

## 2022/23 WestVic Academy of Sport – Rowing Program

WestVic Academy of Sport offers Rowing Athletes' access to a range of services and resources to support athlete development and is complimentary to their existing training programs. The WVAS Rowing program is supported by Rowing Victoria 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
- 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 the RADCentre and FedUni during Terms 2 & 3.
- Musculoskeletal screens
- Fitness Testing

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 this time, to collect data that is able to be used when our coaches develop each athlete's strength and conditioning program.

### Sport Specific

- Rowing Victoria High Performance Day (Melbourne based)
- Rowing Victoria Education session Ballarat

The aim of the WestVic Rowing program is to provide athletes with off season training and support that compliments the training they already complete with their clubs, coaches and schools. The program focuses on off season preparation through S&C, nutrition, sport psychology and mentorship. This is a preparation program that will have NO on water training.

### Selection Criteria

To be eligible for selection for the WVAS Rowing program, you will need to complete the application form on our website. Within the form there are questions relating to your most recent performances, including both 1000m and 2000m erg times. Add as much detail as possible. WVAS selects athletes based on recent performances and coachability as an athlete, as well as contributing factors such as commitment and ambition to learn. WestVic will be working with Rowing Victoria to determine the selection of athletes. Priority will be given to those who are 15 years or older and in senior or intermediate rowing programs.

### Cost

The cost of an annual membership in 2023, inclusive of the above services and supports is \$467.50 (inc 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)

