

ECU CHEQUERS

Volleyball Club 1986

VOLLEYBALL!
LIVE IT! LOVE IT!



ECU CHEQUERS

Volleyball Club 1986

ECU Chequers Volleyball Club Values

We value honesty, integrity, tolerance, diversity and fun

We honour and respect athleticism, sportsmanship and teamwork

We recognise the importance of competition as it encourages the development of skills and character in both individuals and teams

We discourage acts that hurt the sport of volleyball and will not tolerate abusive behaviour and blatant disrespect of others

We encourage growth of confidence and self-esteem by extending participants knowledge beyond their immediate experience

We provide a stimulating environment that gives opportunities for enjoyment, challenge and achievement while ensuring physical and personal safety

Club Mission:

- To offer a supportive environment to all players of all ages and skill
- To offer a pathway of opportunity to develop volleyball, coaching, refereeing and personal skills
- To offer a social and friendly environment
- To provide a high standard of equipment and facilities

Club Motto:

“ECU Chequers Volleyball Club providing opportunities to be the best you can be.”



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PRESIDENT'S REPORT

2016 was my third (and final) year as president, and fifth on the committee. I have enjoyed being able to be part of such a well-structured, and professional club. Thank you to all the committee members who have worked with me through my time as president, your assistance and passion for this club is greatly appreciated.

This was a tough year on a lot of Perth Volleyball clubs, player numbers in the senior league were down on previous years and a number of clubs found it difficult to field teams as a result. I think it is a testament to the structure and culture at our club that we were able continue to attract new players and retain existing members in such a tough environment. I believe always providing each team with a dedicated coach, and having our top teams providing great leadership is what helps to set us apart from other clubs.

As such, I would like to thank all of those players who remain at ECU Chequers each year, it is such a pleasure to be able to watch players grow and develop into stronger athletes and eventually give back to the club either as a coach, a committee member, or as someone that the newer players can look up to. I honestly believe that we have the members with the best attitude towards not only the game, but also to each other as club members, to other clubs, and to the officials. You should all be proud of how you conduct yourselves both on and off the court.

To each of the committee members, I would like to acknowledge and thank you for all the hard work that you put in to run this club so professionally and efficiently. I truly appreciate that at any time you are asked to do something extra you are all more than willing to get it done. If it wasn't for each of you I would never have been able to remain president for 3 years.

So much extra is expected of us as volunteer committee members these days, at certain times of the year it is almost like working a second job. But being surrounded by such committed people, and seeing the results of the work makes it worthwhile for me, and I hope it does for each of you as well.

To all our coaches from this year, thank you on behalf of the committee for helping to make ECU one of the strongest clubs in the league and conducting yourselves so professionally throughout the season, and on behalf of the players for giving so much of your time and energy to develop their skills and support their teams.

It has been a true honour to be able to be president of this club, and I thank you all for allowing me to lead you for the last 3 years. I have no doubt that the club will continue to remain one of the strongest in WA for years to come.



COMMITTEE & COACHES

Committee

President	Kalina Bartlett
Vice President	Gavin Lewis
Treasurer	Jenny Harris
Secretary	Travis Luff
Coach Coordinator	Gavin Lewis
Social Coordinator	Clare Wheeler

Life Members

Ann Wells
Jan Perry
Linda Clayton
Michelle Reid
Gavin Lewis

Club Coaches 2016

Super League 1 Men	Gavin Lewis
Super League 2 Men	Winley Prosper, Travis Luff
Super League 3 Men	Justice Zisanhi, Dave Van Weert, Chris Kuchel
Super League 1 Women	Laurel Wentworth
Super League 2 Women	Jen Harris & Clare Wheeler
Super League 3 Women	Vivienne Chan
Open League Women.....	Mya Chiang
Iona yr 11/12 Women	Clare Wheeler
Iona yr 9/10 Women 1	Tyana Johnson
Iona yr 9/10 Women 2	Chelsea Cowling
Iona yr 7/8 Women 1	Olivia Stewart
Iona yr 7/8 Women 2	Bella Monk
Mt Lawley yr 11/12 Women	Kaity Beaton
Mt Lawley yr 9/10 Women	Bailey Taylor
Mt Lawley yr 9/10 Men	Mitchell Bristow-Stagg



TREASURER'S REPORT

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ECU Chequers

PO Box 104
Inglewood WA 6932

ABN: 85 102 899 771

Email: ecuchequers.president@gmail.com

Balance Sheet

As of December 2016

Assets	
Cheque Account	\$4,065.58
Cash on Hand	\$185.00
Undeposited Funds Account	\$580.00
Trade Debtors	\$5,570.00
Total Assets	\$10,400.58
Liabilities	
Net Assets	\$10,400.58



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ECU Chequers

PO Box 104
Inglewood WA 6932

Profit & Loss Statement

January 2016 To December 2016

ABN: 85 102 899 771

Email: ecuchequers.president@gmail.com

Income		
Memberships	\$14,195.00	
Uniforms	\$1,670.00	
Merchandise	\$330.00	
Fundraising / Grants	\$500.00	
Functions / Social Events	\$1,435.00	
VWA Game Fees	\$26,065.00	
VWA Memberships	\$4,830.00	
Miscellaneous Income	\$1,051.12	
Total Income		\$50,076.12
Gross Profit		
		\$50,076.12
Expenses		
Court Hire	\$7,351.71	
Uniforms	\$1,929.00	
Coach / Committee Payments	\$5,760.00	
IT / Software	\$149.00	
Merchandise	\$199.01	
Functions / Social Events	\$2,894.05	
Admin / Advertising	\$156.00	
VWA Fees	\$650.00	
VWA Game Fees	\$20,420.63	
VWA Membership Fees	\$5,080.00	
Bank fees	\$627.41	
Miscellaneous Expenses	\$13.99	
Total Expenses		\$45,230.80
Operating Profit		\$4,845.32
Net Profit/(Loss)		\$4,845.32



UNIFORMS

We used Subsportz as our uniform and merchandise supplier again this year, and we would like to thank them for their flexibility and willingness to work so closely with the ECU Committee to make sure the club continues to look professional.

ADMINISTRATIVE ITEMS

Club Presentation Night

The ECU annual awards night was held on Saturday 24th September 2016, and was a very relaxed atmosphere at Sandsports Nedlands. Despite the number of other events on that weekend (inc AVL & school holidays) there was a great attendance by our members including our junior league members. This was the first year that we had a combined wind up for our Junior and Senior teams.

Every year the committee aims at improving the awards night, so suggestions, comments and feedback are most welcome.

Training Venues

2016 again saw us training at ECU Sports and Recreation Centre in Mt Lawley. Trainings were held over 2 nights, on Tuesdays and Wednesdays. The Junior League teams trained at Iona College (Iona teams) on Wednesday mornings (before school) and at Mt Lawley SHS (Mt Lawley SHS teams) on Wednesday afternoons (after school).

Patron

Nil in 2016

Sponsors

Nil in 2016

Affiliations

Edith Cowan University

Volleyball WA

Volleyball Australia

Mt Lawley Senior High School

Iona Presentation College

Ossie Indoor Beach Volleyball



COACH REPORTS

ECU Chequers Volleyball Club would like to give a huge thank you to all our coaches from the 2016 Western Australian Volleyball League (WAVL) and Western Australian Junior Volleyball League (WAJVL). Coaches volunteer a lot of their time into trainings and games, and we genuinely thank you all for providing your interest, time and effort this year. Coaches have also provided their own team reports which are found below.

SUPER LEAGUE 1 MEN | Coach - Gavin Lewis

2016 was a very positive year for the SL1 Men's team. For the first time in a number of years the team qualified for finals. Unfortunately, the team lost their finals match in four sets but this did not dampen the season as it was a very positive season for the whole team.

As discussed in previous years, the ECU SL 1 Men's team has been very young and fairly inexperienced. In 2016 these new athletes were able to really flourish and a lot of them came into their own. The team showed massive improvements from previous seasons and is getting better and better technically speaking, it is now the time to "learn how to win" and to try and maintain (and possibly bolster) our player roster.

With all the new players to Super League in the team in the last couple of seasons, it has taken a while for the team to "gel", and for the inexperienced players to really learn how to play at this level. In 2016, the team showed positive signs that they are progressing in the right direction. It is also critical that the more experienced players stand up and take control. I believe that in 2016 we did this more consistently than previous years and maintained this throughout the season.

A feature of the 2016 season was the consistency of the player roster. Luckily we were not hit with any serious injuries and players did not ever miss more than a game (here and there).

I would like to congratulate the team's MVP, Travis Luff, who had a very good year and Dylan Wood (awarded the "Coach's Award") for a strong season. Travis adds a lot of stability to the team and Dylan is one of those younger players who will blossom into a dominant SL men's player. I would also like to acknowledge the new player who came into the team; Rayner Blevins. Rayner has progressed through the club and has played indoor for a few years, and 2016 was his first full year in SL 1. He did a wonderful job and had a very positive season. ECU Chequers Development Policy of promoting new talent to Super League and working with this new talent whilst looking at promoting existing players in the club is reaping rewards with young players Dylan and Alvin having very good years along with Rayner as an existing club member who has been promoted.



Moving forward, the team must keep working on the base skill level development. The younger players must develop a passion to succeed and improve. And the older players must continue to take on some of this responsibility to lead by example.

There are also a number of young players in the SL2 team. ECU Chequers will continue to work a lot with all the junior players to make them the best possible volleyball athletes they can be. It is critical that the club retains these young players and that the young players can see the value in all the work the coaches have put into their development. We hope they all develop a sense of club loyalty and blossom into stars of the future for the club.

ECU Chequers and the SL Men's program spend a lot of time on developing our own junior athletes. We take lower division players and promote them to SL in our own Club or we source junior players from other clubs who are not yet at a Super League level and we give them the opportunity to play Super League in our club. It then takes a couple of seasons for these players to truly develop into quality SL players. Unlike a lot of other SL Clubs, ECU can be very proud of this development process.

I would like to thank all the players for their commitment, respect and dedication to the team and to ECU Chequers. As a team, we take the responsibility of being role models in the club very seriously, and we try and attend all ECU events, always look and act as professionals and support the club. This was reflected by the President awarding the 2016 President's Award (for outstanding club contribution) to the whole SL 1 Men's team. As a team we are very conscience of giving back to the club.

I would like to thank the Super League 2 players who helped us out throughout the year by training and playing with us, especially Mitchell Bristow-Stagg. I would also like to thank Kalina and the ECU committee for all their hard work and efforts in administering the club and making coaching and playing a pleasure.

Team

Gavin Lewis (Captain and Coach)

Travis Luff

Winley Prosper

Stefan Collins

Alvin Goh

Dylan Wood

Rayner Blevins

Super League Reserve players who trained and played with the SL team (more than once).

Mitchell Bristow-Stagg

Callum Proud

Report by Gavin Lewis



SUPER LEAGUE 2 MEN | Coach – Super League 1 Men (Travis Luff, Winley Prosper and Gavin Lewis)

Report compiled by Travis Luff

The team in 2016 was a composition of young talented athletes and the return of some experienced players to the team. At the start of the year the team was extremely competitive against each opposition and after the first five rounds were heading towards the pointy end of the ladder. The team were playing extremely well early on, including one game where the guys were up 2-0 against Balcatta, however going down in five sets. Balcatta only lost one game through the regular season, and it was clearly evident that we could match it with any team in the competition.

Unfortunately, this appeared to be the tipping point for the season, where we struggled to maintain our consistency through the year and often played to the ability of our opposition. By the end of the season the team finished seventh out of a nine team division. Adding to the inconsistency of our on court volleyball, at times we struggled with team numbers towards the end of the season with some players having to relocate interstate or unavailable due to work commitments.

For the first time the SL2M team were invited to two away games throughout the season, including a road trip to Busselton, and a Saturday night game against UWA. These games were a great opportunity for the team to play on show courts and in front of a crowd away from the regular Sunday timeslots.

I would like to congratulate John Bozich who was voted the team's MVP, returning to the court after a number of years off. John brought a great level of much needed voice and enthusiasm to the team, where the team collectively struggled to proactively communicate during a game and is an area where the team can improve.

It would be great to see a core group of players from the SL2M team continue next year and further develop what was a promising start to the 2016 season. I also look forward to all team members, especially the juniors, continue to develop and push for selection for the SL1M team.

Team

Rayner Blevins
John Bozich
Mitchell Bristow-Stagg
Andy Chan
Chris Kuchel
Callum Proud
David Van Weert
Justice Zisanhi

Players who also helped out
Dan Retamal (start of the season)
Vincent U (end of the season)



SUPER LEAGUE 3 MEN | Coach – Super League 2 Men (H/C: Justice Zisanhi, Dave Van Weert, Chris Kuchel; A/C: Callum Proud, Andy Chan)

This was an interesting year for the SL3 Men's team, as they were in the unenviable position of being without a regular coach for the full year from the start and apart from one player, all the players were new to ECU and the WAVL competition. Over the 17 fixtures the team had 3 different head coaches, 2 different assistant coaches.

The players didn't help themselves by various members not committing to playing games on weekends or training sessions at different times, usually ending up with between 2 and 4 players (from the actual team) per training session – there were some guys that would occasionally come down to train only, however these guys could not, and should not have to be relied upon from one week to the next as each team player should be committed for the entire season unless the coach coordinator was previously advised during team selections. While individual skill development could be made in these sessions, it was more-so the team dynamic which required the work; with the emphasis being communication and practising as a team – with 6 players on court.

The guys adapted well to playing in different rotations as a team; as well as playing in different roles/positions as required when players left during the season or were unavailable from game to game. We did have new players became new team members too, even as late as half way through the season; Wei and Desmond were welcome additions to the core team, not only because of the reduced numbers of the team; but because they filled a need where the team was lacking – through the middle.

I think each player of the team this year was able to achieve something they previously couldn't do; which is a sign of development, a willingness to learn and maturity. Examples of this were, but are not limited to; Learning how to dive; serve to position, improve consistency in a particular skill area, and start to become more team-centric. As far as individuals go, there is some raw talent within the team to mature over the coming seasons, however the standouts were Dan (Setter/Opp) and Alistair (Libero), and Calvin (PH) really pushing their case for SL2 inclusion next year if they are committed and are willing to work hard to achieve the next level of development. Key issues that plagued the team on the whole this year were focus and communication – this showed by “patchy / inconsistent” gameplay as individuals and the team as a whole – if this can be addressed early on next season I believe the team is not only being capable of playing finals, but being a force in the SL3 division.

This year, the team pretty much won as many games as they lost, which was a good result given the difficulties the team faced, but ultimately they fell just short in terms of playing finals in 2016. The team consisted of a great bunch of individuals both on and off the court and I hope to see them all back at ECU Chequers in 2017.

On behalf of the coaching group, I would like to congratulate Daniel Fitzgerald on winning the MVP award for the SL3 Division this year – it's important to note that this award was voted by your team mates and they consider you to have had the most valuable contribution both on and off the court for your team this year; and all of the coaching whole heartedly agree with this decision; you had patches of brilliance this year and we are looking forward to seeing you continue with your development next year. Well Done!

Again, on behalf of the coaching group, I would also like to congratulate the winner of the Coach's Award



this year: Tim Everett. This is probably made more special this year, as this was decided by 5 different coaches, and not 1 as would have been in any other year. Put simply Tim loves his volleyball; he will try what he's told to help improve his skill and keep attempting it even though it doesn't always have an immediate pay-off; he goes out of his way to help others both during training sessions/game play and completing 'duties'; and he simply courteous and communicates well – letting coaching staff know well in advance if he cannot attend a session. Bravo!

Team

Alistair Hunt

Ben Hokin

Calvin Johnstone

Daniel Fitzgerald

Daniel Retamal (first third of the season)

Sam O'Connell

Timothy Everett

Weiwei Dong

Desmond Cheung

Report by: Dave Van Weert.

SUPER LEAGUE 1 WOMEN | Coach – Laurel Wentworth

Thank you to the ECU Chequers Volleyball Club for the opportunity to coach the SL1 Women's team, as well as the responsibility to train both the SL1 and SL2 Women's teams for the WAVL 2016 season.

SL1 W TEAM

Shelby MAHER: Assistant Coach (Injured Passer Hitter, Opposite)

Shelby was invaluable to the team this season. While recovering from shoulder surgery Shelby supported the team at training and at games, stepping in as the Coach during my absence.

Thank you to Shelby for your assistance, it was much appreciated.

Jenny HARRIS: PH / Opposite

Jen again shared her volleyball and leadership experience on and off the court. She was a valuable player to the team and had strong performances both as a Passer /Hitter and as an Opposite player.

Clare WHEELER: Libero, Setter, Passer/Hitter

Clare was a valuable member of the team and showed great versatility and team spirit. She was called on to play as the setter, and as a passer hitter at various times and did both roles well for the team. In her role as Libero Clare showed leadership and support to teammates.

Olivia STEWART: Passer / Hitter, Libero

Olivia showed great improvement in her first full year in SL1. She always had a positive attitude and good team commitment. Unfortunately a hand injury affected her performance at the end of the season; however she then did a good job as the Libero.



Kaity BEATON: Passer Hitter

Kaity's first year as a full-time player in SLW, and while returning to the sport after a significant knee injury, she showed improvement throughout the season. Kaity showed good enthusiasm and a positive attitude.

Kate GANZ: Setter

Kate was welcomed to ECU in 2016 and brought valuable volleyball and leadership skills to the team. Kate's role as the setter was invaluable and added to the team performance immensely. Kate was a positive and enthusiastic team member.

Elysse HISLOP: Middle Hitter (development player)

Elysse stepped up to SL1 as a development player and became an integral part of the team. She has shown a lot of skill improvement during the season, always had a positive attitude and was keen to learn.

Georgia BURMESTER: Middle Hitter

Georgia made a valuable contribution to the team in both skill and attitude. She was unavailable for the end of the season due to prior travel arrangements.

Dakoda Hallam: Middle Hitter, Setter, Opposite

Dakoda was a valuable team member who stepped up to set when needed, and did so with a good attitude. Unfortunately Dakoda had already made career travel plans and was unavailable for the second part of the season.

Tara MACIUPA: Passer Hitter, Middle Hitter (development player)

Tara joined the SL1 team at various times during the season both for experience and to fill a player role on court. She showed improvement and gained valuable experience for the future. Tara had a positive attitude, was eager to learn and happy to fill the various roles.

COMPETITION

SL1 Women's team (the team) finished the season in third place behind the two strongest teams in the competition. The team was quite consistent throughout the season, competing well and showing continual improvement. The final placing of the team (4th) may not accurately reflect the team's overall performance and potential. Circumstances out of the team's control (pre-planned travel, injury) had a significant impact on results towards the end of the season, however despite this the team showed a high level of commitment and performed as best they could. The team is looking forward to the 2017 season to be "bigger and better".

TRAINING

Training sessions were combined with the SL2 team.

This generally worked well as it: allowed a larger number of athletes at each training; increased the competitiveness during drills; encouraged leadership from experienced athletes and athlete coaches; improved the player development particularly of the development players as well as the SL2 players.



The athletes developed and understanding of the importance of quality training sessions, commitment and hard work, along the lines of “train the same as you would like to play” and this was reflected in training sessions towards the end of the season.

RECOMMENDATIONS

That ECU Chequers Volleyball Club continue to provide quality support, high standard of coaching and a positive club culture, thus encouraging athletes to remain in the club as well as enticing new members across all of the grades.

SUPER LEAGUE 2 WOMEN | Coach – Jen Harris, Clare Wheeler & Georgia Burmester

This year this team was comprised of both young, growing volleyball players and experienced players and this created one of the best team dynamics I’ve seen in a team. The players all made it so easy to coach them as every piece of feedback they were given was taken on board and tried to the best of their ability.

From the very beginning of the season this team gelled so well. They went through lows and highs together but stuck together through it all and never stopped supporting each other. Throughout the season many could not attend some games on many different occasions including a wedding (Congratulations Nish!) and the team did really well to adapt to the change including many players playing in different positions. It has been pleasure coaching you all and watching you all grow as both individuals and as a team and I hope I have the opportunity to coach you all again.

Team

Mikaela Armstrong
Elysse Hislop
Finn Grieco Hazewinkel
Georgia Jones
Nishata Subramaniam
Tara Macuipa
Tyana Johnson
Vivienne Chan

MVP: Elysse Hislop

Coaches Award: Finn Grieco Hazewinkel

SUPER LEAGUE 3 WOMEN | Coach – Vivienne Chan

After a few years’ away from coaching women’s volleyball, I returned to support the development of the women’s side of our club. I must say that I was extremely impressed with the quality of skill we have in our women’s SL 3 team at the moment, which has me feeling positive and enthusiastic about the club’s future.

Many of the faces on our sizeable 10-person squad were new to me personally, though it was evidenced by the substantial volume of conversation during training that many of them are *good mates*. While chatty and often distracted, their comfort with each other gave us good team cohesion right from the beginning of the season, and I think it’s only gotten better since then.



I had the privilege of coaching Andrea Hodgson and Chichi Svova some years ago, and it was encouraging to see them integrate into the already close-knit team so well. Andrea Hodgson reprised her role this year as middle hitter, scoring multiple points for the team thanks to experience and excellent instincts. Chichi, a veteran middle hitter, this year played outside hitter for the first time, and you would not have known this was her first year playing this position. She made attacks count with smart plays and fast reflexes, as well as backed the team with vast improvements in her passing and her now well-known, highly audible “mine!” calls.

Captaining the team this year was outside hitter Taylah Stewart, who gave us a powerhouse serve that created many crucial comebacks for us this season. Her can-do attitude, consistency in passing, and strong hitting made her an invaluable presence on the court.

A strong attacking team like this one can't survive without the work and dedication of a good setter, and this year we were fortunate enough to have two. Veteran Bailey Taylor returned to this team with smart setting decisions and some impressively tricky tipping in the front-court. Newcomer Jasmine Serra had her first season ever as setter and met the challenge admirably as the fastest and most athletic player on the team. Whether in a 6-2 or 5-1, Jasmine and Bailey were invaluable contributors to the team's success this season.

Joining Andrea in the line-up as a middle hitter were Elisabeth “Daubs” Daubney and Mary Harris, both of whom achieved huge leaps forward this year. Daubs quickly became a confident middle attacker thanks to her quicker-than-you'd-expect reflexes, imposing presence at the net, and consistently powerful serving. Mary, who unfortunately missed the first half of the season, returned to show us that she has what it takes to be an intimidating middle blocker, shutting down opposing middles and forcing them to go around her.

We had the benefit of height in our passer-hitters, with Ava Logue and Tess Bowers rounding off the team's attacking side. Ava's excellent passing in serve receive was complemented by consistent, reliable cross-court attacks that opposing blockers struggled to shut down. Tess, who spent the first half of the season playing with the Open League girls thanks to scheduling issues, impressed the entire team with her ability to actually fly, being the only player on the team with natural hang-time in the air, which gave her plenty of time to make good attacking decisions.

Last but not least was the lynchpin in our entire team's operation, veteran libero Dillon Harvey. Fast on her feet and a hard worker at training, she reads plays extremely well and is easily one of the best liberos in the SL3 division. It was clear from the bench that she was crucial in helping the team recover momentum by committing herself to getting to every ball.

This team showed tremendous promise throughout this season, and it was an absolute privilege to coach them. For my part, I was just plain excited to have such a huge roster to play with; it opened up new positions for players that wouldn't have had a look in otherwise! They go into finals placed 3rd overall but I believe they have what it takes to go all the way; the only thing stopping them is their own confidence in themselves and each other.

Many thanks to Kalina Bartlett, Nishata Subramaniam, Elysse Hislop and Tara Maciupa for coaching this team through my absences this season. Thanks also to Gavin for his support! The women's side at this club has much to be excited about, and I look forward to seeing how far we all go next year.

Team

Taylah Stewart (C)
Tess Bowers
Elizabeth Daubney
Mary Harris
Dillon Harvey
Andrea Hodgson
Ava Logue
Bailey Taylor
Jasmine Serra
Chichi Svova

OPEN LEAGUE 1 WOMEN | Coach – Mya Chiang

In the beginning of the season, the Open League Girls this year was young but different age groups of girls. We started with 11 girls, two girls dropped out in the first month. The first half of the season I had to focus on the girls getting to know each other well, as well as getting basic skills and game skills. They've improved each week, once they got to know each other well, all individual skills came as a team.

They won 3 games this season. Last 4-5 weeks, all the girls improved so much and more confidence in the court. They knew what their job on the court was. It was shame that they only won 3 games, they could have won more. It took long to feel comfortable to play as a team, I hoped they learned how to win the game. Unfortunately I didn't have enough time to get this point across this year.

By the end of the season, they took more seriously to come for training and the game. Good things is girls always put the net up before 5.45 and we could start to train straight away. Everyone has responsibility to put up and down the net. If we could have more chance to meet with other super league team or committee member for coming to see the girls would be nice. Open League is just under Super League3. I felt like big gap between Super League and Open League. They can be in the upper league next year. Having coach's meeting a couple times in a season is one of the idea, like top 2 girls and bottom 2 girls swap the team or just be able to join the training, need more communicate to see what's happening the teams.

Winning the game is important as well as, getting girls come back next year and play for us. As a club, this level have more chance to get players (beginners as well). I have 3 girls for training this year, we have 11 girls already so couldn't take any more for the WAVL, 2 girls are just coming for training, one has never play indoor, she wanted to try first for following year. That was quite challenging for me to train with 14 girls especially some don't have basic skill yet. And also I've talked to their parents quite often before and after games, how girls go, how girls feel about the trainings and games, and encourage them to watch girl's games as well. Big thank you to Ann Wells who helped me most of the training and cheering them up some games, without Ann's help I couldn't achieve where we are.



Team

Anna Depiazzi
Constance McIntosh
Eva Davidson
Jasmine Muscat
Jorgia Goinden
Maddy Alder
Cara Rook-Weisner
Tess Bowers
Georgia King
Jessica Collins
Eimar McElwee

IONA Year 11/12 WOMEN | Coach – Clare Wheeler

This year the girls had a lot of challenges to face as they are at the business end of school in year 11 and 12. The girls did really well to cope under stress from school and still make it to most of the games throughout the season. There were a lot of new faces to the sport of volleyball this year. The more experienced players did really well to support the learning players and overtime grew a great team environment.

We didn't get the result at the end of the season but for these girls it wasn't about the win, but more about teamwork, having fun and learning more and more about this great sport. I hope I get the opportunity to coach you all again and I hope you all continue to play once you leave school. It's been a pleasure coaching you all and watching you grow as both players and individuals.

MVP: Olivia Beaton

Coach's Award: Talisha Howe

Team

Olivia Beaton
Anna Cox
Sarah Harvey
Arnah Paino
Erin Frankle
Ella Findlay-Crowe
Minna Wining
Tess McKenna
Lauren Salkild-Campbell
Matilda Lynch
Talisha Howe



IONA Year 9/10 WOMEN 1 | Coach – Chelsea Cowling

This talented group of young women made me a very proud coach this season. With continuous dedication and commitment to the team my girls really set themselves up for success. Although we only just missed our spot in the finals the level that the girls played at the whole season was outstanding, winning most games and improving their volleyball every single week.

I have had the privilege of coaching most of the girls earlier in the year during school volleyball but we had a couple of girls join who had never played before. With them keen to learn and the more advanced girls ready to help they quickly became familiar with the game and soon enough they will be unstoppable. This team has the perfect mixture of talent and more than enough height to bring home the season next year. I hope all the girls enjoyed the experience and I look forward to seeing them next year.

Thanks for a great season girls!

Team:

Niamh Osbourne
Emma Hughes
Caroline Pedley
Sarah Atacey
Eloise Mickel
Chelsea Hince
Jenna Lamborn

IONA Year 9/10 WOMEN 2 | Coach – Tyana Johnson

Madison Bailey – Maddy was an absolute pleasure to coach. She takes on feedback very well and implements it into her game easily. She was strong at the net especially blocking which definitely made a positive impact in the finals for both terms.

Sophie Crellin – Sophie has made a massive improvement in all aspects of her volleyball in only her second year. She has awesome setting hands creating a lot of opportunities for the hitters to attack. Her defence has improved out of sight being our best defender for the season.

Sophie Churack – Sophie has come a long way in the last two years I have coached her. Her technique is very good with all skills and was able to make slight adjustments to make them even better. Her spiking won us a lot of points in every game and she also had the ability to throw in a tip every now and again. Sophie was never afraid to dive for the ball and throughout the season she gradually started picking them up. She also was a good communicator on court for the girls and provided a lot of guidance. Sophie has a bright future ahead if she continues her willingness to improve.

Phebe Harvey – Phebe has been a valuable player to our team this year. She has a very strong top spin serve and throughout the season she learnt how to execute a short float serve. She was a strong passer and created a lot of excellent passes to set up an attack. Phebe was also strong at the net blocking for us.



Olivia Martin – Olivia was a great asset to our team this season, she was consistent every week and has a great under arm serve. She has been motivated to improve her passing platform and getting underneath the ball when setting. Olivia has been a pleasure to coach all season and is always positive.

Molly Ness – Molly came into the season having not played before. She is very coachable making it very easy to teach her the skills. Her passing was very solid in backcourt providing a lot a good defensive digs. Molly also was a very strong consistent hitter, she scored a lot of points with her hard driven spikes. Molly also had a strong over arm serve.

Abby Solomon – Abby is a good well rounded player. She was consistent in both front and back court throughout the entire season. Abby was a great setter for our team setting some awesome balls making the hitters hits look good.

Tatum Wolmarans – Tatum had never played volleyball before but came from a tennis background. She had a very good serve, serving out the set nearly every game. She was also a very good spiker after making adjustments to her technique. Tatum was a very valuable player to our team putting our opponents under enormous pressure whenever she was serving.

This group of girls had an outstanding season only losing one game during the term. This being the second year I had been involved with this team adding a couple of new players, the girls had shown massive improvement and were very skilful. A major focus for the girls was our defence as we knew we were going to come up against some hard attacking teams. At trainings the girls were very focused and took on feedback very well which showed during games. Throughout the season the girls became more consistent in our serving and attacking which gave them a lot of confidence each week. We unfortunately lost the semi final in the second term but came back better and stronger in the third term winning the semi final. Unfortunately the girls went down in the grand final but showed courage throughout the game only winning 3 points in the first set coming back to win the second taking the game to a third. Going down by 1 point with time getting the better of us the girls were super proud they had got as far as they did. I am super proud of the improvements of each and every player in this team. They have come so far as a team from lacking confidence and no communication to a very competitive and talkative team.

IONA Year 7/8 WOMEN 1 | Coach – Isabella Monk

This team of girls played such a great season. As their first year of playing as a team, and some even their first year ever playing volleyball they showed their commitment and dedication, and always had fun. Their season started a bit rocky but as the girls began to understand the game a bit more they started playing very well. Every single player improved tremendously, and it was amazing to watch. Although we had a small team of only seven, and having four of these girls being boarders, it was extremely hard to have enough players for each game especially on a boarder's long weekend, or the Sunday matches. This unfortunately meant that the girls had to forfeit about three games in total, which did not help us on the ladder.

Although we finished sixth overall on the ladder, the way the girls began to play as a team and came together was an achievement in itself. The girls began overhand serving and even spiking the ball **inside**



the court and it was great to see them start to encourage each other to do so. Our team had a range of personalities, some being very outgoing and others being very much to themselves and so when we first begun the team struggled to communicate as some of the girls got frustrated easily. This caused for a little bit of conflict in the first game and training, so it was amazing to see the girls hugging and giving each other high fives by the end game. They started to become one of the loudest teams I have ever coached and just had fun every single time they played whether it was training or a game. It got to the point where if we didn't even have a game the girls would want to train just for the sake of playing volleyball. I am very happy to say that some of the girls in year eight are competing in the Australian Volleyball Schools Cup later this year in December, and I can't wait to see their skills improve even more!

Thank you for an amazing season girls and I can't wait to see you all next year!

Team

Suraya Bin Swani
Chloe Finalyson
Jordee Simmons
Georgia Churack
Daisie Shand
Josie Skerrit
Milly Carroll

IONA Year 7/8 WOMEN 2 | Coach – Olivia Stewart

For my first year of coaching I was lucky enough to have such an energetic bunch of girls. From the first training session where many of the girls hadn't played volleyball before, to the last game, I think anyone that watched can honestly see the huge differences.

Every time each of you stepped out on the court, there were always signs of improvements, and though you all talked my ears off, it made me realise how much you all wanted the best for the team. You all had your personal strengths that contributed to the team and each member was just as important as the other and that is what made our team so special. I personally think our team's strength was our consistent serving, giving us a higher advantage against other teams.

You girls never failed to surprise me and no matter the outcome, you always took each game away as a positive. You girls have inspired me to want to coach more and improve myself. I'm so impressed with how much you have grown over this season and it makes me proud to say that I was your coach for the season of 2016.

Thank you girls for such a fun season, you have been a pleasure to coach and I hope to see you all next year for another great season.

I would also like to say thank to the parents for all the support you gave to the girls, we wouldn't be half the team without you guys.



Team

Kelsey Wolmarans
Maere Grant
Abby McNamara
Nicole Bawden
Lauren Harvey
Jordan West
Matilda Shand
Taylor Finch

MT LAWLEY Year 9/10 MEN | Coach – Mitchell Bristow-Stagg

Through out the season great progress was made by all the boys. Most of the boys were very punctual to training and games with a few missing trainings without warning or telling me which made it hard to plan training sessions when I didn't know who was coming. Other than that all boys came to training with a positive attitude and always played their best. There was some conflict with the different ages of the players (being a combined team) and small cliques formed. As a coach I found it hard to bring them together as quite often I didn't have 6 players to a training session. In the future I think the boys should look to recruit more players to the team and push to have 2 teams in the division if possible.

The boys did exceptionally well. Due to the reduced numbers available, we had to combine year 8s, 9s, and 10s, and had to play the team in the year 9/10 division instead of the year 7/8 division. This made it a very tough division, especially for the younger boys. But they learnt a lot and got to play against some very good and older players.

I urge the boys to keep playing as much as possible as vast improvement was evident in all of them through the short 12 game season. I believe with more consistent training and games they can continue to improve and will all be an asset to the club in future years as they develop into young adults in the WAVL.

I would like to say thankyou to not only the athletes for their great efforts through the season but also to the parents for getting them to games and training sessions. Your hard efforts don't go un noticed.

Team

Josh Mangibunong
Grayson Dennis
Karl Cabatit
Pouya Soufi Nejad
Ronan McEwan
Cooper Staines
Kai Stewart-Wynne



MT LAWLEY Year 11/12 WOMEN | Coach – Kaity Beaton

This year, the Mount Lawley under 19 girls team overcame some challenges at the start of the season to end the season with each and every player improving immensely. Every player has a great amount of natural talent which made it a lot easier for me as a coach to help the girls. Learning and improving in massive leaps and bounds each time they played, I think they had a few teams worried. As a team the girls gelled together very well which made playing as a team very easy. The girls were never worried about how they did individually, but how they did as a team.

Having a shaky start to the season, the girls picked up towards the middle of the season where they were unbeatable for a few weeks as each player had a very determined and encouraging mind set. The girls carried this mind set throughout the season, even encouraging one another when the game wasn't going their way. There were many positives coming from this season!

Starting with Kat and Penelope whose back court work was always there when the team needed it the most. Alliana and Kat's amazing outside arm swing came to show in the final few weeks of season taking some pressure of many of our other hitters, and Penelope's fabulous free balls to position 1 and ability to lift the team up when they were down came in handy quiet a bit. Emily's serving and hitting came along immensely, with her learning how to over arm serve for the first time which was great. Also if Emily wasn't setting, she found a way to make her hitting shine at least once a game with a big kill. With these three girls natural height and ability to read the ball on and of the net meant Georgia, Fran and Ava's blocking and hitting stood out the most. With the first kill coming from Ava, first ace of the season coming from Georgia and first tool coming from Fran. Erynn, Amy and Belle could play absolutely anywhere and each and every time we played they showed a new improvement in one way or another. All three girls setting, passing and serve receive had come a massive way by the end of the season.

A great way to sum up our season is one full of improvement, confidence building and fun. Thank you all for the amazing work and dedication you put in during the season, I hope you all enjoyed it and hope you all continue to play volleyball as you all have amazing potential! I feel extremely rewarded to have coached all of you girls, you are amazing as volleyballers and friends.

Team

Frances McIntosh

Alliana Alea

Erynn Simcock

Georgia Sealy

Belle Davies

Amy Carruthers

Penelope Cornes

Emily Pietrocola

Katerina Boskovic

Ava Nikpour

MT LAWLEY Year 9/10 WOMEN | Coach – Bailey Taylor

Most of the girls in this team were beginners when we met at the start of the season and it is safe to say that by their last game they were barely recognisable on court!

Although we had a rocky start, eventually the team really came together after some hard work and sometimes a few penalties here and there. Even though we didn't make it to the finals, the girls had an amazing last game - winning 3 sets decisively.

Not only did their individual skills develop hugely, their teamwork and support for each other on court grew every single week.

The girls found a good balance between being competitive and having fun, they should be very proud of how far they've come this year!

Thank you for a great season girls! Hopefully I will see you all playing next year.

Team

Deanna Mai

Amythest Sach

Leanne Goh

Kiara Lim

Mia Tesanovic

Melissa Trinh

Belle Kot

Zoe Sandell

Selina Kurosawa

CLUB AWARDS

TEAM AWARDS

Super League 1 Women

MVP: Jen Harris
Coach's: Clare Wheeler

Super League 2 Women

MVP: Elysse Hislop
Coach's: Finn Grieco-Hazewinkel

Super League 3 Women

MVP: Taylah Stewart
Coach's: Dillon Harvey

Open League 1 Women

MVP: Jess Collins
Coach's: Anna Depiazzi

Iona yr 11/12 Women

MVP: Olivia Beaton
Coach's: Talisha Howe

Iona yr 9/10 Women 1

MVP: Sophie Churack
Coach's: Molly Ness

Iona yr 9/10 Women 2

MVP: Emma Hughes
Coach's Award: Eloise Mickel

Iona yr 7/8 Women 1

MVP: Lauren Harvey
Coach's: Maree Grant

Iona yr 7/8 Women 2

MVP: Jordee Simmons
Coach's: Suraya Bin Swani

Super League 1 Men

MVP: Travis Luff
Coach's: Dylan Wood

Super League 2 Men

MVP: John Bozich
Coach's: Chris Kuchel

Super League 3 Men

MVP: Daniel Fitzgerald
Coach's: Tim Everett

Mt Lawley yr 9/10 Men

MVP: Cooper Staines
Coach's: Karl Cabatit

Mt Lawley yr 11/12 Women

MVP: Frances McIntosh
Coach's: Erynn Simcock

Mt Lawley yr 9/10 Women

MVP: Kiara Lim
Coach's: Leanne Goh

CLUB AWARDS

Junior of the Year

Tara Macuipa

Coach of the Year

Gavin Lewis

President's Award

Super League 1 Men

