

Hi Everyone

It has been a couple of months now since state league has finished, and myself, other coaching staff, committee members, and some senior players have been doing a review of the 2011 season, and planning for 2012 and beyond for the Falcons Women's Program.

I think everyone understands that some of our results especially at the top end were disappointing in 2011, and no one is happy with this. I personally have done a lot of soul searching and a few home truths have come to light, which I have committed to changing.

I believe (and others) that to put the Falcon's Women's Program back on top it takes a level of commitment from athletes, coaches, and administrators, this was not evident on many occasions in 2011 but let's move forward.

To be a part of the 2012 Falcons Women's Premier and Reserves programs the following requirements are expected of you to be eligible for selection and must occur, if you are aiming to be in the Division 2 program you are still strongly recommended to do the below;

- Attend training at Luther on Tuesday evenings; a second training maybe added only if attendance at Tuesday's is satisfactory, it will not be a choice of which one to attend, Tuesday's is compulsory, the additional session will be strongly recommended.
- Attend pre season training, it will start on Tuesday 24th January, details will be forwarded in the new year
- Attend pre season camp on Saturday 4th and Sunday 5th February, details will be forwarded in the new year
- Complete at least 2 other strength and conditioning sessions during each week in own time
- Attend Warrnambool Tournament
- Pay all fees as per schedule provided at start of season, note the committee in 2012 simply won't let you play if not paid the due date
- Assist to improve our professional image by always being in uniform on and off the court
- Support all other Falcon's teams as much as possible (Men and Women)
- Be committed to making the Falcons Women's Program number one again, and do anything you can to assist this

I fully understand that people have other priorities, work and school in particular, but if you want to buy into the Falcons Women's Program for 2012 this has to become a priority too.

Please remember over Christmas you have to be fit to play volleyball and not use volleyball to get fit.

Can each athlete please email me prior to Christmas with their intention on playing or not in 2012 in light of the expectations set out above.

I hope you all understand that a line needed to be drawn in the sand for the Falcons Women's Program to become the best in Victoria and if not Australia once again.

Thanks

Bill McHoul
Head Women's Coach
Falcons Volleyball Club