



**ROAD TO RIO 2016**  
**OLYMPICS - BRAZIL**  
**BEACH VOLLEYBALL**





During August 2012 millions of people across the globe were watching the greatest sporting event of all – The London 2012 Olympic Games. Beach volleyball was part of many other codes participating in this event and provided great entertainment value to the many millions of people who were intrigued by this monumental sports production. Growing fast in popularity and as a sports code Beach volleyball has been recognised as one of the sexiest sports in the world thus hugely marketable. It has become a lifestyle to many people and this has increased the appeal of the sport as it is fun, easy and a great way to keep fit.





## TEAM PLAN

We have combined as a team to put South Africa on the Map internationally. Drawing on our past experience and international assistance we have put together a program to gradually increase our level to be at our best when we compete at the next Olympics and these include various local and international events, training camps, training programs, fitness programs and tests, diet plans and full nutritional plans.

South Africa has for a long time been the best in Africa, this was proven once again when we won the All Africa Games in Maputo 2011 and the Olympic qualifiers in Mauritius 2012. With Participation in the London Olympics and the World cup in Brazil recently we have learnt that we are not far off international standards. The plans presented here will be implemented by very highly experienced professionals and this will be sure to get the best results needed to qualify for the Olympics and improve medal opportunities at the games.

## TEAM GOALS AND OBJECTIVES

- Competing and winning all National events hosted in South Africa from 2014 to 2016 and to retain the number one spot in South Africa and in Africa.
- Competing in 8 FIVB international events in 2014 with (Goal to achieve Top 16 Ranking), competing in 12 FIVB international events in 2015 (Goal to achieve top 8 Ranking) and finally competing in 16 FIVB level events in 2016 (Goal to achieve top 4 Ranking).
- Qualifying, competing and once again winning the All African Games 2015
- Qualifying for the Olympic Games in Brazil 2016.
- The main goal for the team is to become a medal Contender in Rio Olympic Games 2016.







## THE PLAN FOR 2014

### LOCAL EVENTS

|   |  |  |
|---|--|--|
| Campsbay Bay,<br>Hobby Beach,<br>Menlyn Mall,<br>Sandton City Mall,<br>North Beach, | Cape Town<br>Port Elizabeth Splash<br>Pretoria<br>Johannesburg<br>Durban | 21 -23 March<br>06 – 09 April<br>tbc<br>tbc<br>4 – 7 May |
|---|--|--|

*The second half of the local tour is to be confirmed after the tour to Europe*

### INTERNATIONAL EVENTS

|      |                      |           |            |                 |
|------|----------------------|-----------|------------|-----------------|
| FIVB | Anapa Open           | Anapa     | OPEN       | 28 May - 1 June |
| FIVB | *Moscow Grand Slam   | Moscow    | Grand Slam | 10 - 15 June    |
| FIVB | Berlin Grand Slam    | Berlin    | Grand Slam | 18 - 22 June    |
| FIVB | Stavanger Grand Slam | Stavanger | Grand Slam | 25 - 29 June    |
| FIVB | Gstaad Grand Slam    | Gstaad    | Grand Slam | 8 - 13 July     |
| FIVB | The Hague Grand Slam | The Hague | Grand Slam | 15 - 20 July    |
| FIVB | *Doha Open           | Doha      | OPEN       | 4 - 8 November  |
| FIVB | *Durban Open         | Durban    | OPEN       | 9 - 14 December |



## PLAYER PROFILES



Name: **Grant Goldschmidt**  
Date of Birth: 16 April 1983  
Height: 1.95 meters  
Weight: 90 kg  
Hometown: Cape Town, South Africa  
Language: English

### Career Highlights:

- Participating in the Commonwealth Games 2009 in India
- Winner of the African Tour 2011/2012
- Winning Gold at the All Africa games in August 2011
- Winning Angola in the African Championships in April 2012 to qualify for the London Olympic Games
- Participating in the 2012 Olympic Games in London
- Winner of National Tour several year



Name: **Leo Williams**  
Date of Birth: 09 May 1985  
Height: 2,00 meters  
Weight: 98 kg  
Hometown: Cape Town, South Africa  
Language: English

### Career Highlights

- Qualifying for All Africa Games
- Qualifying for Olympic Games
- Winner of the African Tour 2011/2012
- 1st Position SA Circuit 2012/2013
- 9th Position World Cup in Campinas, Brazil 2013
- 17th Position FIVB open in Durban, South Africa 2013



## HEAD COACH

Name: **Gershon Brian Rorich**

Age : 40

Place of Birth: Cape Town

Playing since : 1995

1991: Western Province Senior Schools  
1991: South African Senior Schools Team  
1991: South African National Team  
1993: South African National Team (First Unified Team)  
1993-2012: South African Senior Team  
1998 Competed on FIVB World Tour  
2008 Competed On FIVB World Tour  
2008-2012: Captain Of South African Senior National Team  
2001 Voted Most Valuable Player In Africa (Indoor)  
2001 Sportsperson of the Year at the University of Kwazulu Natal  
2001 Won First Ever International Event In Egypt  
2003 Sportsman of the Year at the Wits Technicon  
2004 Finished 9th out of 24 Teams at the Athens Olympics  
( 1st Team from Africa to progress to knock out stage of Indoor or Beach Volleyball ever at the Olympics)  
2007: Completed International Level 1 & 2 Coaching Certificate where I received highest overall scores for both practical and theoretical courses.  
2011: Coach of SA Beach Volleyball Teams Male (Gold) and Female (Silver) at All African Games in Mozambique.  
2012: Coach Of Teams That Qualified Sa For 2012 London Olympics  
2012: Coach of SA. Beach Volleyball Team to London Olympics  
2012-Current: I run the varsity competition for Varsity Sports, Asem & Sports 4 u  
2013: Tournament Director for the FIVB Durban Open  
2012-2014 Head Coach Senior National Teams Male & Female

National Beach Coordinator

National Beach Volleyball Coach 2009 - 2016

## TEAM COACH

Name: **Jerome Fredericks**

Age : 38

Height : 196 cm

Weight : 92 kg

Residence : Mitchells Plain, Western Cape

Playing since : 1995

### Introduction:

I have been playing beach volleyball for 22 years. Since 2010 I've been selected to represent South Africa at International level. I participate competitively in the sport and have extensive experience in training and coaching players at beginners and intermediate level. Years of playing and coaching has equipped me with the necessary skills and knowledge including team management and teaching techniques.

### Coaching:

- Head Coach Beach Bums Beach volleyball club 2012 – 2014
- Player Coach Mens National Beach Team 2012 - 2013
- Player Coach Mens Semi Pro Beach Team 2010 - 2013

### Coaching Skills:

- Implementation of training programs
- Development of mental and physical fitness
- Experience in rehabilitation
- Monitoring player performance and fitness levels
- Vast Beach Volleyball technical knowledge.

### National Player Achievements :

- 1st Place Durban Open 2013
- 1st Place PE Splash Festival 2013
- Runner Up PE Splash 2008 -2010
- Runner Up PE Open 2010
- 1st Place Durban Open 2008
- 1st Place Vodacom Series 2006
- 1st Place Mznberg Knockout 2009
- Mens National Senior Indoor Team 2002 - 2009
- Mens National Senior Beach Team 2007- 2011

### International Player Achievements :

- 17th Place FIVB Durban Open 2013
- 5th Place Continental World Cup Brazil 2013
- 1st Place Continental Olympic Qualifier 2011 -2012



# LIST OF ESSENTIALS TO MAKE OUR JOURNEY TO SUCCESS A SMOOTH ONE!

## 1. CLOTHING

- Tracksuits
- Playing shorts
- Training shorts
- Training vests
- Sweaters
- Caps
- Tog bags
- Backpacks

## 2. SUPPLEMENT

As we will be training and playing twice per day, this becomes very important for athletes with regards to sports performance and recovery.

- Meal replacement powders
- Protein powders
- Protein bars
- Energy drinks
- Energy bars
- Multivitamins
- Energy shots/boosters
- Electrolyte drinks / hydration drinks

## 3. MEALS AND DIET PLAN

Nutrition is one of the most important aspects required, it is vitally important for athletes that are training at the level we are required too, to get all the required nutrition to get the maximum from each session. A proper diet plan is essential and will ensure optimal intake to provide maximum output.

## 4. GYM

This is the most important aspect of the program as it provides us with international standard training methods. It will be a steady growth program designed to get our work rate to be on par with international standards.

## 5. EQUIPMENT SPONSOR

- Balls x12
- Rubber bands / tubing
- Weighted skipping ropes
- Resistant sled / resistance tubing
- Power jumper
- Small medicine balls
- Tennis balls & racquet
- Agility / reaction balls
- Agility ladder
- Strapping

## 6. TECHNICAL EQUIPEMENT

- Video camera
- Analysis programs (stats)

## 7. SUPPORT TEAM

The team, although very basic provides us with all the support we need to break trainings down and build on ways to better our game going forward.

- Coach (technical input and training)
- Manager (Supports with all sponsor related requirements, logistics and media)
- Technical analyst (Assists with improving consistency in trainings and matches)
- Physio (Designs physical programs catered to each player to improve speed, agility, jump height, strength and endurance.)



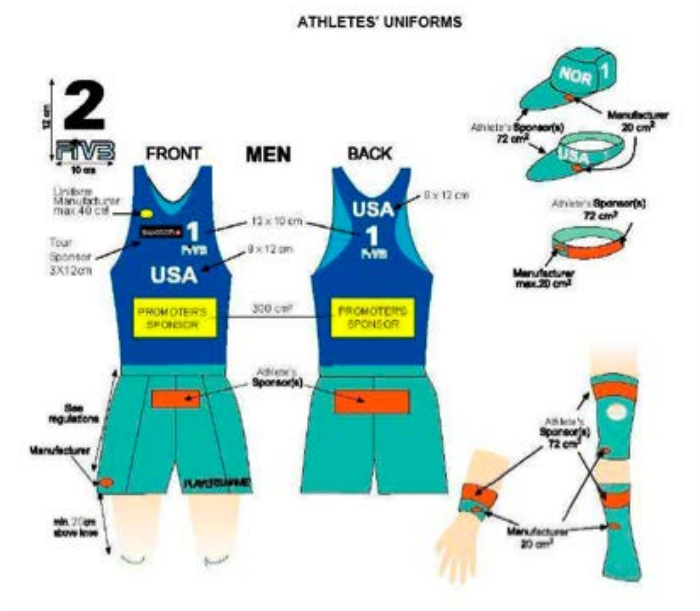
## WHAT WOULD YOUR COMPANY GET FOR BEING PART OF MAKING THIS DREAM A REALITY?

- Association with the Top team in South Africa and Africa, currently.
- Getting international exposure as well as Local exposure at all events
- The National Tour will currently be publicized on Supper Sport and this ensures optimal visibility and awareness of the brands associated with the Top teams
- We will promote the sponsored brand by wearing only sponsored clothing during all interviews and actively mention brands that have assisted us to get to the level we are at and continue to support us.
- Publication on the South African Road to Rio Website and magazines where the team are interviewed.
- We shall publicize all event- schedules via, social, print and radio mediums thus promoting Brand Equity by increasing loyal fans via our social platforms
- We will attend any functions requested by the sponsors to further promote our cause.
- Development
- Events that we will initiate on Camps bay, Muizenberg and in Blaauwberg beaches are: Reaching for your dream event, Sport is cool event and Celebrity Charity event where all prize monies go to charity and players win the honour of giving away the money to their chosen charity.
- We will promote and develop the sport at grassroots level giving sponsors serious returns on their CSRI. These sessions will all be documented and reports made up for the brands that assist
- Social Events and school events will be a priority to ensure that the team becomes a brand and that the youth aspire to get to the levels that we currently occupy.

Below are links of previous events:

[www.fivbdurban.co.za](http://www.fivbdurban.co.za)

<http://www.fivb.org/EN/BeachVolleyball/Competitions/Open/2013/Event/index.asp?Tourncode=WDUR2013>





# THANK YOU FOR YOUR TIME AND CONSIDERATION

FOR MORE INFO CONTACT US :

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