2013 LAWN BOWLS PROGRAM
The exciting 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 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 1,400 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:

- Jessica Fox (Canoe Slalom) – 2012 London Olympian and Silver Medallist
- Amanda Spratt (Cycling) – 2012 London Olympian
- Justine Lee (Golf) – No. 1 National Amateur Ranking
- Amy Wild, Paige Hadley & Courtney Tairi (Netball) – NSW Swifts
- Steven Albee (Softball) – Aus. U/19 World Champs
- Abbie Myers (Tennis) – No. 1 National Junior Ranking

**Snapshot of the 2013 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 10 fully endorsed and integrated sports programs - AFL, Cycling, Golf, Lawn Bowls, Netball, Rugby League, Slalom (Canoe/Kayak), Softball, Triathlon and Hockey.
- Significant annual events including 2013 Academy Games, Inter-Academy Tournaments, Athlete Dinner and Receptions.
- High quality personal development 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 2013 period, over 250 Academy athletes will undergo a combined total of 7,500 hours of technical development through high quality coaching resources – as well as a combined total of 2,000 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 Illawarra region in 2013.
2013 Lawn Bowls Program

Program Partners

The Academy's principal partner for the 2013 Lawn Bowls Program is Bowls NSW, who collaborate with and provide support for the Academy in the planning and implementation of the program. The Academy forms a program management group with key personnel from this organisation to ensure the efficient management of the program.

Athlete Selection: 4 April 2013
The 2013 Program commences with the identification of athletes at a selection trial to be held at Merrylands Bowling Club.

Induction Meeting: 17 April 2013
All athletes and parents are requested to attend the induction meeting with Academy and staff to receive an overview of the program, meet program staff, be sized for clothing and receive other documentation relevant to the program.

Academy Program Start: 17 April 2013
Program commences with an induction meeting and technical session at Merrylands Bowling Club, where athletes will be provided with all program information and meet program staff.

Program Content
In collaboration with many Academy partners, specific program content has been designed to match the core curriculum components for athletes aspiring to higher levels. These include:

- Fitness assessment and physical preparation
- Skill Development
- Nutrition & Recovery
- Personal Development

The Academy also conducts events and competition opportunities – including the Athlete Graduation and Awards Dinner held in November each year and civic receptions hosted by Council partners.

Selected Academy squad members will travel in 2013 to at the NSW CHS Exchange Event in Port Macquarie in September.

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 Lawn Bowls Program has been developed, and will be implemented, in close consultation and collaboration with Bowls NSW. The technical content of the program is developed by the Academy's coaching staff in consultation with Bowls NSW. The Program provides an essential and highly relevant step in the development pathways of young lawn bowls athletes 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 Junior State and National squads.

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

Each athlete participating in the Academy Lawn Bowls Program has the opportunity to gain significant practical and theoretical benefit from their involvement in the Program. 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 the Annual Athlete Dinner, inter-Academy and other competitions, 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 web site @ 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 and Newsletter
A regular e-Newsletter will be distributed to all athletes, as well as a printed newsletter which is published 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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