

2022/23 WestVic Academy of Sport – Swimming Program

WestVic Academy of Sport offers Swimming Athletes' access to a range of services and resources to support athlete development. The WVAS swimming program is endorsed by Swimming Victoria, and provides athletes the opportunity to access support in a range of areas, including:

Athlete Education

- Swimming Victoria Education sessions
- WVAS Athlete Education series
- Ticket to Olympian's Address dinner
- Wellbeing Network – Physiotherapy, Nutrition, Sport Psychology, Female Athlete support

Our Athlete Education series runs throughout the year and includes a complimentary ticket to our end of year dinner at the North Ballarat Sports Club with a special guest speaker. Some of the topics covered in our Athlete Education sessions includes Injury Prevention, Nutrition, Sports Integrity, and Sport Psychology. Athlete Education sessions will be a mix between in person and online sessions.

Our wellbeing network includes access to a range of consultants in a variety of areas such as nutritionists, sport psychologists and female athlete support. As well as discounted services with our partners at Lake Health Group.

Physical Preparation

- Access to weekly S&C sessions at the RADCentre & FedUni during Term 2 & 3.
- Access to remote programs prior to Term 2
- Musculoskeletal screens
- Fitness Testing

Musculoskeletal screens are available in early Term 1 at Federation University, undertaken by Masters of Exercise Physiology students. Fitness testing will also be available to all athletes at the start of the year, to collect data that is able to be used when our coaches develop each athlete's strength and conditioning program.

Sport Specific

- 2x Swimming Victoria High Performance Training Days
- 4-5 WVAS Swim squad sessions
- WVAS Apparel item

The aim of the WestVic swimming program is to provide athletes with training and support that compliments the training they already complete with their clubs. WestVic collaborates with Swimming Victoria to ready athletes for further pathway programs. We aim to host two High Performance training days,

run by Olympic Coach Wayne Lawes in collaboration with the Barwon Sports Academy, to provide athletes the opportunity to gain insight and exposure to different coaches and environments without having to travel to Melbourne. In 2023, we are hoping to line up a guest coach for one of our WestVic pool session and continue to have all our Swim sessions across the program open for all coaches to attend with their athletes, as we hope to foster a collaborative space.

Selection Criteria

To be eligible for selection for the WVAS swimming program, you need to be aged 13 and above and meet one or more of the following criteria:

- Top 5 finish at either Long Course or Short Course Country Championships within the last 12 months
- Already apart of a Swimming Victoria pathway program.
 - Junior Talent Program
 - Country Development Program
 - Performance Program (Pool, Open Water & Multi Class)
 - State Flippers Program
 - National Flippers Program

In the circumstances that an athlete doesn't meet one or more points of the selection criteria, WestVic can also select athletes at their own discretion. The athlete may be required to provide supporting documents such as a coach's reference or recent results. **We encourage everyone who is interested to apply!**

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 \(westvicsport.org.au\)](https://westvicsport.org.au)

