



WESTERN SYDNEY ACADEMY OF SPORT

2015/16 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 1,500 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 Ravaillon – 2014 Aus. Diamonds Netball Squad
- Jessica Fox (Canoe Slalom) – 2013 World Champion (C1), 2012 London Olympian & Silver Medallist
- Amanda Spratt (Cycling) – 2012 London Olympian
- Justine Lee (Golf) – No. 1 National Amateur Ranking
- Steven Albee (Softball) – Aus. U/19 World Champs
- Abbie Myers (Tennis) – No. 1 National Junior Ranking

Snapshot of the 2015/16 Programs

- Over 250 talented athletes aged between 13 and 18 residing and competing across the western Sydney region.
- Technical – skill development and educational seminars across 9 fully endorsed and integrated sports programs – AFL, Cycling, Golf, Netball, Rugby League, Slalom (Canoe/Kayak), Softball, Triathlon and Hockey.
- Significant annual events including 2016 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 2015/16 period, over 200 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 including the prestigious Woolworths Athlete Scholarships.

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 Central Coast Region in 2016.



2015/16 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 2015/16 Program and will utilise a Program Management Group to implement and monitor the program's activities and outcomes.



Program Timelines

Athlete Selection:

September 2015

The 2015/16 Program commences with the identification and confirmation of the selected athletes that have been offered Scholarships with the Academy.

Induction Weekend:

October 2015

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, undertake athlete screening and attend education seminars.

Academy Program Start:

October 2015

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.
- Privileged pricing for 2XU compression garments.
- Attendance at the Academy's feature events including Annual Athlete Dinner and Council Civic Receptions.
- Ability to nominate for the annual Woolworths Athlete Scholarships

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 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

Asef Haddad

Phone: 0409 924 318

Email: asefh@twincreeks.com.au

Western Sydney Academy of Sport

Steve Hewson
Athlete Program Manager

Phone: (02) 4725 6466

Email: steve@Wwsas.com.au

Web: www.wsas.com.au



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