

# West's Wolves Volleyball

## 2026 Winter Season

### Team Memo 01

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To: West's Wolves Volleyball Team  
From: Warren Poh, Team Manager / Coach  
Date: 12 April 2026  
Subject: Team Memo 01 – Pre-Season, Training, Communication & More

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#### 1 Welcome to 2026

Hi Team,

Welcome to the upcoming season with the West's Wolves! Whether you're returning or new to the squad, we're excited to have you on board.

This year, our focus is on a strong, connected team culture, sharpening our skills, and enjoying competitive, high-energy volleyball. I'm excited to be working with you all again, helping out with the team management and making sure that you all can enjoy your volleyball as much as possible.

I have enjoyed meeting the majority of you over the last year or so – and am really looking forward to working closer with you all this year.

Some key changes:

- Eddie Wen and Leon Hoogenraad are joining us from West's Cosmos. Thanks for joining us team and making our team stronger together!
- We also have Tom Eggers joining us – Tom isn't 100% sure he'll be in for the whole season (e.g. Nationals) but he's keen to have a blat with us, keep fit and sharp.
- We also have Ian Johnson joining us – Ian is our youngster who plays both middle and opposite.
- Vencent is likely to be nationals only.
- Wes is our new assistant coach – if you annoy him enough he will bench you.
- Howie will be joining in on training here and there.

This will give us ~ 14 members on Sunday training which is epic, with some good drills and a good focus on the scrimmage at the end, I think we can all enjoy some high quality volleyball at least once, hopefully twice a week.

Cheers,

**Wazza**

## 2 Our Squad and Depth Chart

This year we have the following members.

Name
Jimmy Wang
Andrew Liu
Shin Imamura
Charlie Ross
Arama Thompson-Ruka
Coby Douglas
Amman Ishtiaq
Ian Johnson
Alex Grinlaubs
Tom Eggers
Eddie Wen
Leon Hoogenraad
Vencent Pangan
Wesley Van der Colff (Assistant Coach)
Warren Poh (Manager / Coach)

Our current depth chart reflects this:

Outside	Middle	Opposite	Setter	Libero
Jimmy	Amman	Charlie	Andrew	Shin
Eddie	Coby	Tom	Vencent	Alex
Leon	Arama	Ian		
Alex	Ian	Coby		
Tom		Leon	Tom	Arama
Charlie			Charlie	Charlie
Arama			Shin	

We will work together to ensure that you get a chance to play your preferred position, as well as try some of your other positions, all the while positively contributing to the team culture and the results over the course of the season.

## 3 Season Structure

We have roughly a season structure that is three phases. See the calendar later below for how this will relate to PVL, SZ and Nationals.

## 4 Training Details and Plan

Training Day: Sunday  
 Time: Typically, 5:30pm to 7:30pm  
 Venue: TBC

Please use the Team App in order to check each week, reminders will be sent when the time / date / location differs from the above.

I will be developing these in conjunction with some of the team – basically anyone that wants to be involved – if you're keen to contribute then please let me know.

## 5 Communication

Our main communication channel will be:

- **BenchApp** (On-court focused) | This is where we will share training times, match times, attendance to training (polls), duty responsibilities, etc. I will send the details about this very shortly. We will aim to be fully in BenchApp by the end of April.
- **Facebook Group** (Off-court focused) | This is where we will send reminders about checking BenchApp, memos such as this, communicate with each other, etc.
- **westsvolleyball.club** (Information only) | This is where there will be “static” information – match reports, season planners, money division stuff etc. You will all get a login for this.

If you're unavailable for any training session or match, please let me know as early as possible so we can plan accordingly.

## 6 Team Expectations

As Wolves, we hold ourselves to high standards—on and off the court:

- Be respectful of teammates, coaches, and officials.
- Give consistent effort and energy.
- Support each other during tough games and great wins.
- Stay committed to training and games.

At this stage, during pre-season:

- Priority for Set 1 Starting Six to those that attend training.
- Set 2 Starting Six will then be those that started on the bench for Set 1.
- Subject to feedback, mid-set substitutions will not be a priority during pre-season. We want to build combinations and trust between players.
- Set 3 we expect to be roughly 50/50, with some mid-set substitutions.

After pre-season we will do a check-in and make sure everyone is as happy as possible. We will modify this approach for Southern Zone and for Nationals.

## 7 Duty and Refereeing

We have the following people who have stepped up to be qualified as Regional Referees:

- Alex
- Jimmy
- Shin
- Leon
- Eddie

We will need more than this to survive the season. If you're registered and not listed then let me know.

We will share the duties between ALL players, once we understand the duty requirements, we will create a roster that you will be expected to fulfil unless you arrange otherwise.

## 8 Admin, Logistics and Team Roles

**Uniforms:** Jimmy is our uniform manager for new uniforms.

**Payment:** Adi is our Treasurer. We will advise on how subs will work shortly. Our current costs are not assuming any funding, so hopefully we get some of that coming through.

**Technical:** If you are passionate about helping to find us new drills to keep up interest, or help, then please reach out to me.

## 9 Questions & Feedback

If you have any questions, ideas, or concerns, feel free to reach out directly. I'm happy to chat at training or via message (021 367 929)

## 10 Looking Ahead

We've got a great season ahead, let's bring the energy this season—on court and off.

Go Wolves!  

# Wolves 2026 Season Planner

Updated 12 Apr 2026

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Welcome, Warren!

■ Phase 1: Pre-Season (10 wks) 
 ■ Phase 2: Competition (10 wks) 
 ■ Phase 3: Peak / Nationals (8 wks) 
 ■ PVL 
 ■ Southern Zone 
 ■ Nationals 
 ■ Training

	Apr	May	Jun	Jul	Aug	Sep	Oct
Mo			1 Kings Bday (no PVL)				
Tu			2			1	
We	1		3	1		2	
Th	2		4	2		3	1
Fr	3	1	5	3		4	2
Sa	4	2	6	4	1	5	3
Su	5 Training	3 Training	7 Training	5 Training	2 Training	6 Training	4 Training
Mo	6	4	8 PVL Round 1	6 No PVL (holidays)	3 PVL Champ R1	7 PVL Champ R5	5
Tu	7	5	9	7	4	8	6
We	8	6	10	8	5	9	7 Nationals
Th	9	7	11	9	6	10	8 Nationals
Fr	10	8	12	10	7	11	9 Nationals
Sa	11	9	13	11	8	12 Southern Zone 3	10 Nationals
Su	12 Training	10 Training	14 Training	12 Training	9 Training	13 Southern Zone 3	11 Training
Mo	13	11 PVL Grading 1	15 PVL Round 2	13 No PVL (holidays)	10 PVL Champ R2	14 PVL Semi-final	12
Tu	14	12	16	14	11	15	13
We	15	13	17	15	12	16	14
Th	16	14	18	16	13	17	15
Fr	17	15	19	17	14	18	16
Sa	18	16	20	18	15 Southern Zone 2	19	17
Su	19 Training	17 Training	21 Training	19 Training	16 Southern Zone 2	20 Training	18 Training
Mo	20	18 PVL Grading 2	22 PVL Round 3	20 PVL Playoff	17 PVL Champ R3	21 PVL Final	19
Tu	21	19	23	21	18	22	20
We	22	20	24	22	19	23	21
Th	23	21	25	23	20	24	22
Fr	24	22	26	24	21	25	23
Sa	25	23	27	25 Southern Zone 1	22	26	24
Su	26 Training	24 Training	28 Training	26 Southern Zone 1	23 Training	27 Training	25 Training
Mo	27	25 PVL Grading 3	29 PVL Round 4	27 PVL Prom/Relg	24 PVL Champ R4	28	26
Tu	28	26	30	28	25	29	27
We	29	27		29	26	30	28
Th	30	28		30	27		29
Fr		29		31	28		30
Sa		30			29		31
Su		31 Training			30 Training		
Mo					31 No PVL (no gym)		