.m. - 11.45 a.m.: PHYSICAL FITNESS

11.45 a.m. - 1.00p.m.: LUNCH

1.00 p.m. - 2.55 p.m.: SPORTS PSYCHOLOGY

2.55 p.m. - 3.05 p.m.: Afternoon Tea

3.05 p.m. - 5.00 p.m.: SPORTS MEDICINE

5.00 p.m. - 6.30 p.m.: Dinner

6.30 p.m. - 9.30 p.m.: FILMS, DISCUSSIONS, QUESTIONS.

SUNDAY 12th.

The programme on Sunday will consist of lectures relating specifically to the coaching of volleyball, including : DEVELOPMENT OF TRAINING PROGRAMMES, TEAM PREPARATION, COACHING THEORY AND TACTICS, and REFEREEING.

Times: 9.00 a.m. - 3.30 p.m.

(Details of order yet to be decided.)

ELIGIBILITY : All practising coaches regardless of standard of competition, any very interested people considering coaching.

COST : \$ 4.00.

FOLLOW = UP : Practical application of the knowledge gained from the programme above will be demonstrated on the 4th of MARCH, (Saturday) 1978. Participants will be examined on the above topics by a combination of oral, written and practical tests and may be given a grading.

I regret the short notice of this event and request that your most urgent attention be given to it, in informing the appropriate people within your club of the foregoing information.

I look forward to hearing from you or your coache(s) in the near future.

Yours sincerely,

(Hon. Sec.)

K. Akaru

APPLICATION FOR SEMINAR

NAME:

ADDRESS:

VICTORIAN AMATEUR VOLLEYBALL
ASSOCIATION.
COACHES COMMISSION

Secretary/Treasurer

K. AKARSU
5 REDFIELD CRT.,
BUNDOORA, 3083.

MEMBERSHIP APPLICATION

Do you wish to become a member of the V.A.V.A. Coaches Commission, affiliated with the Australian Volleyball Coaches Commission?

Membership entitles you to receipt of minutes of meetings, a vote at the Annual General Meeting, free literature on volleyball obtained by the Australian Commission from overseas and within Australia; discounted volleyball books, access to films, tapes and slides on volleyball, and the right to attend seminars and conferences.

If you wish to become a member, please enclose the 1977-1978 fee of \$5.00 (Financial year October-October). Cheques to be made payable to V.A.V.A. Coaches Commission.

(detach)

1977-78 Membership Application (Fee \$5.00)

FULL NAME:
ADDRESS:
..... Post Code

TELEPHONE:

CURRENT COACHING POSITION(S):
.....
.....
.....

Please make a list here stating which of the above you would like to know about more fully.

.....
.....
.....

Return form to Mrs Kath Akarsu, 5 Redfield Court, Bundoora, 3083.

P.S. SECRETARIES OF CLUBS: In order that the activities and existence of the V.A.V.A.C.C. become known to all coaches in Victoria it is essential that you inform those in your club of the contents of this letter, and provide them with an application form. Alternatively, please make a list of your coaches and their names, addresses and telephone numbers and they will thereafter be contacted directly.

Thank you in anticipation of your help.

K. Akarsu