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**2024/2025 INDIVIDUAL ATHLETE SUPPORT   
PROGRAM INFORMATION SHEET**

**Objectives**

The objective of the Individual Athlete Support Program (IASP) is to offer support opportunities that combine to provide a holistic approach to the athlete’s development.

The Sunraysia Academy of Sport (SAS) Individual Athlete Support Program is available to athletes from Sunraysia & surrounding areas and aims to provide services to these athletes that focus on providing what’s not already in place to give them a better opportunity to develop and progress. The Academy will work with athletes and their supporters to deliver these specialist services to help them succeed. Such services include sport science (physical screening and fitness testing), strength and conditioning programming, and other personal development and education opportunities.

**Timeline**

**The 2024-25 Individual Athlete Support Program will commence on Saturday 12th October with a fitness testing day, with 20 Strength and Conditioning Sessions included as of November 2024, running until April 2025.**

***Selection Criteria***

For an applicant to be considered for a position in the 2024-25 IASP the athlete must:

* Be 10 years of age or older
* Must have a coach overseeing their on-field sport not in the academy.
* Be affiliated with a school, club or sporting association within the Sunraysia Academy of Sport region or surroundings
* Commit to the holistic athlete development philosophy of the Sunraysia Academy of Sport
* Be at a representative level (or equivalent) or aiming for Selection within the next 12 months
* Demonstrate their commitment to competing in their chosen sport by representing (or aiming to represent) their district in high level competition and/or representative squads

Please note: Priority selection will be given to those athletes whose sport is not currently supported by a sporting program within Sunraysia Academy of Sport.

***Selection Process***

Athletes interested in applying for a position in the program must complete an online application form by Tuesday 8th October.

Selection can be subjective and for this reason, Sunraysia Academy of Sport representatives (including Executive Officer, Manager of Programs) will be involved with making the final selections. Athlete coaches listed in the application form may also be contacted to finalize suitability of applicants into the program.

Athletes will be notified by email and phone as to the progress/outcome of their application.

**PROGRAM INCLUSIONS**

* Program Commencement/Fitness testing day – 12th October 2024.
* 18 x Coached Strength & Conditioning Sessions at Mildura Strength and Performance Centre,   
  (set groups and times TBC).
* Individualized Strength and Conditioning program set up and monitored by S&C Coach
* Ongoing Athlete Education sessions covering topics such as Nutrition, Sports Psychology, Injury Prevention, Rehab, Goal Setting and more (days/times of sessions TBC).
* Discounted Nutrition information and meal plans thanks to LJB Physiques. Contact Luca for more information - 0417290953 or [lucajoshuabruno94@gmail.com](mailto:lucajoshuabruno94@gmail.com).
* SAS Athlete Membership to Mildura Waves, courtesy of Aligned Leisure during the period the program runs (age restrictions apply)
  + 13 and Under: Aquatic membership only (access to pool, no gym)
  + 14 and Over: Gym & Aquatic membership (access to pool and gym)
* [Callahan Physiotherapy Discount - As a Medical Network Partner, athletes also receive a discount on their first consultation as well as a free spikey ball or pocket physio.](https://www.callahanphysiotherapy.com/" \t "_blank)

**Exclusions**

* Uniform and Merchandise

***SAS Uniform***

The uniform cost is not included in the athlete levy, however upon acceptance into the program, online order instructions will be sent through with details of compulsory and optional items to be ordered.

***It is an expectation that athletes wear their uniforms for media shoots/interviews,  
 training sessions and competitions where appropriate.***

**Cost of Program**

The ‘Full Athlete Levy’ for the **2024-25 SAS Individual Athlete Support Program** is

* Returning Athlete - $550 (Athletes part of any 2023/2024 program)
* New Athlete - $580

Preferred payment method is direct debit, but payment can also be made by cash or cheque at the SAS Office. ***Please note: SAS do not have credit card facilities at the office.***

Payment Plans are available.  
Once accepted, details for payment will be sent through via email.  
  
We look forward to receiving your application and having you represent the Sunraysia Acadmy of Sport in 2024/2025.

If you have any questions or concerns about this information or the program, please feel free to contact SAS using the details below.  
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