

2023 WestVic Academy of Sport – Cycling Program

In 2023 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. The WVAS Cycling provides athletes the opportunity to access support in a range of areas, including:

Athlete Education

- WVAS Athlete Education series
- Ticket to Olympian's Address dinner
- Wellbeing Network – Referral to Physiotherapy, Nutrition, Sport Psychology, Female Athlete support & more
- WVAS Uniform items

Our Athlete Education series runs throughout the year and includes a complimentary ticket to our end of year dinner with a guest speaker. We cover a range of topics in our Athlete Education Series, with the four main topics including Injury Prevention, Nutrition, Sports Integrity and Sports Psychology. In 2023 we will have four in person sessions (1 per school term) and an accessible Podcast series – 'The Athlete Handbook', which will be made available throughout the year so that athletes can jump in and out when suits them best.

Our wellbeing 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.

Physical Preparation

- Access to weekly S&C sessions at FedUni during Term 2 & 3.
- Musculoskeletal screens
- Fitness Testing

Strength and conditioning (S&C) sessions run during Term 2 & 3 at Federation University in the S&C room. The purpose of WestVic S&C sessions is to educate athletes on the importance of strength and conditioning training as a means of injury prevention, as well as the teaching performance and overall wellbeing benefits. Each athlete is fully supported by a coach for each session who will develop their programs and guide them through all the proper movements and techniques within their program.

Musculoskeletal screens are available at the start of the year at Federation University, undertaken by Masters of Exercise Physiology students. Fitness testing will also be available to all athletes at during this time, to collect data that is able to be used when our coaches develop each athlete's strength and conditioning program.

Sport Specific

- WestVic sessions with WVAS Head coach Cam McFarlane (Approx. 8 sessions)
- WestVic sessions alternate between:
 - Gym & Skills based riding sessions out at Federation University
 - Bunch rides in Dunkeld
- Road Nationals Preparation Ride – (Nov/Dec)
- Access to Elite Cyclist network for mentorship

Program Outline & Application

The aim of the WestVic program is to provide athletes with training and support that is regionally based and within a supportive environment.

To apply for the WestVic Cycling program you must complete the form located on our website. 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 2023, inclusive of the above services and supports is \$467.50 (GST inc). *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.*

Operoo

WVAS uses Operoo to manage all communications and athlete information. Any required forms (such as permission forms, membership forms) will be easily accessible on Operoo, as well as also running bookings for MSK Screens, S&C sessions, and other events.

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

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Athlete Services & Program Coordinator

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