



WESTERN SYDNEY
ACADEMY OF SPORT

2019/20 AFL GIRLS PROGRAM



Western Sydney Academy of Sport

The Western Sydney Academy of Sport is an independent non-profit organisation, incorporated in June 2004. The Academy's Board of Directors features prominent business, sporting and community representatives.

The role of the Academy is to provide quality development opportunities for talented young athletes living in western Sydney. The Academy's programs focus on high standards of individual performance, achievement and excellence.

The Academy works in collaboration with the recognised State Sporting Organisations, the NSW Institute of Sport and all levels of sports administration to ensure its programs provide relevant and valuable opportunities within an integrated pathway for our athletes. The Academy's development programs have established benchmarks in standards and value in the officially recognised development pathway for talented athletes.

Since its establishment, over 2,500 talented young sports people have completed Scholarships with the Academy across a range of nine sports disciplines. The Academy takes considerable pride from the progression of many of its athletes to the more elite levels of sport – examples being:

- Paige Hadley & Kim Ravaillion – Aus. Diamonds Netball Squad
- Jessica Fox (Slalom Kayak/Canoe) – World Champion (K1), 2016 Rio and 2012 London Olympian & Bronze/Silver Medallist
- Ian Borrows (Canoe Slalom) – 2016 RIO Olympian
- Amanda Spratt (Cycling) – 2012 London Olympian
- Moses Leota, Matt Eisenhuth, Bryce Cartwright, John Asiata – current NRL players
- Taylah Tsitsikronis – Australian Softball Squad

Snapshot of the 2019/20 Programs

- Over 240 talented athletes aged between 13 and 18 residing and competing across the western Sydney region.
- Technical – skill development and educational seminars across 10 fully endorsed and integrated sports programs – AFL Girls, AFL Juniors, Basketball, Canoe Slalom, Cycling, Golf, Lone Star, Netball, Rowing, Softball and Triathlon.
- Significant annual events including 2020 Academy Games, Civic Receptions, Inter-Academy Tournaments and Athlete Dinner.
- High quality educational content including nutrition, sports psychology, cyber safety & social media, injury prevention & management and anti-doping (ASADA) as a part of the Your Local Club Athlete Education Program.



Your local club



Talented Athlete Development Program

Educational Development

Drugs in Sport
Nutrition
Cyber Safety
Injury Prevention & Management
Sports Psychology
Media & Financial Skills

Personal Development

Council civic receptions
Athlete award ceremonies
Recognition events with local MPs
Interview opportunities with local media
Parliamentary Reception
Woolworths Scholarship opportunity

During the 2019/20 period, over 240 Academy athletes will undergo a combined total of 450 hours of technical development through high quality coaching resources – as well as a combined total of 90 hours of educational development. Athletes will participate in residential camps and compete in inter-State and intra-State tournaments. Athletes will also feature in a number of significant stakeholder events throughout the 12-month period.

Academy Athlete Dinner

A glamorous annual Awards night – attended by 300 guests – with special guests and announcements of major athlete award winners.

Mayoral Receptions

Athlete receptions hosted by the Mayors of western Sydney Councils, recognising the achievements of those local athletes representing their communities through their performances in the Academy's programs.

Your Local Club Academy Games

Academy athletes in select sports participate in high quality competition over a three-day carnival involving athletes from all other Regional Academies across NSW. The Your Local Club Academy Games will be held in the Hunter region in 2020.



2019/20 AFL Girls' Program

Program Partners

The Western Sydney Academy of Sport and AFL (NSW/ACT) are the principal program partners. These organisations have worked collaboratively to develop and implement the 2019/20 program.



Program Timelines

Online Nominations:

August 2019

Nominations will be open on 1 August via the Academy website (www.wsas.com.au/nominations) and will close on 28 August

Athlete Selection:

September 2019

After nominations have closed selection trials will be conducted and the coaching staff and AFL (NSW/ACT) staff will make athlete selections to be inducted into the 2019/20 squad.

Induction:

October 2019

Once the squad has been advised of their selection all athletes and parents will be required to attend the annual induction where expectations and details of the Academy and the AFL Girl's Program will be explained.

Academy Program Start:

October 2019

Once the squad has been inducted, training sessions and education sessions will commence in accordance with the program schedule provided.

Program Content

In collaboration with our partners, specific program content has been designed to match the core curriculum components for players aspiring to higher levels. These include:

- Strength & conditioning
- Functional movement screening
- Technical training
- Educational seminars
- Personal development opportunities

All athletes are expected to have a 100% attendance rate at all program activities.

Athletes will be required to communicate with the Head Coach and Assistant Coach regularly via their Team App group, email or telephone to provide updates of activity and performances.



Program Objectives

The Academy's AFL Girls' Program is developed and implemented, in close consultation and collaboration with AFL (NSW/ACT). The Program provides an essential and highly relevant step in the development pathway of young, female AFL athletes from across the western Sydney Region – with talent identification opportunities within.

In selecting the athletes that will hold Scholarships under the Western Sydney Academy Program, the Program partners are seeking to lay the foundations for the development and emergence of quality athletes in the sport.

With the Program content featuring skills and technical development opportunities, athlete education, sports science and fitness elements, the Program is a comprehensive introduction to what will be required at the elite levels of the sport.

Eligibility & Timeframe

- Athletes will be born between 2002-2005;
- Athletes will be a current financial member of a club/association affiliated with AFL (NSW/ACT);
- Athletes must reside in Blacktown, Blue Mountains, Fairfield, Hawkesbury, The Hills, City of Parramatta or Penrith LGAs;
- Technical sessions will operate on a weekly basis.



Benefits

The focus of the Academy's program is individual athlete development – with the key areas of results and achievement being:

- Technical skills – practice methods, race preparation
- Strength and conditioning – methods and techniques – testing and monitoring
- Knowledge – Anti-Doping, Psychology, Nutrition
- Personal development – social media, camps/competitions, civic events, media opportunities.

Each athlete participating in the Academy AFL Girls' Program has the opportunity to gain significant practical and theoretical benefit from their involvement. In addition, athletes will receive a number of material benefits in recognition of their talent and potential in terms of further development in the sport:

- Academy athlete uniform apparel
- Ability to nominate for the annual Woolworths Athlete Scholarships
- 15% reduced rate on services provided by Sydney West Sports Medicine (massage excluded)
- Attendance at the Academy's events including Athlete Dinner & Council Receptions
- Free membership at Fit 4 All Penrith

Program Communications

Team App

All athletes and staff will communicate directly through the Academy's Team App – this is secure information share and communication portal attached to the Academy's web site and can only be accessed by the approved group members. All program communications, information, learning opportunities will be directed through the Team App and athletes are expected to use this method daily.

Academy Website

The Academy's dedicated website www.wsas.com.au has been designed as a portal of information for our athletes and interested parties – providing up to date information on all the Academy's activities, initiatives and opportunities. The Academy website attracts over 1,000 visits on a monthly basis! Feature stories and associated branding for Academy partners can be incorporated into the website.

Social Media

The Academy has joined the social media revolution with pages on Facebook, Instagram, Linked In & Twitter. Join Us! Athletes are encouraged to provide the Academy with any updates on performances and representation so that we can promote your achievements.

WSAS e-News

A regular e-Newsletter will be distributed to all athletes by the Academy monthly.



Contact Details

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