

2019/20 GOLF PROGRAM

INTRODUCTION

The Western Sydney Academy of Sport (WSAS) is now accepting nominations from athletes interested in nominating for a scholarship with the Academy's 2019/20 Golf Program.

The Academy's Golf Program provides development opportunities for talented young athletes in the western Sydney region. In partnership with Jack Newton Junior Golf, the program provides opportunities for athletes in the areas of technical skill, education and personal development, preparing athletes for the next level of elite sport representation.

BENEFITS

The following benefits will apply to athletes selected:

- Access to first class training facilities at Twin Creeks Golf & Country Club;
- Quality coaching, in an individual and squad environment;
- Opportunities to represent the Academy at various events;
- Insight into what it takes to become a professional golfer;

- Identification and training methods to correct technique;
- Access to the Academy's TeamApp online communication system;
- Opportunities to attend educational seminars held by industry professionals about nutrition, social media, sports psychology, etc.;
- A discount on practitioner services provided by Sydney West Sports Medicine.

COST

An athlete levy of \$400 is applicable to athletes, which assists in meeting the costs of the program. Additional contribution costs may be applicable for squad tours.

HOW TO APPLY

Applications will open on 13 August 2019 and will close on 3 September 2019. You can apply by heading to www.wsas.com.au and clicking on the nominations tab on the homepage.





WESTERN SYDNEY
ACADEMY OF SPORT

2019/20 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 2,500 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 Salom) – 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
- Daniel Gale – Professional Golfer 2018

Snapshot of the 2019/20 Programs

- Over 240 talented athletes aged between 13 -18 residing and competing across the western Sydney region.
- Technical – skill development and educational seminars across 11 fully endorsed and integrated sports programs – AFL Girls, AFL Juniors, Basketball, Canoe (Slalom), Cycling, Golf, Lone Star, Netball, Rowing, Softball & Triathlon.
- Significant annual events including 2020 Academy Games Inter-Academy Tournaments, Athlete Dinner and Civic Receptions.
- High quality educational content including psychology, sports science, nutrition.



Talented Athlete Development Program

Educational Development

- Drugs in Sport
- Nutrition
- Cyber Safety
- Injury Prevention & Management
- Sports Psychology
- Bullying & Resilience

Personal Development

- Council civic reception opportunities
- Athlete award ceremonies
- Recognition opportunities with local MP's
- Interview opportunities with local media
- Parliamentary Reception opportunity
- 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

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 2020.



2019/20 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 2019/20 Program through the appointed Head Coach.

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 2019**

The 2019/20 Program commences with the identification and confirmation of the selected athletes that have been offered Scholarships with the Academy.

Induction:**October 2019**

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

Academy Program Start:**October 2019**

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

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 Team App, 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, etc.
- 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;
- Opportunity to apply for the Woolworths Scholarship;
- Attendance at the Academy's feature events including the Annual Athlete Dinner & Awards Night;
- Discounts on practitioner services provided by Sydney West Sports Medicine;
- Free membership to Fit 4 All Gym in Penrith.



Program Communications

Team App

All athletes and staff will communicate directly through the Academy's Team App – this is a 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 Team App and athletes are expected to use this method to communicate with the squad.

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. The Academy is one of 11 Regional Academies throughout NSW. To find out more about the Regional Academy network head to www.regionalacademies.org.au

Social Media

The Academy has joined the social media revolution with pages on Facebook, Twitter, Linked In & Instagram. 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

Western Sydney Academy of Sport

Steve Hewson
Athlete Program Manager

Phone: (02) 4732 4977
Email: steve@wsas.com.au

Natalie McClelland
Marketing & Communications Coordinator

Phone: (02) 4732 4977
Email: natalie@wsas.com.au



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