

WestVic Academy of Sport

Dear Horsham College WestVic Academy of Sport athletes.

Please find details of the 2024 WestVic Academy. Plans for 2025 are still being confirmed, but this gives you a good guide of what you are applying for and what to expect if your application is successful.

WestVic Academy of Sport’s mission is to provide opportunities for Western Victorian athletes to be their best in sport and in life. To help achieve our mission everything we do as an Academy is led by our guiding values: Excellence, Resilience, Passion, and Connectivity.

These values allow us to lead the way for sporting success by guiding athletes on & off the field. In 2024, WestVic is very grateful to continue our partnership with Horsham College as we look to support Athletes in the Wimmera a little differently!

The Individual Athlete Support Model, designed for athletes across the Western region of Victoria, offers a unique opportunity for tailored and holistic support in their chosen sports. It is not a one-size-fits-all approach, as we recognize the diversity of needs among athletes and aim to guide you to excel not only in your chosen sport but also in life. Understanding the importance of balancing athletic commitments with other aspects of life, especially for junior athletes, we emphasize load management.

The model provides a comprehensive support structure encompassing performance, wellbeing, and financial assistance. Emphasising athlete development and community contribution, this program aims to empower athletes to excel both in their chosen sport and in life.

The foundation of this program stems from actively listening to the valuable feedback from athletes like you.

We understand the specific and often unique challenges you face, and our goal is to bridge the gaps, offering support that complements and enhances your journey without duplicating existing services. The gaps that we aim to address include direct support to athletes in an athlete management style, that can be tailored to the individual. Connection through our region and engaging with community networks to provide services. Increasing our ability to be inclusive and an opportunity for our athlete network to give back to the community.

**How Will It Work?**

Duration: 10-11 months per position (Feb/March – November)

Athlete Check-In Meeting

• 3-4 will take place across the scholarship and will be a mix of online & in person. WestVic Staff will aim to come up to Horsham for two of these meetings & complete with you at school.

• Athlete yearly plan document (considers training load, completion aims and life (school, study, work) & Milestone document will be developed and updated through the meetings.

**The first check in will occur in Feb/ March. Students will excuse themselves from class and should be prepared to contribute to their athlete yearly plan, mapping out some options from belows support areas.**

**Three Support Areas -**

The scholarship funds are divided into three areas of support – Performance, Wellbeing & Financial Support.

The scholarship holder will have access to $250.00 in each of the three areas. They will be able to select a service from our provided service list.

Performance Support Areas –

• Strength & Conditioning Program (RAD, FedUni, Local Coach)

• Performance Assessment (RAD)

• 1:1 Sport Specific Coaching Sessions (Dependent on Sport & Coach availability)

• High Performance Testing – Gait Analysis, VO2 Max ect (FedUni)

• Facilities access / membership

Wellbeing Support Areas –

• MSK Screening

• Physio appointments

• Remedial Massage

• Nutrition Performance Plans – (RAD, Nurture Nutrition)

• Sport Psychology – (Steve Rendell, Other)

• Rehabilitation/ Return to Play Plans – (Lake Health Group, RAD, other)

• Female Athlete Health Support – (Female Athlete Network)

• Performance Mindset Coach – (Sue Anderson, SPFE Mental Performance & other)

• School Tutoring

• Yoga or Pilates

• Allied Health & Surgery

Financial Athlete Support Fund –

Funds reimbursed for travel, accommodation, equipment, competition entry fees etc once receipt is provided.

**Milestones**

Athletes will need to complete each of the following as they receive their scholarship support areas.

• Sports Integrity Australia Course

• Australian Institute of Sport – Athlete Wellbeing Course (3-5 modules)

• Community Contribution – 4 hours of community service hours to be completed by each Athlete.

The WestVic x HC Athletes will also have access to

- 1 x Fitness Testing session on site

- WestVic Education series

- Uniform Item

**Cost & Commitment**

There is no financial cost to the Athlete & Support Network, it will be a full scholarship.

In turn, we ask for full commitment of the athlete for the duration of the year. We hope to see Athletes further their sport and personal development through the program, uphold the WestVic Guiding Values and find success in sport & life.

**Communication Channels**

To stay connected with our athletes and their support networks in the programs we will use email as the main channel of communication. Calls, messages and potentially the use of WhatsApp will also be likely, however, we will communicate this ahead of time.

WEBSITE LINK: https://www.westvicsport.org.au/

For more information, please contact either of our staff below.

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Yours in sport,

Regards

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Peak Performance Coordinator