

2023 WestVic Academy of Sport – Individual Athlete Program

WestVic Academy of Sport offers Individual athletes access to a range of services and resources to compliment the training and coaching that they are completing within their chosen sports. The aim of our Individual Athlete program is to provide holistic support to athletes across a taste into strength and conditioning, physical preparation, access to education sessions, wellbeing resources and more.

Athlete Education & Support

- 4 x In Person WestVic Education sessions
- The Athlete Handbook Podcast
- Wellbeing Network & Resources– Contacts to Physiotherapy, Nutrition, Sport Psychology, Female Athlete support & more
- WVAS Uniform items
- Potential access to State Government Athlete Travel grants

Our Athlete Education series runs throughout the year and includes a complimentary ticket to our end of year Olympian Address dinner. We cover a range of topics in our Athlete Education Series, 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 the RADCentre and FedUni during Term 2 & 3
- Access to a 10-visit pass for the Pool & Gym at Federation Health, Sports & Aquatic Centre
- A Musculoskeletal screening
- 2x Fitness Testing sessions

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.

Program Outline

WestVic understands that competing as an individual athlete is tough at times, navigating pathways, contacts, coaching, schedules, sponsors and all while balancing school and life. WestVic sits under the Victorian Institute of Sport and works with a number of State & National sporting organisations. Our Executive Officer is always happy to offer to meet with each of our Individual Athletes to see where we may be able to assist further. Be it getting a contact at a State Sporting Body, putting together a sponsor proposal or assisting with an injury, we hope to tailor our service as best we can.

Selection Criteria

Selection into the WVAS Individual Athlete Program will be based on your recent performances and results in your chosen sport. We understand that each sport has a different levels of competition and results pools, so each application will be reviewed on a case by case basis, therefore there is not a one size fits all criteria for this program.

Cost

The cost of an annual membership in 2023, inclusive of the above services and supports is \$467.50 (inc GST).
(Note: We have a range of 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.

Link to apply for 2023: <https://forms.office.com/r/x0dHvWq2AD>

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)