



2025 WestVic Academy of Sport – Cycling Program

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.

2025 Program Aim - *The 2025 WestVic Cycling program aim is based on delivering practical skills, strategies and information over the course of the year to help build on your current level. To gain the most from the program it is advised you attend each monthly session. The program is inclusive to all but will be road focused this year.*

WestVic Academy of Sport offers Cycling Athletes' access to a range of services and resources to support athlete development and is complimentary to their existing training programs. The WestVic Cycling provides athletes the opportunity to access support in a range of areas, including:

Sport Specific

- 8 x WestVic sessions with WestVic Head coach Cam McFarlane
- WestVic sessions alternate between:
 - Gym & Skills based riding sessions out at Federation University
 - Rides in the hills out of Buninyong (Meet at Dynamite Café)
- Access to Elite Cyclist network for mentorship

Holistic Support

- WestVic Athlete Education series
- Community Network – Referral to Physiotherapy, Nutrition, Sport Psychology, Female Athlete support
- Online Strength & Conditioning program
- Cycling specific education – delivered at cycling sessions
- 2 x Fitness Testing sessions at Federation University

Our community network includes access to a range of consultants in a variety of areas such as Dietitians, Sport Psychologists and Female Athlete Support. As well as discounted services with our partners at Lake Health Group and the RADCentre.





Application Process

To apply for the WestVic Cycling program you must complete the form located on our website or at the bottom of this document. Within this form there will be questions relating to results, goals and your coachability as an athlete.

Applications will be put into two categories: -

Group A: minimum age of 16 (born 2009).

Group B: minimum age of 12 (born 2013).

There will be an open assessment session held Sunday the 9th of February. A registration form **must** be completed to attend the open assessment session, those who fill in the registration forms will be given the required details.

The open session form is located on our website and at the bottom of this document.

WestVic will liaise with our cycling coach and network regarding athlete selection. We encourage anyone who is interested in cycling to apply for the program.

Cost

The cost of an annual membership in 2025, inclusive of the above services and supports is = \$467.50 inc GST (Note: A deposit will be required upon acceptance. A tax invoice will be emailed to you with the membership documents, which outlines our payment options).

For more information on the WestVic Academy of Sport programs, please contact:

Scott Watson at scott.watson@federation.edu.au

Acting CEO

FedUni WestVic Academy of Sport

Website: [WestVic Academy of Sport - Home \(westvicsport.org.au\)](http://WestVic Academy of Sport - Home (westvicsport.org.au))

Cycling Program Application Form: <https://forms.office.com/r/0DnHG505ki>

