



# Toowoomba Volleyball Association

Newsletter January 2025 #1

Dear Players, Coaches, Parents and other valuable TVA community members,

Welcome to issue #1 of the TVA Newsletter for 2025. Aimed to keep you informed of the range of events happening within the TVA, VQ and VA communities.

Did you know that we are on [Facebook](#) and [Instagram](#)?

We also have our TVA [website](#) up and running.

## This Month:

Junior Titans  
Marty Collins' Sessions  
Referee's Whistle  
Coaches Corner

## Upcoming:

Business League  
Premier League  
Clash of the Titans

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## Your business - HERE!

The Toowoomba Volleyball Association is keen to have the support of local businesses in driving our athlete development. Do you own or work for a business that is seeking a sponsorship outlet?

Please get in touch with TVA through Lizzie Mahon ([president@tva.org.au](mailto:president@tva.org.au)) to discuss.

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## Kicking Off our Junior Titans Program

Our Junior Titans Program kicked off with our first lot of trials in late November/early December last year. The end of January will see our last three trials for the program before selecting our teams for the year. We have approximately 90+ athletes currently trialling for the Championship and Development teams, a tremendous amount of athlete participation for the 2025 season. We wish them luck on their selections.

Training Mondays (Championship teams) and Thursdays (Development teams) 7-8:30pm commencing 3rd February .

Events that the Junior Titans teams *may* be involved in include:

- TVA Premier League - Tuesday nights Seasons 1, 2 & 3
- Dragons Flaming Chalice - May Day weekend (3-5 May) competition (Brisbane)
- Volleyball Queensland Junior State Championships - 28-29 June (Gold Coast)
- Volleyball Queensland Country Championships - 12-13 July (Sunshine Coast)
- Volleyball Queensland Junior Premier League - April to September, Friday nights (Brisbane)

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## Marty Collins' Junior Coaching Sessions

On the 23rd and 24th of January, the Toowoomba volleyball community experienced something truly special: a chance to work alongside [Marty Collins](#) ([Next Level Volleyball](#)), an accomplished coach who has worked with the Australian Volleyball Academy, Aus National team and is currently the Head Coach for the Danish National Women's team. Marty brought his wealth of international experience and innovative coaching techniques to both the athletes at [Toowoomba Grammar School](#) and a two-day intensive workshop for local players.

From the moment he stepped onto the court, his passion for the sport and dedication to athlete development was evident. His unique approach combined advanced technical drills with a focus on the mental and tactical aspects of the game—tools essential for taking players to the proverbial “next level.” At TGS, our athletes were immediately captivated by Marty's energy and clarity. He challenged them to push their limits, both physically and mentally, while fostering an environment that encouraged creativity and self-reflection. It wasn't just about hitting harder or jumping higher—it was about understanding the “why” behind every move and developing a deeper volleyball IQ.



The two-day intensive for local players was equally transformative. Athletes from across the region had the rare opportunity to train with a coach of Marty's caliber. The sessions were structured to cater to all levels, focusing on core skills, tactical awareness, and building confidence in high-pressure situations. Players left not only with improved skills but also a renewed enthusiasm for the sport. Marty also found the time to have discussion with a number of coaches from our region highlighting training psychologies and match play targets that are not just about winning the game but investing in making the athletes better. Beyond the technical expertise, his visit was a reminder of the power of collaboration in sport. His insights reinforced the idea that to grow as athletes—

and as a community—we need to embrace new perspectives and continually seek opportunities to learn.

Toowoomba Grammar School and the broader volleyball community are grateful to Marty Collins for this incredible opportunity. His visit was a game-changer, and we hope it's just the beginning of a long-standing partnership. Here's to raising the bar and continuing to inspire the next generation of volleyball athletes.

*Eric Smith*

*Head Coach*

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## Business and Premier League

This month will see the opening of registrations for both of our leagues.

The Premier League operates on a Tuesday night at various venues in the evenings. Teams of 6 players. Must be made up of all male or all female players, maximum 10 players per team.

### [Premier League](#)

The Business League operates on a Wednesday night at Harristown State High School in the evenings. Teams are made up of 6 people and must have a minimum of 2 Females on court at all times. A Female must hit the ball once in every 3 hits.

### [Business League](#)



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## Clash of the Titans

TVA has reintroduced our annual Clash of the Titans, where teams far and wide compete in the chance to win the Cup!

This is our official save the date!

Keep an eye out for further information.



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## Referee's whistle

### What is a double contact?

It's very uncommon that a game would be played without a double contact call. It is important to have a clear understanding of what is a double contact, and how you can portray and explain this to others.

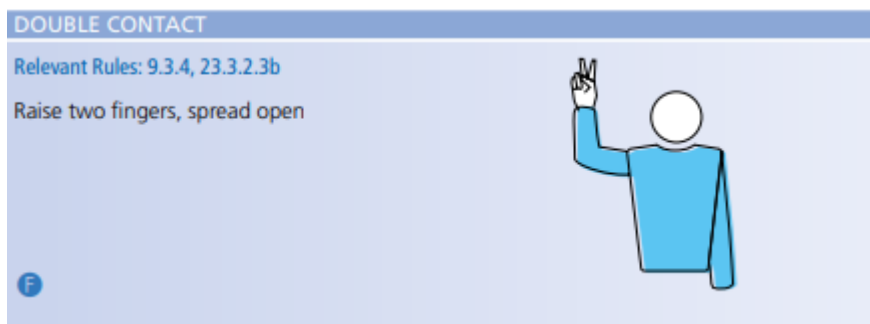
It is understandable that double contacts vary based on the Division and quality of skills. It is important to watch the warmup to assess the teams.

### So what are you looking for?

In the [FIVB Rule Book](#), section 9.3.4, a double contact is defined as a player hits the ball twice in succession or the ball contacts various parts of his/her body in succession. With the exception of blocking and the first hit of the ball from the serve, provided that it occurs in one action.

*NOTE: A spinning ball is not an indication of poor setting.*

Obvious double contacts occur when the ball bounces between each hand. Not so obvious is when the hands independently come into contact with the ball. If you are a Junior referee, discuss with your coach or a supervising adult that you wish to be signalled if they believe the ball is a double. Non verbal communication for support during a match is perfectly reasonable and a good way to increase your confidence without interrupting the match.



[Volleyball Hand Signals](#)

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## Coach's Corner

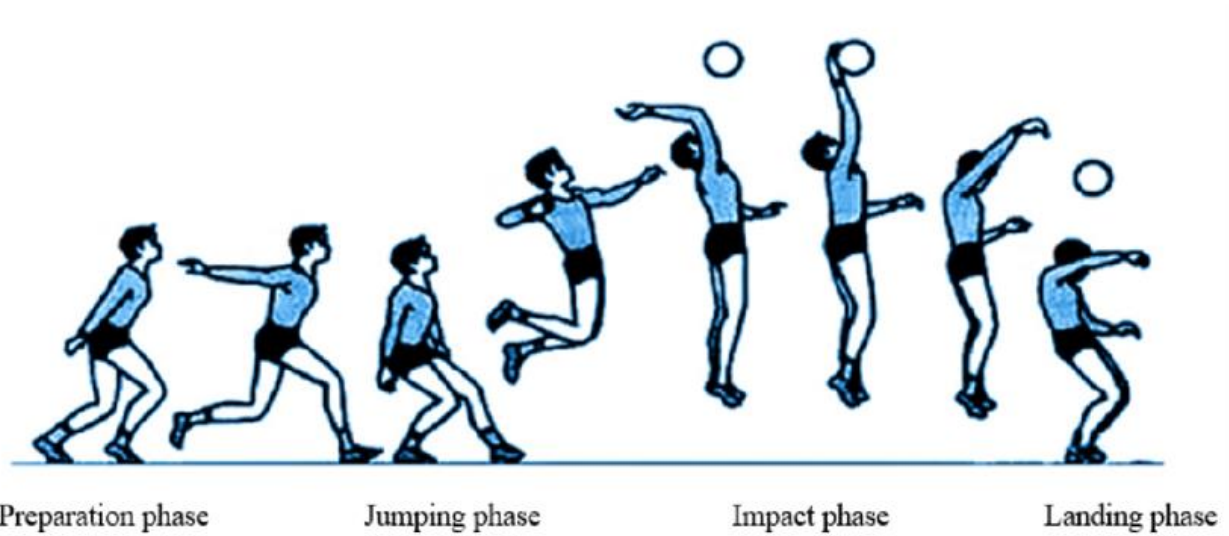
### How do I Spike?

\*The following is for a right handed hitter. If you are a left handed hitter, do the opposite.

Begin by stepping forward with your right foot while simultaneously moving your arms backward. Follow this by stepping forward with your left foot, positioning your feet shoulder-width apart with your knees slightly bent. Propel your arms forward, leap upward, and strike the ball with the palm of your hand. Finish the

motion by snapping your wrist downward to send the ball into the opponent's court.

This action will help build a foundation for your serving technique. Rather than snapping your wrist to hit downwards, aim upwards to work on making the distance.



[Open Spike Motion Phase](#)