

The aus camp that i went on was awesome. I actually learnt a lot of things throughout the camp. There are so many things that i didn't know before this camp about volleyball. On Saturday morning after getting settled in at 10:30pm on the Friday night we had a meeting at 9:30am to introduce the coaches and a little bit about the camp. They also introduced the new people that had never been before and we got tops. After that we departed for the Moe stadium for our first training. Each training session went for 2 hours. In the first part of training session we were taught how to do the warm up that the national team does and this warm up went for about half an hour to 40mins. In the warm up you stretch all the essential muscles in your body needed for volleyball. After the warm up was when the hard work really began and that's when we really had to focus. I learnt in this first training session what 31 and 22 defence was and what the squeeze position was. The first training session was all about the defence. We practised both 31 and 22 defence. After trainings we would have our cool down and stretching and then after that we would have pool recovery to relax our muscles. On that same evening we had the team building activities and the whole point of these activities was to build our team and get to know people and work together and encourage team mates. They were very fun and challenging. The next couple of trainings on Sunday and Monday were adding offense and then then putting offense and defence together. Also in each of the training sessions at the beginning, the coaches would take a group of people to do something separate like in one training they took all the possible setters, then next they took middle hitters with the setters, then they took liberos and they did something separate for a while. I was told that i might be a good libero and so i was put with the libero group. Later on we were split up so that all the different positions that people play were split into different teams. We then had little games, offense against defence putting that training into practise. On the Sunday evening we had to take a juniors clinic and teach kids ages 8-14 how to play volleyball. We taught them techniques for each part of volleyball and then at the end we had little games. It worked out very well and showed us how coaches can feel sometimes and helped us understand how hard coaches work to improve their team and players. Later on after the junior's clinic, the senior girl's Australian team were playing off against each other, green vs. gold. It was open to public and was also filmed on TV. We had to watch this game so that we could learn some things from them. The game was amazing and very good. It looked very professional. On the Tuesday morning we had a session at 9am with a sports psychologist named Nat. She was here to help us with our mental side of volleyball like our self esteem and confidence and things like that. The session with Nat was really good; it definitely helped some of us with our game. After that we had been put into 4 teams and we had 2 games instead of training because it was our last day at Moe stadium. There was red vs. white and green vs. blue. Both games were very well played and looked like we were playing at an international standard. The coaches were very happy with all our efforts that we had done throughout all the training sessions that we had for indoor. I played as a libero and was told that this was the position that i would be best at if i was on the national Australian team. On Wednesday morning we departed for SVC at Dandenong at 9am. We arrived there at about 11am. Training started at 11:30am and this was our first session of beach volleyball. We were taught the rules of beach volleyball and the differences between beach and hard court indoor. I learnt the hard way that it is harder to move in beach and on the serve receive you aren't allowed to set the first ball. I also learnt that because there is only 2 people on the court it is easier to pass the first ball off the net and really high so that the other player has time to move to the ball and so that you have time to move to the hitting position. We had

2 training sessions that day, both training sessions were to help us get use to the game and to teach us how to play beach properly. We had little mini games teaching us how to control the ball and to get use to only having 2 people on the court. The last day of the camp was interesting. We had 2 more sessions of beach volleyball that day. Both were beach. In the 1<sup>st</sup> session, now that we knew how to play the game and we knew the techniques, we put that to the test, we got into teams of 4, and we had 2 people play offense and the other 2 play defence. The whole point of this was to get us more into practise of putting everything we learnt into a game. Things are a lot harder once you have to put everything you learnt into a game, because most of us were use to indoor hard court, we had to think a lot more in beach and think where we had to be and what to do and where to put the ball. The last session that we had was the very last session of the camp and the coaches decided that we should have a tournament. We had to get into teams of 4 again and we played off against each team and put everything from the last couple of sessions into a game. It was a fun session and the final 2 teams that had won the most games played off against each other and the others had to pick one team and cheer for that team. The team that lost and the people that decided to pick that team had to do a crawling race on the sand from one side of the court to the other. It was so funny. Like I said, it was a fun last session. During these last 2 sessions, Simon, the head coach had taken us out individually to ask us questions about how we thought the camp went and how we think we went and how we might have improved, if we enjoyed it?, things like that. He also told us, if we got into the Australian juniors what position we might most likely play. I was told that I would most likely only play libero. After the last session we had a debrief about the camp and how much the coaches had enjoyed being with us and things like that. They also told us that according to them, this was the best camp they had ever had. After that we went to the airport and caught our planes home.

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