



*FedUni
WestVic
Academy
of Sport*

Prospectus

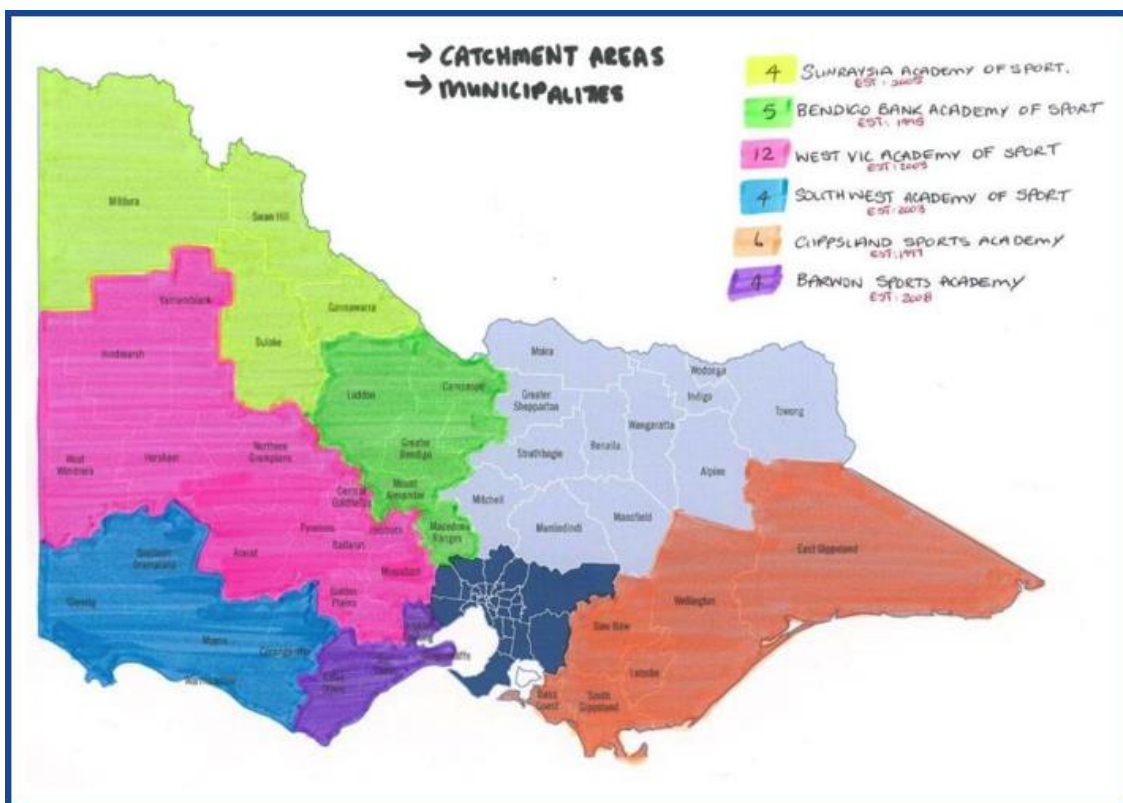
Background Information

What is the WestVic Academy of Sport – The Business?

The WestVic Academy of Sport was developed by Local Sporting and Business personalities in partnership with Sport and Recreation Victoria in 2003 to act as the pathway from grassroots sport to state, national or even international representation.

The Academy is one of six regional academies of sport which have been established by the Victorian government. The Academy receives an annual financial contribution from the Victorian government. The remainder of the Academy's finances are secured from sponsorships and athlete levies.

The Academy services all or part of the Local Government Authorities of Moorabool, Hepburn, Ballarat, Pyrenees, Ararat, Northern Grampians, Horsham, Yarriambiack, West Wimmera, Hindmarsh, Central Goldfields and Golden Plains. The catchment extends over 400 km and includes a population of approximately 250,000, and is highlighted in pink below.



What is the WestVic Academy of Sport – The Activities?

WestVic Academy of Sport (WVAS) provides a systematic approach to deliver opportunities for promising athletes and coaches across all sports; being access quality coaching and support services (e.g. strength & conditioning, musculoskeletal screening, sport science & testing, personal development & mentoring, sport psychology and nutrition education). For this to succeed into the future, it is important to continue fostering collaboration between the Academy and key stakeholders (Local and State Sporting Associations, Federation University, Local Schools and Suppliers, Victorian Institute of Sport).

“We are working with athletes and their supporters to deliver specialist services to help them succeed”.



What are the Mission and Goals of the WestVic Academy of Sport?

Vision

The WestVic Academy of Sport will provide talented Western Region athletes with access to coaching and education programs of excellence, assisting them to reach their full sporting and personal potential and enhance their access to pathways to State and National representation.

Mission

The WestVic Academy of Sport will provide talented Western Victorian regional athletes with access to coaching and education programs of excellence, assisting them to reach their full sporting and personal potential and enhance their access to pathways to state and national representation.

We are working with athletes and their supporters to deliver specialist services to help them succeed.

Strategies

In order to achieve the goal of the Academy the following strategies will be pursued:

- Promotion and provision of specialised coaching;
- Provision of pathway opportunities for developing athletes and coaches to State and National levels through links with State Sporting Associations, the VIS and the AIS;
- Provision of sport science to athletes and coaches;
- Provision of personal development opportunities for athletes and coaches;
- Promotion of the western region of Victoria as a Region for Sports Excellence.

Assist in developing a clear 'talented athlete pathway'

There is an urgent need to maintain clear pathways to assist and support the development of talented junior athletes who do not partake in the 'larger' sports of Australian Rules Football, Netball and Cricket. The WestVic Academy is a body which undertakes such a role.

Help Tackle Challenges for Athletes, Coaches, Officials presented by living regionally

Talented and emerging athletes, coaches and officials are often faced with a number of disadvantages over their counterparts in the metropolitan areas. These include:

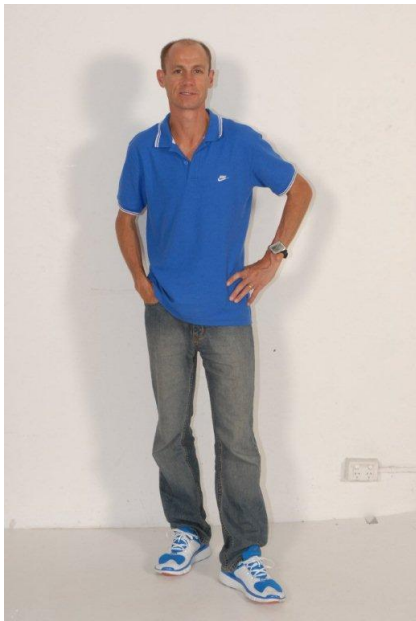
- Cost of access to quality coaching;
- Large distances to travel for competition and training;
- Limited involvement in elite development programs;
- Limited exposure to selectors of higher level teams and squads;
- Less opportunity to participate regularly in high level competitions; and
- Limited access to quality training facilities



Who are the Ambassadors of the WestVic Academy of Sport?

The WestVic Academy of Sport has supported many young talented athletes over its 14 years to date. Many of these athletes have progressed to the highest levels of their sport, and WestVic is proud to both have helped them on the high performance journey and maintain an involvement with them as ambassadors.

Steve Monaggetti – Academy Patron > Marathon Running



“As Patron of the WVAS I am proud of the work we are doing to support sporting talent from the Ballarat region.

It is through the united effort of the organisation, supporters & sponsors that we are enabling our sportspeople to run towards their goals”.

I am delighted to be the Patron of the WVAS as I know from personal experience how hard it can be to succeed in sport from a regional location.

I began as an aspiring runner and was lucky enough to have a good support network of family, friends and training partners who bought into my dream and provided strong assistance to allow it to come to fruition.

It is no longer necessary to get “lucky” as the specialist services provided by the Academy ensure if you have the dedication & commitment then progress will be made. They offer comprehensive support and make you feel like an integral part of the team heading along the journey together.



Alethea Sedgman – Academy Ambassador > Shooting



“WestVic allows talented athletes in rural and remote areas to access high quality support and committed services to developing their potential to gain success through their local area. It allows the potential of athletes to be depicted through an abundance of supportive services to cater for the individual with a strengthened care for their overall wellbeing”.

In 2007 I began rifle shooting (smallbore), in the discipline prone, with my father and sister at the Horsham Smallbore Rifle Club. I then progressed to a training camp in 2008 and was noticed by one of the national team coaches. They suggested that I tried shooting in the disciplines of air rifle and then possibly Three-position, as this is the areas mainly for women at an Olympic/ national level

Within that year I began shooting air rifle and within December 2008 I began shooting three-position. At a youth national event I managed to be noticed for my potential by the head national team coach.

Within the beginning of 2009 I was in the national team and I was sent to my first international event where I placed third individually as the top female Australian shooter at the event. I attended other events both nationally and internationally that year and was increasing in score and ability at each event.

In 2010 I was one of the top female shooters in Australia and was sent to the Commonwealth Games where I won the three-position event and competed in air rifle. Many World Cups occurred during this time period and in 2012 after back issues I maintained air rifle and qualified for the Olympic Games in the event. I got there due to the success of my partner, Chris, earning the quota place for my attendance. After much difficulty with my back I struggled with my scores but after a change in position and new confidence developed from the support of my partner/ coach at the time I managed to earn a place at the Glasgow commonwealth games where I placed tenth overall.

Chloe McIntosh - Former WestVic Athlete Ambassador > Cycling



“For me, WestVic was the stepping stone that created the pathway, opportunity and support that allowed my passion for cycling to grow”.

“Access to coaches, nutrition support, psychologists, strength and conditioning coaches and massage therapists allowed me to progress in my chosen sport. I am a wiser and better person because of the WestVic Academy”.

It's all too easy to forget what it is that inspired me to take up cycling- was it the freedom, the speed, the friendships, the pain or simply the enjoyment of achieving? I cannot pinpoint the exact feeling or moment that got me hooked but cycling has certainly shaped my life towards good health and a broad friendship group.

Cycling is a demanding sport; physically, emotionally and financially. I would not be where I am today without the support from WestVic Academy.

From the very beginning in 2008, WestVic created a cycling culture and atmosphere that I wanted to be a part of. I was exposed to what life was like as a professional cyclist, the demands, the sacrifices, the expectations, the highs and the lows of the sport. I was educated about the importance of furthering my education, having a balanced lifestyle and not putting all my eggs in one basket.

Since my time at WestVic, I have graduated from Deakin University, I have commenced a professional career in the workforce, I continue to race at a national level, competing at the highest recognised level for women's cycling in Australia. I signed with the second-highest ranked Australian women's cycling team- CBR Women's Cycling Team, in 2013 and continue to compete with them.



WestVic Academy of Sport Services Guide

Strength & Conditioning

Through the use of the Professional Practice division of the FedUni's Exercise Science section; where possible, each program/individual athlete is assigned a number of Professional Practice students to undertake the Strength and Conditioning component of the program.

These students, in consultation with the athlete's coaches, parents and WestVic-appointed supervisor, develop a program for athletes to undertake. This includes one of or a mix of the following delivery methods:

- On-court/In-session group activities
- Weight Room/In-session group activities
- Home or gym based off-court strength and conditioning program.

The activities integrate the Musculoskeletal Screening results, Coach and Athlete input and advice from the WestVic-appointed Strength and Conditioning Supervisor. Periodical fitness tests may also be used to help revise each athlete's program.

Physical Screening – Musculoskeletal Screening

Musculoskeletal screening represents a critical component of medical screening among athletes. Musculoskeletal screening entails a series of physical assessments to determine the health and function of joints, nerves, muscles and other connective soft tissue. Musculoskeletal screening is an important component of preventive and treatment athlete.

The musculoskeletal screenings for WestVic are performed by exercise physiologists who have specific training in the orthopaedic and exercise sciences; or by postgraduate students studying to enter this field. In the case of students performing the work, they are supervised by practitioners.

The purpose of the routine screenings is to obtain musculoskeletal profiles of all athletes through the assessment of various physical components such as;

- joint and muscle ranges of motion (ROM),
- indicators of movement control and stability,
- postural and movement alignment, and
- proprioceptive balance.

These assessments help determine any problematic or vulnerable aspects of the athlete's physical condition that could predispose the athlete to injury during participation in training or competition. Musculoskeletal screening protocols contain core screening tests across all sports, as well as particular assessments for sport-specific injury risk identification.

At the completion of the musculoskeletal screening, an accredited exercise physiologist considers results from the assessments and often suggests strength and/or stretching exercises or modifications to an athlete's training program or, in severe cases, refers the athlete onto a specialist medical physician. Coaches are also alerted to areas of concern and given recommendations about modifying the athlete's training program to minimise the risk of injury to the athlete.

Past injury assessment

A second core aim of screening is to record the details of athlete results and significant past injuries, and to assess for any ongoing effects of training / sporting postures and the mechanics of the injured and non-injured parts of the body.

Looking for injury trends

Recording of injuries and areas of concern across the whole WestVic also enables us to identify and correct patterns of injury which may arise from any number of external factors, such as training programs, training surfaces, intensity of training or competition, etc. This type of information helps each sport to understand the importance of screening, and enhances athletes' willingness to adhere to their exercise regimens.



Personal Development

- **Sport Psychology**

Topics covered are chosen by each sport program – based on athlete needs. Examples:

- Performance Profiling (to identify the training objectives of mental skills for athletes and make it easier for athletes to use mental skills).
- Goal Setting (to assist in planning, organising, and evaluating).
- Imagery (to enhance physical and psychological skill execution in a given situation of performance).
- Concentration and Attention (to assist athletes to focus on the right cues and stay focused).
- Arousal and Anxiety Management (to help develop an ideal performance state).

- **Nutrition**

Topics covered are chosen by each sport program – based on athlete needs. The aim is to provide athletes with sound nutritional advice to not only promote enjoyment associated with food and eating but also support optimal sporting prowess. Topics generally cover:

- Ensuring a balanced dietary intake not only for good health but also for peak athletic performance.
- Ensuring correct distribution of carbohydrates for adequate energy and recovery during both competition and pre-competition.
- Tailoring nutritional intake required for training workloads, performance and recovery.
- Understanding the role of carbohydrates, proteins and adequate fluid during sport and on a daily basis.
- Ensuring athletes have a good understanding of the strategies required to meet estimated nutritional requirements essential for each particular sport.
- Ensuring athletes have adequate amounts of micro and macro nutrients to make certain deficiencies are unlikely which could lead to poor performance, recovery and increase the likelihood of injury.
- Ensuring athletes have a good understanding of foods required for different times during a competition cycle including: pre event, during and post event in order to promote best performance.

- **Drugs in Sport**

Athletes will complete the Level 1 “e-learning course” from ASADA as part of their program. Each year, athletes will be extended into further courses in this important area. The objective is to ensure athletes have an understanding of key concepts in this topic, should they ever be asked to complete a drug test at major competition or training.

- **Other**

The Academy can also provide athletes with exposure to topics which influence performance in both sport and life for athletes, such as: Time Management: Balancing work, school and sport; Media skills. Experts, including the “Ballarat Olympians” are used to deliver here.

Sport Science

- **Fitness Testing**

Athletes are provided with various fitness testing activities and sessions to measure capabilities, we assure our athletes get the best out of themselves with their fitness working alongside our staff.

- **Biomechanical/Technique/Performance analysis**

With the use of the “Dartfish” program and videoing, we can analyse and evaluate sporting techniques and prescribe corrective strategies and methods to improve technical performance.



Current Athlete Stories and Testimonials

Emma Werner

Hammer Thrower Emma Werner, WestVic's very first "Individual Athlete" member, is in her sixth year with WestVic. Over her time she has been receiving personalised strength and conditioning training; has had access to individual Sports Psychology sessions and receives tailored Nutritional consultations. In addition to this, she has also had the benefit of biomechanical filming to view her technique. This has enabled her and her coaches to view her technique, and make changes where required. During her time to date at WestVic, her personal best has improved 20 metres.

Since first qualifying for the Open National Championships in 2014, Emma's highlights have been:

- 2017 Australian Athletics Championships - Open Women's Hammer Throw
- 2016 Australian Athletics Championships - Open Women's Hammer Throw
- 2015 Northern Territory Athletics Championships - Winner Open Women's Hammer Throw
- 2015 Australian Athletics Championships - Open Women's Hammer Throw
- 2015 Victorian Athletics Championships - Open Women's Hammer Throw
- 2014 Northern Territory Athletics Championships - Winner Open Women's Hammer Throw
- 2014 New Zealand Athletics Championships - Open Women's Hammer Throw
- 2014 Australian Athletics Championships - Open Women's Hammer Throw
- 2014 Victorian Athletics Championships - Open Women's Hammer Throw
- 2014 IAAF Tasmanian Grand Prix (Briggs Classic) - invitee to compete.

Previous to that first qualification at National Level, Emma was selected to represent Australia in 2012, 2013 and 2014 in the IAAF Oceania Games. These are a "development competition" for potential future Australian talent. Emma was selected again in 2016 but missed through injury. She's been selected again in 2017.

Emma is a terrific role model for all Academy athletes – she works very hard at her throwing through multiple trips to Melbourne each week for training while also committing to use all possible resources we offer. She has previously balanced this with University study (and today in the workforce as a school teacher), a social life and also coaching at Ballarat Little Athletics. Emma also actively mentors fellow-WestVic athletes across a variety of sports; chaperoning for excursions, attending functions to tell her story and share advice and helping coaches at training camps. She's a great story and a great role model for all of our athletes to look up to for commitment to their cause.

Emma's future goals include competing in the gold coast 2018 commonwealth games and the 2020 Tokyo Olympic Games. To achieve these goals, she must keep competing in National and State competition and add to her Personal Best continually.

We invite you to view the "WestVic Athlete Profile Video Series" episode featuring Emma (and fellow WestVic athlete Sam Rizzo) on WestVic's YouTube channel - <https://www.youtube.com/watch?v=gdavJH2Eyuc&t=2s>



Hudson Irwin

WestVic supports Hudson through complementary services to his Gymnastics Coaching. These sessions have included, sport psychology sessions that include “dealing with personalities” and “tools for relaxation and stress management under pressure”, as well as nutrition sessions which include meal plan for national champs and “nutrition in response to training – what to eat and why” and public-speaking and media skills coaching. Originally from Horsham, Hudson spent time living in Melbourne full-time to train at the “Victorian High Performance Centre” and now is based at Queensland’s equivalent.

Since joining WestVic in 2013, Hudson’s parade of achievements is incredibly impressive:

- Winning both the “Individual All-Around” Level 9 Under 17 National title, and being part of the winning Victorian team in the “Teams Event” at the 2016 National Gymnastics Championships. Hudson consistently performed well across all events throughout the week, setting numerous personal bests.
- Representing Australia in the Under 18 “Austrian Futures Cup” meeting in November 2015. The team won Bronze; while Hudson finished 5th overall in the “Individual All-Around” event, including top-three rankings on three of the six apparatus.
- Confirming his status as Australia’s best Under 16 Male Gymnast in May 2015, winning the “All Around” Championship for Level 9 Under 15s at the Australian Gymnastics Championships held at Hisense Arena. Hudson delivered a marvellous performance in the “Individual Finals” event; outperforming the opposition so much that he made up the deficit he had after the “Team Event”, which saw the scores achieved there go to both the “Team Event” and “All Around Champion”.
- Finishing Runner-Up in the Level 8 Under 14s Australian Championships for 2014. Following day one; where Hudson had arguably the best day of his career to date, setting a clear Personal Best score on four of the apparatus (Parallel Bars, High Bar, Pommel Horse, Rings) while breaking even on his previous Personal Best on both Floor and Vault; Hudson turned in the day of his life without doubt on day two, setting new Personal Bests on ALL apparatus, including his second vault routine (he does one routine for Vault on day one and another for day two, while his routine remains the same on both days for other apparatus).
- Being crowned the Level 9 Under 17 All-Around Victorian Champion at the 2016 Victorian Gymnastics Championships. On his way to his second straight state title, Hudson also won medals in the individual Apparatus finals (Silver – Floor, Bronze - Pommel Horse, Rings, Vault).
- Being crowned the Victorian All Round Champion at in the 2015 Victorian Gymnastics Championships in Melbourne. To achieve this, Hudson won three of the six individual apparatus events, placed second on two, and third on another in the Level 9 Under 15 division. He also placed second in the Floor routine, just 0.100 points behind first place.
- Matching his 2014 Australian Championships Runner-Up with a Runner-Up placing at the 2014 Victorian Championships. Hudson medalled on each individual apparatus except for the Pommel Horse, with medals being: Gold in Floor and Rings; Silver in Vault, Parallel Bars and High Bar.

Hudson’s major goal is to be selected for the Tokyo 2020 Olympic Games.

We invite you to view the “WestVic Athlete Profile Video Series” episode featuring Hudson on WestVic’s YouTube channel - https://www.youtube.com/watch?v=EgLOka_NgbY&t=2s



Julia Bourke

Julia Bourke is one of the most promising young throwers in the country, having spent the years since 2014 continually breaking her own personal bests and state records in her pets event – the Shot Put & Hammer Throw. Incredibly, Julia has most years competed in five State or National level competitions in an eight week block over February and March – and turned in consistently terrific results.

Julia is a well-supported athlete, receiving the following support from these organisations:

- Coaching from Fernando Canepa at the Western Athletics Club.
- The FedUni WestVic Academy of Sport partners with the Bacchus Marsh Grammar (BMG) “Elite Sport” student group, working with Director of Sport Andrew Perks to develop a program of: Strength & Conditioning, Musculoskeletal screening, Personal Development workshops.
 - WestVic’s services are well received and appreciated by Julia and her Family, to quote:
 - “We appreciate the support role WestVic Academy of Sport plays in providing this scholarship to Julia through the school. The assistance it has provided to Julia in improving her ability to train and perform has been such a great help toward her achievements”.
 - Georgina Bourke (Julia’s Mother).

Julia has achieved the following so far since July 1 2014:

- Gold in U20 Women Hammer w/57.76m Throw; 7th in Open Women Shot Put w/13.40m Shot; 9th in Open Women Hammer Throw w/53.77m Throw at the 2017 Australian Athletics Championships.
- Gold in the three events of: Under 20 and Open Female Shot Put plus Under 20 Hammer; then 4th in Open Hammer at 2017 Victorian Open Track & Field Championships.
- Secured a NCAA Division 1 scholarship for Athletics, to Illinois State University.
- Threw 51.28m to finish 13th (9th of the Australians) in the Hammer Throw; and 13.33m to finish 6th in the Shot Put at 2016 Australian Athletics Championships.
- 4th in Shot Put with 13.38m, 6th in Hammer Throw with 48.02m, at 2016 Australian Junior Athletics Championships.
- Gold in the Open Shot Put, with 13.16m, at the 2016 Open Victorian Athletics Championships.
- Gold in both U/20 Hammer Throw, with 48.03m; and Gold in U/20 Shot Put, with 12.98m at 2016 Junior State Championships.
- Winning the “Girls Shot Put 3kg Youth” Championship at the 2015 IAAF Oceania Games in Cairns; with a 15.56m put, shattering her previous personal best by 61cm. The competition saw five of Oceania’s best young girls compete; Julia taking the spoils by 1.54m.
- At the 2015 Australian Athletics Championships, Julia was the 7th placed Australian in the Open field. She threw consistently in her three attempts – 12.67m, 12.64m and 12.59m.
- At the 2015 Australian Junior Athletics Championships, she won a silver medal in the Under 18 Division – throwing the 3kg shot 14.56m.
- Competing at the 2015 Victorian Open Track and Field Championships, Julia broke another personal best distance; this time in the Open age category and thus maximum shot put weight; 13.35m to claim the silver medal.
- Set a new U18 State Shot Put record at the Junior State Championships in February 2015; launching the shot 14.95m; to win Gold convincingly.

WestVic Academy of Sport is very proud to be part of Julia’s support and service network, and we are committed to do all we can to provide any services that will complement those in place already and ultimately help her get closer to her long term goals - the 2018 Commonwealth Games and 2020 Olympics.

We invite you to view the “WestVic Athlete Profile Video Series” episode featuring Julia and our partnership with Bacchus Marsh Grammar on WestVic’s YouTube channel - <https://www.youtube.com/watch?v=1gEfk9YcA8c>



Rory Carroll

Rory has been a member of WestVic since 2013; being part of the Table Tennis program. He has accessed services such as: weekly strength and conditioning sessions (both within the Table Tennis group and individually to focus on preparing him for major tournaments); sport psychology workshops (again, both within a group and individually); nutrition lessons and musculoskeletal screenings.

These services have complemented Rory's work with the "Paralympic Preparation Program" run by Table Tennis Australia (where he is a "Class 11" – Intellectual Disability – athlete), assisting him achieve some wonderful outcomes:

- Winning Bronze at the 2016 Thailand Open "Teams" event, teaming with Taipei's Ta Yu Huang rather than usual team mate Sam Von Einem. In the initial group stage, the team ranked second after beating the Thai team but falling to the Hong Kong team. At semi-final stage, Japan's team were too good for Rory and Ta Yu; but they bounced back to defeat Hong Kong to take the Bronze medal.
- Winning Gold at the 2015 Thailand Open. Here, Carroll defeated the Hong Kong Number 1 player in the final Teams match. Then, paired with regular team mate Sam Von Einem in Doubles matches, he held his own to claim the Gold in the Class 11 category "Teams" event.
- Securing Silver at the 2015 Spanish Open "Teams" event. Rory and Sam went through the preliminary rounds winning all their matches 3-1 against Russia, Turkey and Germany. The pair fell agonisingly short in the Gold medal match, 2-3 against favourites France.
- Rory won a Silver medal in the "Teams" event at the 2014 Italian Open. On their path to the final, Rory and Sam defeated the world number 3 and world number 19 players. They went through the tournament with just one loss to Poland, going down 2-3 in their first round match. They then turned their form around, defeating a combined Russia/Ukraine team 3-0; defeated the French 3-0 and finally defeated Russia 3-1 to claim their silver medal.
- On the same tour as the Italian Open, Carroll and his fellow Australian teammates competed in the Hungarian Open where he came up against the world number 1 player from Turkey. Rory started with getting a couple of early game points but eventually went on to lose the match. Rory and Sam also had a good match against Japan in the Teams event; Rory playing well to secure the doubles win that clinched the tie. Australia finished in 4th position at the Hungarian Open event.
- Australian National Para Table Tennis Championships performances (2013-2017):
 - 2017 = Gold in Doubles; Silver in Singles.
 - 2016 = Gold in Doubles; Silver in Teams; Bronze in Singles.
 - 2015 = Silver in Singles & Teams.
 - 2013 = Gold in Doubles and Teams; Bronze in Singles.



With Rory at all of the International events has been Alois Rosario, the Paralympic Preparation Program (PPP) coach, and Ballarat Table Tennis Association Juniors coach (through which Alois works directly with WestVic in building and coordinating the program delivered).

Rosario said in Spain 2014, "Rory has shown a big step up in his playing ability during the tournament. The Strength and Conditioning program that he has undertaken has seen improvement in his mobility".

In Thailand 2015, Rosario added "this is the best I have seen Carroll play. This is another step up from Spain."

Rory, ranked inside the world's top 40, aims to compete at Tokyo 2020.

We invite you to view the "WestVic Athlete Profile Video Series" episode featuring Rory and our work with him in partnership with the Australian Para Table Tennis Squad on WestVic's YouTube channel -

<https://www.youtube.com/watch?v=xbROVkuWJNU&t=8s>



Amity Musgrove & Laura Foley

WestVic Academy of Sport for 2016 commenced its second Rowing program cycle; the first one to extend to six months length, following a three month pilot program in 2015. The program partners with Rowing Victoria and engages all schools in Ballarat who participate in school competition Rowing; offering the opportunity for identified athletes to continue their development in the 'off-season'. The program delivers personal development opportunities in sport psychology and nutrition, plus two training camps in Melbourne. These camps featured coaching with VIS coaches and athletes.

Two of our region's most promising rowing talents participated in the pilot, were continually supported in-season and headlined our 2015 & 2016 programs; **Amity Musgrove** (right in photo) and **Laura Foley** (left).



Both girls have passion and drive which matches their talent; both are regarded as leaders within their school crews (*Ballarat High School for Amity and Loreto College for Laura*) and each competes regularly for the *Ballarat City Rowing Club*. Through the support network of their school rowing, club rowing and WestVic Academy of Sport; they have every resource available to them to reach their potential – coaching, high level competition opportunities, strength and conditioning, personal development, mentoring.

In particular for Amity and Laura, WestVic Academy of Sport focuses its support as follows:

- Laura has accessed our weekly gym session and ongoing program prescription service during the school rowing season; being rewarded with large gains in her strength and physique.
- Amity sourced additional mentoring as she transitioned from school rowing into University.

Highlights of the 2015/16 season for the girls were as follows:

Amity

- Selection into final crew for the 'Youth Eights', **representing Victoria** in the 'Pathways Eight'.
- A-Final in the 'Schoolgirls Coxed Four' at the Australian Rowing Championships; finishing 7th.
- **Bronze Medal** in the A-Final in the 'Head of Schoolgirls' Regatta on the Barwon River.
- **Silver Medal** in the Senior 1st Crew Race at the 'Ballarat Associated Schools Head of the Lake'.
- *In 2016/17, Amity finished year 12; therefore not rowing for school. However, she assisted the Ballarat High School Head of Rowing with coaching, while also moving to Melbourne to commence University. She hopes to sign-on at Mercantile for the 2017/18 season and resume her pathway.*

Laura

- Selection into the 15-girl trial squad for the 'Youth Eights'; the state crew trial to represent Australia.
- **Gold Medal** in the Year 10 1st Crew Race at the 'Ballarat Associated Schools Head of the Lake'.
- **Gold Medal** in the Year 10 1st Crew Race at the 'Head of Schoolgirls' Regatta on the Barwon River; thus completing an undefeated season for Laura's crew.
- **Broke her school's "Female Ergometer Test" record** during the season, setting a new record of 7m39s – breaking the previous record by a full 5 seconds. *In 2016/17, she got down to 7m19s.*
- *In 2016/17, Laura again made the final 12-girls trial squad for the 'Youth Eights', this time being named first emergency and rowing in the 'Youth Four' at the State Crew Trials. Additionally, Laura's crews again won the 'Ballarat Associated Schools Head of the Lake' and 'Head of Schoolgirls' Regattas; and capped the season with Bronze in the A-Final at Nationals.*

Both girls have also given back to us by supporting our broader business initiatives through:

- Starring in our very first "Athlete Profile Series" video; this aims to build recognition and profile of our brand in our community through athletes who access and benefit from our services telling their story. Watch the video here - <https://www.youtube.com/watch?v=D78tfc0z93k>
- Featuring in our panel of athletes who will be interviewed at the 'Ballarat Sportsmens Club' August 2016 Dinner around their achievements, pathway and support from us. The club is a generous sponsor and partner to us, and our having athletes interviewed as guests at one dinner each year is a vehicle for both organisations to raise awareness and build brand recognition and profile.



Daniel Hocking & Josh Gay

Josh and Daniel have been part of our Cason Sports Badminton program since 2012 and 2014 respectively; and in the past 24 months have made their state team and international tournament debuts.

Both boys have accessed the full array of offerings at WestVic through the Badminton program, and now since 2016 the “Extra Support Program”. The badminton program has seen the boys be coached by the likes of Olympians & Commonwealth Games players and National team coaches (Rhonda Cator, Andrew Perks and Stuart Brehaut) plus past Cason Sports WestVic Badminton Program players turned coaches Joel Findlay, Brandon Olver and Nathan David. These twice to thrice weekly sessions have resulted in exponential skill and tactical improvements, playing a key role in their progress to selection into State Teams.

Of further assistance have been the likes of weekly strength and conditioning sessions, delivered by FedUni Sport & Exercise Science students on placement; regular sport psychology and nutrition workshops covering a range of topics; and match filming and technique analysis through our biomechanists.

A summary of state team/national championship and international competition results since 2016 as follows:

Daniel	Josh
<ul style="list-style-type: none"> • Selection into the “Badminton Australia U17 Youth Development Squad”. • 2017 Under 17 National Championships (captaining Victoria): 3rd Round Mixed Doubles. • 2016 Li-Ning Under 19 Australian International @ Altona: 2nd Round Singles. • 2016 Under 17 National Championships: won 11 of his 14 matches across singles, doubles and mixed doubles in the “June Bevan Trophy”; only losing one match per discipline. • 2016 Under 17 Australasian Championships: won 4 of 9 matches; teaming with Josh for Boys Doubles. 	<ul style="list-style-type: none"> • 2016 Li-Ning Under 19 Australian International @ Altona: 1st Round Singles. • 2016 Under 17 National Championships: won 7 of 11 matches across the three disciplines in the “June Bevan Trophy”; • 2016 Under 17 Australasian Championships: won 4 of 9 matches; teaming with Daniel for Doubles. • 2015 Li-Ning Under 19 Australian International @ Ballarat: 1st Round Singles.



Upon selection to the 2015 Under 15 state team (Daniel) and participation in the Li-Ning Australian Junior International (Josh); both boys become eligible for WestVic’s “Extra Support Program” (ESP). The ESP provides funding for each athlete to attain national (or higher) level competition, for them to use on “extra services” not provided within their base membership and program at WestVic.

Finally, it is worth noting the boys’ awareness of the need to, and willingness to, give back and support WestVic’s wider endeavours. Both boys have featured as guest speakers at sponsor functions, featured in an episode of our video series (<https://www.youtube.com/watch?v=UHftPvxccis>), and promoted WestVic on social media when appropriate.

WestVic is incredibly proud to support both Josh and Daniel. They are model athletes for their engagement with the organisation and supporting it back as well as their talent and performance on the court. We look forward to both boys being part of our program for many years to come.



Sam Rizzo

Sam is a T54 Classification Wheelchair sprint athlete, regularly competing in the 100m, 200m, 400m, 800m and 1500m events.

Sam's class includes people with spinal cord injuries or congenital spinal problems who compete using a wheelchair in track events. They have paraplegia, but have normal hand and arm function, normal or limited trunk function, and no leg function. Para-athlete classification works as follows: "T" represents "Track" ("F" represents "Field") athletes; with the number representing level of function (higher the number, higher the function). Wheelchair classes are in the 50's.



Equipment for racing is very pricey. Carbon-fibre disc wheels cost \$2500, new gloves cost nearly \$250, tyres \$150 for back and \$100 for front. The racing chair itself cost over \$10,000 (without back wheels), and needs to be a perfect fit.

Sam joined WestVic in mid-2015, and is supported through weekly strength and conditioning work in the UniSports gym and access to mentoring and personal development across a range of topics. WestVic works closely with Sam's coach, three-time Paralympian Richard Colman.

Sam's training covers many elements:

- Technique: developing long powerful strokes and ability to "flick up" when he comes off the push rims and then make sure he's back down for the next cycle.
- Starts: The powerful acceleration at the beginning at the race that is needed to get you up to maximum speed in any race, worked on by doing 30-80m starts, tows and getting reflex times faster.
- Strength: Gym work has a lot to do with this, doing body weight and weight training.
- Endurance: Roller-based sessions, ranging from 30 minutes to an hour, and anywhere from easy to high intensity.
- Power: This is a major part of racing, this helps athletes to overtake a competitor and push that last 400m flat out in a 1500m race. This is trained for this by doing repeat efforts and intervals.

Since joining WestVic, Sam's achievements have included (in chronological order):

- Sam has qualified for the IPC World Para Junior Games to be held in Switzerland August 2017 as a result of his achievements during 2016 and 2017.
- Winning the Wheelchair section of the "Great Ocean Road Marathon" in 2017; a 14km road race.
- Winning five medals at the 2017 Victorian Senior Athletics Championships (Gold in mixed-category Wheelchair Sprint 800m & 1500m and SILVER in the 100m, 200m & 400m); qualifying for 100m at the Open National Championships.
- Set a new Australian Record in T54 U/18 Men 800m and Winner of the 10km Junior Boys race at Summer Down Under; with a placing of 13th out of 40 in Open International standings.
- Making three finals at the 2016 Australian All-Schools Championships; Silver in the 800m (coming within 0.1s of the Australian T54 class record), Bronze in the 100m, and finalist in the 200m.
- Earned a place in the Australian Institute of Sport "Under 17 Para Development Squad"; where he accessed a vast range of support services over two four-day camps during 2016. Sam will attend another four-day camp this coming winter.
- Winning the trifecta of Gold in the T54 U/16 100m, 200m and 400m at the 2016 Victorian Junior Athletics Championships; qualifying for Junior Nationals in all 3 events.
- Bronze in the Open 100m and Silver in Open 1500m Wheelchair Track Sprints at the 2016 Victorian Senior Athletics Championships.
- Raced in the IAAF World Challenge event in Melbourne March 2016; winning Silver in the 100m.

We invite you to view the "WestVic Athlete Profile Video Series" episode featuring Sam (and fellow WestVic athlete Emma Werner) on WestVic's YouTube channel - <https://www.youtube.com/watch?v=gdavJH2Eyuc&t=2s>



Shaun Findlay

Shaun competes in Alpine skiing events, specifically: Slalom, Giant Slalom and Super-G.



Alpine skiing is a sport which requires athlete to ski between poles or gates which are generally in a zig-zagged formation on a downhill slope. Alpine skiing is made up of four categories: Slalom, Giant Slalom, Super-G and Downhill. Slalom and Giant Slalom are the more technical of the categories; as the poles or gates have less distance between them and have more focus on skill. Super-G and Downhill focus on speed.

Over the past three years, Shaun has competed at a national level within Australia as well as competing completing annual training blocks in Europe. Based in Austria for these blocks, Shaun has skied in countries such as Belgium, France, Slovenia, Andorra, Switzerland, Germany, Italy and Austria.

Shaun is now in the "Adults" category of competition, and must work incredibly hard to improve his ranking and FIS points; as those with higher rankings/lower points can sit later in the order of skiing at an event – advantageous as paths will have been carved into the snow by those going before him, meaning he can go quicker.

A summary of Shaun's achievements includes:

- His 2016/17 training block in Austria included competing in the Belgian and British National Championships.
- 2016 FIS Perisher where he competed in the Giant-Slalom, then at FIS Thredbo where he competed in the Slalom and the Giant-Slalom. Shaun also competed at the Australian and New Zealand Cup held at Mount Hotham.
- In 2015 Shaun remained consistent and again competed in the SSA's Australian championships; as well as competing internationally in Austria at the Bezirks Cup.
- In 2014 Shaun achievements included competing nationally in the Ski and Snowboard Australia (SSA) Australian championships, in the same year Shaun also competed internationally at the Bezirks cup in Austria.

Over the three years that Shaun has been supported by WestVic, he has received support in a many different areas to help develop him into the best athlete he can be: Musculoskeletal screening, nutrition consultation, psychology consultation, twice-weekly gym sessions with WestVic strength and conditioning coaches with a particular focus on agility. Shaun currently works with WestVic strength and conditioning coordinator Chris Radford.

To learn more about Shaun's journey and his work with WestVic strength and conditioning coordinator Chris Radford's, watch the video episode featuring Shaun on WestVic's YouTube page - <https://www.youtube.com/watch?v=rRkttuc7BkE>





**FedUni
WestVic
Academy
of Sport**

Certificate of Incorporation Number
A0044529G

 (03) 5327 9890

 0417 044 419

 wvas@federation.edu.au

 PO Box 663, Ballarat, Vic 3353

 Room P824, HM&SS Building
Federation University,
University Dr, Mount Helen

 westvicsport.org.au

Follow The Academy on Social Media through:

 Westvicsport

 @westvicsport

 WestVic Academy

*"We are working with athletes and
their supporters to deliver specialist
services to help them succeed".*