



## 2025 WestVic Academy of Sport x City of Ballarat Individual Athlete Scholarship

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 2025, WestVic is very grateful to again, have the support of the City of Ballarat through a Community partnership once again as we look to support Athletes individually.

The Individual Athlete Scholarship, 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 emphasise load management.

Available through an application process, the scholarship 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 scholarship 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. Increased ability to be inclusive and opportunity for our athlete network to give back to the community.

### How Will It Work?

The Individual Athlete Scholarship program will run concurrently with several other sport and school programs offered by WestVic. Here are some key details:

**Duration:** 10-11 months per position (Dec/Jan - October)

**Positions:** Up to 25 positions will be allocated

**Funding:** Supported by part one of the WestVic x City of Ballarat funding agreement

### What will the support look like?

#### **Athlete Check-In Meetings**

- 3 meetings will take place across the scholarship and will be a mix of online & in person
- Athlete yearly plan document (considers training load, completion aims and life (school, study, work) & Scholarship Milestone document will be developed and updated through the meetings





## Holistic Support Services

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 or discuss other support options with WestVic Staff.

### Performance Support Areas –

- Strength & Conditioning Programs
- 1:1 Sport Specific Coaching Sessions
- High Performance Testing – Gait Analysis, VO2 Max ect (FedUni)
- Facilities access / membership (RAD, FedUni Gym ect)
- Pilates or other cross training
- Injury Rehabilitation / Return to Play plans
- Pre-season training programs
- Online training software (Zwift membership)

### Wellbeing Support Areas –

- Vital 360 Recovery Treatments
- Sport Psychology
- Physio, Remedial Massage & allied health appointments
- Nutrition consults
- MSK Screening & Exercise Physiology consults
- Female Athlete Health Support
- Yoga & Mindfulness practice
- Surgery/ Medical consult fees
- School Tutoring

### Financial Athlete Support Fund –

Funds reimbursed for travel (flights & petrol), accommodation, equipment, competition entry fees ect 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 scholarship holder will also have access to

- WestVic Education series
- Uniform Item
- WestVic Wellbeing Network





## **Selection Guide**

**The intake process for the scholarship will include applications and interviews.** We aim to fill 25 positions for 2025, on a case-by-case basis. We will be taking a holistic approach to our selection, using our WestVic values as our guiding point. Some positions will be offered based on being ‘the difference between’, for athletes needing support in order to go further. We will be looking at Character, Performance & dedication in athletes – *those who operate above the line*. We will be consulting with our State Sporting Association contacts for each sport and we will also have an independent person on our selection panel to remain transparent.

## **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.

## **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.

APPLY HERE: <https://forms.office.com/r/ev6eXFbBkx>

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

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

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