

# High Performance Athletics Program 2023



## Program Outline

The Ballarat Regional Athletic Centre is excited to partner with the WestVic Academy of Sport (WVAS) to bring you the High-Performance Athletics Program in 2023! The partnership between the two organisations will create a new WestVic program specifically targeting athletics competitors across all disciplines. The program will involve aspects of High-Performance testing, Strength & Conditioning, Education sessions and Athletics specific content.

After a successful six-month program in 2022, the partnership will expand to include an **Emerging Athlete Program** for more athletes. This program is a partnership between WestVic & BRAC with support from Athletics Victoria's Target Talent Program (TTP) staff.

The program will have two groups, Podium Athlete group and Emerging Athlete group with difference performance support offered to both groups. Based on the athlete's placement and needs, the program aims to complement their current training programs.

Entry cost for the program in 2023, including the extras identified below can be found in the athlete offerings section.

**Applications for the 2023 Program open on Wednesday March 1<sup>st</sup> and will close at midnight on Sunday March 19<sup>th</sup>.**

All athletes who apply for the program will be considered based on the below criteria. To be considered for selection, athletes must submit all application items before the deadline. We will also be hosting an **Information session** about the program on **Thursday March 9<sup>th</sup>, 2023** – 4:30pm at Llamberris Athletics Track.

## Program Purpose

Ballarat currently has some of the best athletes in Australia, with several current Victorian Country Record holders and World Junior Qualifying results recorded over the past 12 months. BRAC under their new strategic direction, is committed to ensuring opportunities for athletes to develop and strengthen their ability through professional programs and access to training opportunities.

Developing a meaningful partnership between WestVic and BRAC will provide our athletes with opportunities to further their growth right here in Ballarat using the facilities at Federation University where WestVic is based.

## Program Sponsors & Partners

TBC - The program is currently working on obtaining sponsorships.

# High Performance Athletics Program 2023



## ***High Performance Program – Podium Athlete Group***

### **Main Service Areas (Podium Athlete Group)**

- 1) High level testing and data analysis on the athletes within the Ballarat region. High level testing through equipment available such as Vo2 Max testing, Gait analysis and potentially other discipline relevant testing (Testing is done based off availability, viability for athletes' discipline and FedUni feasibility).
- 2) A WestVic membership including all offerings across Physical Preparation, Education series, Wellbeing Network and Uniform items.
- 3) Opportunities for athletics specific education sessions

### **Involvement**

- Athlete Offerings
  - o 2 x Fitness Testing sessions (General: Yo-Yo test, 20 m Sprint, Vertical Jump, Agility/ reaction time)
  - o MSK Screening at Federation University (In line with screening protocol through TTP)
  - o 4 x In-person WestVic Education sessions and access to The Athlete Handbook podcast
  - o Access to WestVic Wellbeing Network & Resources
  - o Uniform items
  - o Athletics Victoria Specific Education Sessions
  - o Potential access to State Government Athlete Travel Grants for Athletes & Coaches
- High Performance Testing, relevant to discipline (eg; Vo2 Max test, Gait Analysis, Pressure Plates)
  - o HP Test report write up
- *Package offering\* – In addition to the above, **ONE** of the three offerings below can be selected by athletes to complete their program.*
  - o Strength & Conditioning Program at RAD or FedUni (Across Term 2 & 3 of school year, one session per week).
  - o Nutrition Package
  - o Massage Package

**Cost of Program** – TBC (Fees will be subsidised)

### **Criteria for Selection**

Must meet the following criteria (COMPOLSORY)

- Does not receive significant financial support from Athletics Australia/NASS or any State Sporting Institute
- Minimum age of 16 as of 31/12/2022 (If under 18 must have parental or guardian consent)
- Current state/national/international U20 ranking *if applicable*
- Current state/national/international senior ranking *if applicable*

Additional criteria for selection:

- Demonstrated a commitment to athletics
- Demonstrated improvement with potential to achieve elite status
- Previous and current State/National/International title results
- Previous National and International Championship attended (Results and year attended included)

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## ***High Performance Program – Emerging Athlete Group***

### **Main Services Areas**

- 1) Access to general testing protocols for high level emerging athletes (Yo-Yo test, 20 m Sprint, Vertical bound, Agility/ reaction time)
- 2) A WestVic membership including all offerings across Physical Preparation, Education series, Wellbeing Network and Uniform items.
- 3) Opportunities for athletics specific education sessions

### **Involvement**

- Athlete Offerings
  - o 2 x Fitness Testing sessions (General)
  - o MSK Screening at Federation University (In line with screening protocol through TTP)
  - o 4 x In-person WestVic Education sessions and access to The Athlete Handbook podcast
  - o Access to WestVic Wellbeing Network & Resources
  - o Uniform items
  - o Athletics Victoria specific Education session
  - o Potential access to State Government Athlete Travel Grants for Athletes & Coaches
- *Package offering\** – In addition to the above, **ONE** of the three offerings below can be selected by athletes to complete their program.
  - o Strength & conditioning Program at RAD or FedUni
  - o Nutrition Package
  - o Massage Package

**\*PLEASE NOTE – this is subject to change, as it is in its initial stages, and we are working on these options with suppliers. Further information to come when finalised\***

**Cost of Program** - \$467.50 (inc GST)

### **Criteria for Selection**

Must meet the following criteria (COMPOLSORY)

- Does not receive significant financial support from Athletics Australia/NASS or any State Sporting Institute
- Minimum age of 14 by 31/12/2023 (If under 18 must have parental or guardian consent)
- Letter of support from coach or club

Additional criteria for selection

- Demonstrated a commitment to athletics
- Demonstrated desire to achieve elite status
- Previous and current State/National title results

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## Selection Process

Once open, online application forms will be sent via the centre and clubs to junior members, only those that meet the compulsory criteria will be considered. Members from outside of BRAC are encouraged to apply, however the BRAC subsidy will not apply if you are not a member from one of five athletics clubs tied to the centre.

All applications received with full information will be taken into consideration by the selection committee formed from members of BRAC and WestVic. The committee will base selection off the criteria above and will check rankings and previous results from state and national competitions and liaise with Athletics Victoria.

All members who apply for the Podium athlete group will automatically be eligible for the Emerging program if seen as better suited. All applicants will be consulted during the process.

## Timelines

*Applications Open* – Wednesday March 1st, 2023

*Program Info Session* – Thurs 9<sup>th</sup> March at Llanberris from 4:30pm

*Applications Close* – Sunday 19<sup>th</sup> March 2023

**APPLICATION FORM:** <https://forms.office.com/r/vgi3F6dJ3M>

## Contact Details

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