



WESTERN SYDNEY
ACADEMY OF SPORT

2020 ROWING TALENT DEVELOPMENT PROGRAM



THE
Rowers

NEPEAN ROWING CLUB

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 2,600 talented young sports people have completed Scholarships with the Academy across a range of sport 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 Olympics
- Amanda Spratt (Cycling) – 2012 London Olympian
- Taylah Tsitsikronis & Rachel Lack – 2020 Tokyo Olympic Softball Squad

Snapshot of the 2020 Programs

- Over 220 talented athletes aged between 13 and 18 residing and competing across the western Sydney region.
- Technical – skill development and educational seminars across 11 fully endorsed and integrated sports programs: AFL Juniors, AFL Senior Girls, Canoe Slalom, Cycling, Golf, Heartland Motors Lone Star, Digital Realty Netball, Digital Realty Netball Umpires, Rowing, Softball and Triathlon.
- Significant annual events including 2020 Academy Games, Council Receptions, Inter-Academy Tournaments, Athlete Dinner and media opportunities.
- High quality educational content including nutrition, sports psychology, cyber safety & social media, injury prevention & management, and anti-doping & ethics in sport (ASADA).



Talented Athlete Development Program

Educational Development

Anti-doping & Ethics in Sport

Nutrition

Cyber Safety

Female Health Issues

Bullying & Resilience

Personal Development

Council receptions

Athlete awards – local media & Councils

Recognition events with MPs & Ambassadors

Parliamentary Reception

During the 2020 period, over 220 Academy athletes will undergo an average total of 90 hours of technical development through high quality coaching resources – as well as an average total of 10 hours of educational development. Athletes in a number of programs 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

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



2020 Rowing Program



Program Partners

The Western Sydney Academy of Sport and the Nepean Rowing Club are the principal program partners. Both organisations have worked collaboratively to develop and implement the 2020 Program and will utilise a Program Management Group to implement and monitor the program's activities and outcomes. The Nepean Rowing Club also provides financial support for the program.

Program Timelines

Nominations:

2nd March – 4th April 2020

To nominate for the program head to <http://www.wsas.com.au/nominations-new/rowing-nominations/>. Nominees will be required to attend one of four assessment days held on Saturday 11th April (12noon-2pm), Thursday 16th April (9am-11am), Wednesday 22nd April (4pm-6pm) and Sunday 26th April (10am-12noon), following which athletes will be advised if they will be invited to participate in an initial six-week assessment program

Initial Six-Week Assessment Period:

4th May – 14th June 2020

Athletes are required to commit to attending all scheduled sessions over the six-week assessment period to enable a full assessment.

Full Program Start & End Date:

22nd June 2020 – May 2021

Athletes offered a scholarship with the Academy/Nepean Rowing Club program will commence the full program after all necessary paperwork is submitted and levies are paid. The full program includes benefits such as uniform, education sessions, attendance at Academy events and individualised technical programs.

Program Content

In collaboration with our partners, specific program content has been designed to match the core curriculum components for rowers aspiring to higher levels. The Academy will deliver educational and personal development components including:

- Bullying & Resilience
- Anti-doping & Ethics in Sport
- Cyber Safety - Social Media
- Nutrition
- Strength & Conditioning

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

Athlete Levy: An athlete levy is required to be paid by all successful athletes prior to their commencement in the full program. This includes an Academy levy of \$200.00 and a Nepean Rowing Club membership fee of \$200 which has been reduced from \$500.

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



Program Objectives

The Academy's Rowing Program has been developed, and will be implemented, in close consultation and collaboration with the Nepean Rowing Club. The Program provides an essential and highly relevant step in the development pathway of young rowing athletes from across the western Sydney region – with the ultimate goal of preparing these talented young athletes for progression to State and National representation squad selection.



The Program partners are seeking to lay the foundations for the development and emergence of quality athletes in the sport.

The Program content will feature 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.

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

- Technical skills – coaching sessions on the Nepean River
- Strength and conditioning
- Knowledge – cyber safety, bullying & resilience, nutrition, anti-doping & ethics in sport
- Personal development – commitment, discipline, integrity, respect

Each athlete participating in the Academy Full Rowing 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
- Gratis membership for Fit 4 All gymnasium in Penrith
- 15% discount on all Sydney West Sports Medicine practitioners' services (exc. massage)
- Attendance at the Academy's feature events such as the Annual Athlete Dinner and Council Receptions.
- Ability to nominate for the annual Woolworths Athlete Scholarships
- Nominations facilitated for local community sports awards



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 website 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 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, LinkedIn and 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

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