

## High Performance Athletics Program



### Description

The Ballarat Regional Athletic Centre is excited to partner with the WestVic Academy of Sport (WVAS) to bring you the High-Performance Athletics Program! 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 seminars and Athletics specific content.

An initial six-month program has been set up to trial the partnership with six high level BRAC athletes selected to join the initial program at a reduced costs with BRAC committed to partially funding entries. This program is a partnership between WVAS & BRAC with support from Athletics Victoria's Target Talent Program (TTP) staff. This program is an opportunity to create an athletics specific high performance and development program here in Ballarat.

Entry cost for the program over a six-month period including the extras identify below, can be found in the athlete offerings section.

This trial program over the next six months will form a base to potentially expand the program in 2023 and open up more athlete spots within different programs next year. This partnership has the capacity to expand in future years to include further athletes and development opportunities into 2023 and beyond.

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 (Monday June 13<sup>th</sup>).

### 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 the WVAS 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.

### Main Service Areas (Six-month trial program)

- 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 and viability for athletes' discipline).
- 2) A WVAS general membership including all offerings across physical preparation, education series, wellbeing network and uniform items.
- 3) Opportunities for athletics specific education sessions

### **Involvement – 6 MONTH PILOT PROGRAM (July- December)**

- Athlete Offerings
  - o 2 x Fitness Testing sessions (General & Specific High Performance based on athletes)
  - o MSK Screening at Federation University (In line with screening protocol through TTP)
  - o 12 Week S&C Program with RAD session (One session per week)
  - o Access to WVAS Education series and potential Athletics Victoria sessions
  - o Access to WVAS Wellbeing Network
  - o Uniform items
- High Performance Testing, relevant to discipline (eg; Vo2 Max test, Gait Analysis or Pressure Plates)
  - o Athletics Victoria specific Education session
  - o 1 on 1 athlete & coach goal setting review sessions

**Cost of Program** - \$300 per athlete (GST Included)

### **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)

### **Selection Process**

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 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, national and international competitions and liaise with Athletics Victoria.

Once the athletes have been selected, they will be notified on their entry into the program and will receive an introductory email outlining next step forward. All athletes who are unsuccessful in their application should keep an eye on future opportunities within the partnership.

***Applications Open – Wednesday June 1<sup>st</sup>***

***Applications Close – Monday June 13<sup>th</sup> (COB)***

**Application JotForm** - <https://form.jotform.com/221440822421039>



## Contact Details

BRAC Hub-Manager – Ashley Anderson

[admin@bracballarat.com.au](mailto:admin@bracballarat.com.au)

03 5332 1214

WestVic EO – Shenae Keleher

[wvas@federation.edu.au](mailto:wvas@federation.edu.au)

0417 044 419

WestVic Academy of Sport - <https://www.westvicsport.org.au/>

Ballarat Regional Athletic Centre - <http://ballaratregionalaths.com.au/>

