

2023 WestVic Academy of Sport – Golf Program

WestVic Academy of Sport offers Golf Athletes' access to a range of services and resources to support athlete development and is complimentary to their existing training programs. The WVAS Golf program is supported by Golf Victorian and the Golf Foundation, and 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) gym 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 fundamental 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 Golf Skill sessions with WVAS Head coach Andrew Cartledge (Approx. 6 sessions)
- (2x) High Performance Days sessions with PGA Professional Travis Harrison at the Sandringham Golf Facility and Ballarat Golf Course
- Invitation to Victorian Regional Academies of Sport (VRAS) Inter-Academy Challenge Tournament and High-Performance weekend at 13th Beach Golf Course with entry costs covered by WVAS.

The aim of the WestVic Golf program is to provide athletes with training and support that compliments the training they already complete with their clubs & coaches. Golf Australia supports the WVAS Golf program and provides athletes with opportunities for development through their Inter-Academy training days and competitions, as well as High-Performance training days and providing access to accredited coaches.

Program Intake

WestVic Junior Program

In 2023, the WestVic Golf Program will be trialling an expansion in the age brackets that we cater for. This will see WestVic support local golfers from 10 years old onward. This ensures we encapsulate athletes already performing at a high level within their respective age groups.

To ensure we cater for this change in the best way for athletes, the junior athlete age bracket will be those aged 10-13 years old. The junior athletes will train at a separate time to the Seniors (13+) with a cross over time for collaboration, working closely with WVAS Golf Coach Andrew Cartledge to further develop their skills and ability.

For our WestVic High Performance sessions, both the Junior and Senior programs will come together as one. This gives the younger athletes an opportunity to gain exposure to the Senior pathway program which they will integrate into if they continue in the WVAS pathway.

The Junior program will come at a decreased cost as opposed to the Senior program, as the elements of strength & conditioning, fitness testing and some athlete education sessions are removed until they reach the Senior program. The aim of the Junior program is to support junior athletes and lead them into the next stage of our pathway program so they can continue to further their golf skills.

WestVic Senior Program

The Senior tier is targeted at ages 14 and above, and selects athletes based on their performance and handicapping. Just like the Junior program, Senior athletes will train at a separate time to the Juniors but will join as one group for High Performance sessions.

The WVAS Senior athletes will have full access to the Athlete Education series and all strength and conditioning, MSK screens and fitness testing offerings. They will also be invited to the Inter Academy Challenge at 13th Beach Torquay. Therefore, the WVAS Senior golf athlete membership will be charged at our standard membership fee.

Selection Criteria – Senior Athletes

To be eligible for selection for the WVAS Golf program, you will need to complete the application form on our website. Within the form there are questions relating to your most recent performances, so make sure you add as much detail as possible. Criteria for the WVAS Golf program requires athletes to have a handicap of 20 or less. WVAS also selects athletes based on their coachability as an athlete, recent performance results as well as other contributing factors such as commitment and keenness to learn.

Selection Criteria – Junior Athletes

This year as we are trialling the program and therefore the Junior athletes will be selected based on their current performance levels and will be contacted directly from WVAS.

Cost

Senior Athlete Program: The cost of an annual membership in 2023, inclusive of the above services and supports is \$467.50 including GST (*Note: payment is not required upon acceptance. A tax invoice will be emailed to you with the membership documents*).

Junior Athlete Program: The cost of an annual JUNIOR membership in 2023, inclusive of the above services and supports is \$325.00 including GST (*Note: payment is not required upon acceptance. A tax invoice will be emailed to you with the membership documents*).

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.

Pathways

The WestVic Academy of Sport falls under the Tier 4 State Talent ID Programs. More information: [High Performance | Golf Australia](#)

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

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Athlete Services & Program Coordinator

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