



# WESTERN SYDNEY ACADEMY OF SPORT

## 2017/18 GOLF 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 2,000 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 Ravaillon – Aus. Diamonds Netball Squad
- Jessica Fox (Canoe Slalom) – 2013 World Champion (C1), 2016 Rio and 2012 London Olympian & Bronze/Silver Medallist
- Amanda Spratt (Cycling) – 2012 London Olympian, 2016 National Australian Road Race Champion
- Bryce Cartwright – Current Penrith Panthers NRL Player
- John Asiata – Current North Queensland Cowboys NRL Player
- Pauli Pauli – Current Newcastle Knights NRL Player

### Snapshot of the 2017/18 Programs

- Over 180 talented athletes aged between 13 and 18 residing and competing across the western Sydney region.
- Technical – skill development and educational seminars across 8 fully endorsed and integrated sports programs – AFL, Cycling, Golf, Hockey, Netball, Canoe, Basketball & Softball plus the Lone Star program.
- Significant annual events including 2018 Academy Games, Inter-Academy Tournaments, Athlete Dinner and Civic Receptions.
- High quality educational content including psychology, sports science, nutrition.



# Talented Athlete Development Program

## Technical Development

Highly accredited coaches

Sport specific skill development

Video analysis

Region's best sporting venues

NSWIS and State body integration

Professional organisation links

## Educational Development

Drugs in Sport

Nutrition

Strength & Conditioning

Injury Prevention and Rehab

Psychology

Media Skills

During the 2017/18 period, over 180 Academy athletes will undergo a combined total of 350 hours of technical development through high quality coaching resources – as well as a combined total of 50 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

Civic 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.

### The 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 Games will be held in the Hunter Region in 2018.



## 2017/18 Golf Program

### Program Partners

The Western Sydney Academy of Sport and Jack Newton Junior Golf are the principal program partners. Both organisations have worked collaboratively to develop and implement the 2017/18 Program and will utilise a Program Management Group to implement and monitor the program's activities and outcomes.

The prestigious Twin Creeks Golf & Country Club is a Program partner – providing access to all course and club facilities for the Academy's golf squad.



### Program Timelines

**Athlete Selection:****September 2017**

The 2017/18 Program commences with the identification and confirmation of the selected athletes that have been offered Scholarships with the Academy.

**Induction:****October 2017**

All athletes and parents are requested to attend the induction weekend with Academy and staff to receive an overview of the program, meet program staff, receive clothing, and attend education seminars.

**Academy Program Start:****October 2017**

Program commences with first technical development session at Twin Creeks Golf & Country Club under the guidance of Head Coach Asef Haddad.

### 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:

- Physical Preparation
- Skill Development
- Nutrition & Recovery
- Personal Development

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 Manager regularly via their on-line Sports Locker, email or telephone to provide updates of activity and performances.

## Program Objectives

The Academy's Golf Program has been developed, and will be implemented, in close consultation and collaboration with Jack Newtown Junior Golf. The Program provides an essential and highly relevant step in the development pathway of young golfers from across the western Sydney Region – with the ultimate goal of preparing these talented young athletes for progression to higher levels of individual performance and achievement – specifically State Junior Talent Development Program.

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 that will progress to the highest level of participation 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.

## 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, skill development, match play
- Strength and conditioning – methods and techniques – testing and monitoring
- Knowledge – Anti-Doping, Psychology, Nutrition
- Personal development – media skills, public speaking, social media

Each athlete participating in the Academy Golf 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 including on and off field clothing.
- Opportunity to apply for annual cash scholarships for highest achieving male and female Academy athletes.
- Privileged pricing for 2XU compression garments.
- Privileged pricing from One Point Health
- Attendance at the Academy's feature events including Annual Athlete Dinner and Council Civic Receptions.

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## Program Communications

### Sports Locker (V-Team)

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

### Academy Website

The Academy's dedicated website [www.wsas.com.au](http://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, Twitter and Youtube. 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 featuring reports on program activities and athlete achievements, as well as profiling staff and our corporate supporters.

## Contact Details

### Head Coach

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### Western Sydney Academy of Sport

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