



Regional Development Centres Handbook

Indoor 2022-2023



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Introduction

The Indoor Regional Development Centres are yet another forward step in the development of creating high performing players in Ireland. Regional centres provide first class training and international opportunities for junior players. The aim of the regionalised centres is to facilitate an environment that helps higher level players train and learn with the very best from their region.

The Regional Development Centres will identify players from VLY clubs through an open trial system. The Centres will operate on an east and west basis for 2022-23.

The regional development centres are the first step on the high performance pathway to national squads. A maximum of 16 players from each sex will be selected to attend each centre, which will operate 1 x 4 hr training session, once per month.

All details of the centres for 2022-2023 are listed below.

The selection process of players for each centre will occur at an open trial day on September 10th-11th. Details of these trial days can be found below. For all other queries please contact National Development Manager, Conor Flood at cdo@volleyballireland.com, 0870997659.

Coaching

- A Regional Training Centre Head Coach and 2 x assistants will run each centre. The National Development Manager Conor Flood will project manage the programme.
- The Head Coach will oversee each session. Assistant coaches may change.
- Monthly sessions will be delivered between October and May during national squad weekends (first weekend of the month) allowing players to continue training with club and school teams during week days and other weekends.
- Coaches will work within the long term player development model but have the freedom to implement their own style.

Female

2020-21 Centres	Head Coach	Assistant Coach
West 10-4pm	Jennifer Moret	Ferdie Whelan Anja Quinn
East 10-4pm	Matthew Hanlon	Gianni Massa Shannon Walsh

Male

2021-2022 Centres	Head Coach	Assistant Coach
West	Amanda Burgio	Sophie Doolan Aidan McDonnell
East 1-5pm	Alessandra Trio	Paolo Aprile Petru Munteanu

Player Eligibility

Girls and boys born in 2007, 2008, 2009.

Player Selection

- Players will be selected by a selection panel made up of the centre head coach and assistant coach, with the support of the national development manager, at a designated open trial day
- Clubs will be invited to recommend players to attend the trial.
- Open days will occur each year during the months of September/October.
- Players previously selected at centres will still need to attend a trial day each year to be selected once again
- Players in the older age groups may be selected to form a National Training Squad
- Upon achieving selection, parents will need to provide consent forms with payment prior to the first session taking place.

Player Financial Requirements

- Players will pay a sign-up fee which includes trainings, training clothing and tracksuit. The sign-up fee will be 150€ for the full year, which must be paid before the first training session with the selected team. The fee is reduced to 75€ if the player already owns the training gear from a previous year of participation in the centres.
- Multi day performance camps or competitions will be paid for separately.

Player Benefits

- High quality training equipment.
- Player training tops personalised to their centre
- Monthly player training plans and parent update reports
- Full Volleyball Ireland registration and insurance for players
- Player access to most up to date sport technology supports
- Train in an environment with top regional junior players and coaches
- Access to international competitions and training camps

Insurance for player and centre

- Players automatically during registration are covered with Volleyball Ireland's player personal indemnity insurance
- Centres are insured through Volleyball Ireland's insurance policy for centre training and events

Governance

- The Volleyball Ireland Development Officer will oversee the Regional Development Centre project, as part of their core work.

Safeguarding Children

- Volleyball Ireland is committed to creating and maintaining the safest environment possible for all young people who wish to participate in volleyball activities. Every person should at all times, show respect and understanding for participants' rights, safety and welfare. All suspicions, concerns or allegations of harm will be taken seriously and responded to swiftly and appropriately by the national children's officer
- The national children officer will be a direct communication link for each RDC's nco@volleyballireland.com **Tel:** (01) 670 7165

GDPR

- In order to function effectively, Volleyball Ireland or those working for Volleyball Ireland collect a range of personal data and sensitive personal data but only where relevant and proportionate to providing Players support. Volleyball Ireland will not process personal data which is irrelevant or unnecessary in the context of and Support Services referred to above. The data will be stored in a safe location and in compliance with GDPR guidelines.
- Players have the right to be informed what personal data Volleyball Ireland holds and what it is used for. The Player has the right to access this personal data, to update the personal data and to be

informed how Volleyball Ireland is complying with its obligations under the Data Protection Act, or to complain to the Data Protection Officer if The Player believes that the Volleyball Ireland Data Protection policy has not been followed.

Garda Vetting

- All coaches and any support parents/volunteers that engage with children from the centre must be fully vetted by Volleyball Ireland. Any queries in relation to vetting can be answered at vetting@volleyballireland.com

Code of Conduct

- Both players and sports leaders must ensure high standards of conduct are expected at each centre
- Players and sports leaders will be required to complete code of conducts upon induction to the centre.

Anti-Doping

- Players parents and coaches should all be familiar with the antidoping restrictions. All Volleyball Ireland league and centre players must complete Sport Ireland's online Anti Doping programme
- For additional information please visit <http://www.volleyballireland.com/anti-doping.html#/>

Calendar of Events

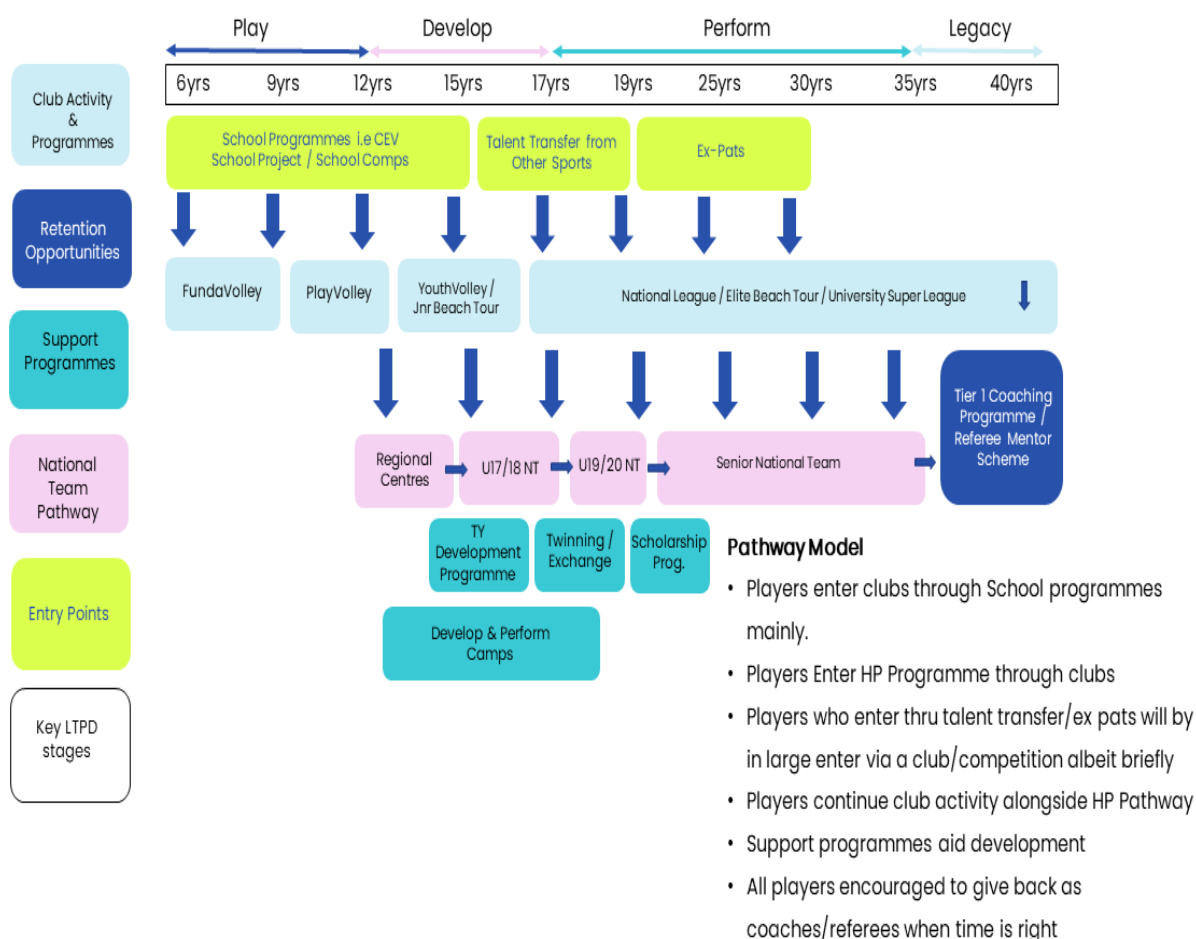
Girls train Saturdays during the weekend

Boys train Sundays during the weekend

Dates	Event
September 10 th –11 th 2022	Open trials
October 1 st –2 nd 2022	Training
October 29 th 30 th 2022	Training
December 3 rd –4 th 2022	Training
January 7 th –8 th 2022	Training (East & West together TBC)
February 4 th –5 th 2022	Training
March 4 th –5 th 2022	Training
Easter Holidays (April 2022)	International Competitions
April 29 th – May 1 st 2022	TBC
Junior Regional Beach Centres launch May 2023	

Pathway Structure

Below on the graphic we can see the regional centres highlighted in pink. The graphic helps illustrate the direct pathway for our more advanced players to progress into our senior national team. Each development centre will engage in national and international events ensuring all players are exposed to competition at the higher levels. The possibility of players forming an u17w/u18m national team from the centres to compete in European events is a viable option and to be considered / discussed prior to each scheduled competition by coaches, backroom staff and national development manager.



Communications

National Development Manager

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National Children's Officer & Garda vetting

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