

2023 WestVic Academy of Sport – Netball Program

WestVic Academy of Sport offers Netball Athletes' access to a range of services and resources to support athlete development and is complimentary to their existing training programs. The WVAS Netball program is supported by Netball Victoria and is included within the Netball Pathway Framework, and provides athletes the opportunity to access support in a range of areas, including:

Athlete Education

- 4 x In-person WestVic Education sessions and access to the Athlete Handbook podcast
- Ticket to Olympian's Address dinner
- Wellbeing Network and Resources – Referral to Physiotherapy, Nutrition, Sport Psychology, Female Athlete support
- 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 accessible education interview session on our Podcast – 'The Athlete Handbook', which will be made available throughout the year.

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 at FedUni
- Fitness Testing (Yo-Yo test, 20 m Sprint, Vertical bound, Agility/reaction time)

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.

Sport Specific

- (8x) WVAS training session with WestVic Headcoach, Kate McMahon
- Netball Victoria Education sessions
 - Nutrition evening end of term 1
 - Sports Psychology
 - Wellness – Tegan Philip and a Vixen player
- Invitation to the Victorian Regional Academies of Sport (VRAS) Netball Inter Academy Day hosted by Netball Victoria at the State Netball Centre.

The aim of the WestVic Netball program is to provide athletes with training and support that compliments the training they already complete with their clubs & coaches. The WestVic netball program focuses on preparing athletes for the Netball Victoria Talent Academy Trials. WestVic netball sessions run in three intensive training blocks, with each session being approximately 90 minutes long.

NETBALL VICTORIA PATHWAYS INFORMATION: [VICTORIAN REGIONAL ACADEMY OF SPORT - Netball VIC](#)

Selection Criteria

To be eligible for selection for the WVAS Netball program, you will need to attend our trial day and meet the minimum age of 13 years and above. Please register your interest for the trials via the link on our website. The trials will be based on court experience, skills, and coachability as an athlete.

Cost

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*).

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)

