

**RAD CENTRE BALLARAT**

SPORTS PERFORMANCE · PHYSIOTHERAPY

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PARTNERSHIP PROGRAM

**WESTERN  
PHANTOMS  
VOLLEYBALL**

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**2026**

SEASON PROGRAM OVERVIEW

# Welcome to 2026

We're excited to officially confirm that our relationship with Western Phantoms Volleyball will continue throughout the 2026 season.

We've loved being part of your program — and this year, we're stepping it up again. Here's what that looks like for you as players.

## A Structured Program for the Whole Season

Rather than one-off sessions, you'll have access to a clear, progressive performance plan mapped across the entire year. That means:

- Pre-season screening and baseline testing
- Strength and power development blocks
- Jump and landing mechanics work
- Shoulder load management
- In-season maintenance support
- Clear rehab pathways if injuries occur

**The goal?** To help you stay durable, powerful, and confident from round one through finals.

## Regular Touch Points + In-Person Sessions

Performance isn't built on random check-ins — it's built on consistency. Throughout 2026, you can expect:

- Scheduled in-person team sessions
- Education around recovery, load management, and injury prevention
- Clear return-to-play plans if you're coming back from injury

*We want you feeling supported — not guessing.*

# Our Focus for 2026

## 1 Fewer preventable injuries

Proactive screening, load management, and structured rehab pathways.

## 2 More explosive, resilient athletes

Progressive strength and power development across the season.

## 3 Confidence in your body

Know your body can handle the demands of training and competition.

## 4 Clarity at every stage

Understand what you should be doing at each phase of the season.

**You train hard. You compete hard.**

**Our role is to make sure your body can keep up.**

We're looking forward to working closely with you all again this year and helping the Phantoms build momentum throughout 2026.

If you've got any questions about your individual prep or rehab, reach out — we're here to help.

## Get in Touch

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