



2024 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.

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:

2024 Program Aim - In 2024 the WestVic Cycling program aims to provide a taste of high-performance cycling to those athletes keen to learn and take the next step. The program will be inclusive to all, with you being able to participate on any bike you have and any discipline you ride in, whether its Road, Track, BMX or Mountain Biking.

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)
 - Track sessions at Ballarat Velodrome
- Road Nationals Preparation Ride – (Nov/Dec)
- Access to Elite Cyclist network for mentorship

Holistic Support

- WestVic Athlete Education series
- Community Network – Referral to Physiotherapy, Nutrition, Sport Psychology, Female Athlete support
- WestVic Uniform items
- 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.

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. Regardless of whether you ride Road, Track, Mountain bike or BMX, if you have a bike then Cam will cater for you.

Cost

The cost of an annual membership in 2024, 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

Athlete Services & Program Coordinator

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

Cycling Program Application Form: <https://forms.office.com/r/GSnH8K5Fmc>



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