

2023 | FIRST QUARTER | MARCH

SWSAS

News

AFLW AT HOME IN TIGERLAND

'The Mac' AFLW Squad headed deep into Tigerland during its weekend camp with the Queanbeyan Tigers in early February.

PAGE 13

Hockey Heads West for the Test

The 'Club Menangle' Hockey Squad went west to Lithgow alongside fellow Regional Academies.

PAGE 16

Enhancing your Performance

Gain knowledge and tips around communicating with your coaches, plus training load management to enhance your performance.

PAGE 37

SWSAS News



SWSAS News is proudly produced in-house by the South West Sydney Academy of Sport for our South West Sydney community.

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collect the ball against the Queanbeyan
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L to R: Academy CEO Gerry Knights and the Minister for Sport, The Hon. Alister Henskens MP demonstrate the strong bond between NSW Regional Academies and the NSW Government, at the Inaugural NSW Regional Academies of Sport Awards Dinner.

From the CEO's Desk

I had the opportunity to spend an evening together with The NSW Minister for Sport, The Hon. Alister Henskens, SC MP, at the Inaugural NSW Regional Academies of Sport, Sports Awards Dinner, in Sydney in March.

Where the first topic of discussion was the Campbelltown Sport and Health Centre of Excellence project, and how the Academy's presence would benefit the NSW Office of Sport, and NSW Institute of Sport local talent search programs, in the lead up to Australia's very own 2032 Brisbane Olympic and Paralympic Games.

The Minister was fully aware of the Campbelltown City Council project and its project key partnership with the Western Sydney University, and also how the presence of the Western Sydney University sports sciences on site, would enhance and support the Academy's ever increasing service delivery needs.

In his key address of the evening the Minister highlighted the ever growing status of Regional Academies of Sport across the State, and the importance of the quality of their talent search and athlete development programs, and also reinforced his recent increased commitment to Regional Academies, via an additional \$1.4 million grant.

Within evening discussions with the CEO of the NSW Institute of Sport, Kevin Thompson, Kevin reaffirmed the Institute's ongoing commitment to the continued integration of high-quality sports development delivery and talent identified programs, in partnership with Regional Academies. With a strong and urgent focus on having athletes sports educated and skill ready for Brisbane 2023.

Our two premier NSW athlete development organisations, namely the Institute and Regional Academies are currently finalising a combined fully integrated and appropriately named NSW Ready | RAS TRP talent ready program, developed to unearth the very best athletes with potential, and a commitment to be an elite athlete, from across the State.

The State Government also recently announced the Campbelltown Sport and Health Centre of Excellence \$33 million build, will receive \$16.5 million of WestInvest Fund, funding, to support sports science education, health and wellbeing and community development and outreach programs.

As well as supporting the Academy's sports development pathways, for our region's talent identified, and future elite athletes.

The Campbelltown Stadium sport precinct, is a partnership between the NSW Government, the Australian Government, Campbelltown City Council and Western Sydney University.

Thank you, one and all.



Gerry Knights
CEO

L to R: Regional Academies were high on the agenda at Wentby Leagues Club with the club's CEO Glenn Kovacs, NSWRL CEO David Trodden, Regional Academies Chairperson Brett O'Farrell, NSW Minister for Sport The Hon. Alister Henskens MP, Regional Academies Deputy Chairperson Gerry Knights, NSW Institute of Sport CEO Kevin Thompson and Director, Coaching, Regional and Talent Andrew Logan, all supporting the importance and growth of academies.



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Academy athletes from the Camden and Wollondilly LGA's receiving interview and media skills training from Sky News Producer Monica Lepore.

Academy Training a Class Above

Several lucky Academy athletes had a great opportunity in February, as a part of the Academy's "Captain Class" leadership initiative, where they found themselves fortunate enough to spend an evening with Sky News Executive Producer Monica Lepore.

The evening saw the first group of selected athletes undertake media skills and interview training in the lead up to the four Local Government Council Civic receptions to be undertaken by Academy athletes.

Athletes were taken through an introduction to the media, which included identifying differences in traditional and online media, as well as preparing for and undertaking an interview.

Examples of good and not so good interviews were provided allowing the athletes to begin to identify what they may be faced with as they continue their sporting journey, followed by the athletes working in small groups to begin shaping their own stories.

After going through a range of short answer questions to help prompt key events and discussion points within their sport careers to date, the athletes were then able to practice being interviewed.

This included a session on presentation skills, including body language, projecting speech, and being prepared to hear yourself through a microphone, before each athlete was placed into the spotlight.

The evening provided a great opportunity for both athletes and staff to practice public speaking, thinking on their feet and finding the follow up response, and answering the sometimes curly question confidently.

The athletes will be well prepared to tell their own story in front of their peers, parents and Academy partners at the upcoming Local Government Civic Receptions throughout the next few months.

Monica's Media Skills and Interview Tips



- ☒ Pretend you are speaking to your grandparents
- ☒ Maintain eye contact with interviewer
- ☒ Speak slowly, clearly and confidently
- ☐ Don't be afraid to ask questions about the interview
- ☐ Wear appropriate clothing for the interview
- ☐ Be prepared for the question you don't want to answer

The "Captain's Class" leadership initiative provides a great opportunity for selected athletes within the Academy to experience additional leadership training, such as Media and Interview skills to assist promote the Academy, as well as gain skills that can assist them further their own sporting journey.

These opportunities can include being selected for photo shoots and partnership launches with Academy partners, access to guest speakers and education sessions, as well as access to sporting event tickets provided by various Academy partners and supporters.

Undertaken outside and above their sport program scholarship commitments, selected athletes are seen to have shown dedication to the Academy values of Commitment, Opportunity, Respect and Integrity within their training program.



Behind the scenes at a recent partnership activation with netball program partner, Bingara Gorge

Potential athletes are often discussed with coach and support staff following observation by Academy staff and program partners attending training and education sessions, before being rewarded for their commitment to the Academy, and asked to participate in the various Captain's Class activities.

With further leadership skill development, including problem solving obstacle courses, promotional opportunities and special events on the horizon, all Academy athletes are encouraged to continue to seek out the opportunities their Academy can provide.

Civic Reception Dates

Thursday 2 March
Camden Civic Centre, Camden

Thursday 13 April
Picton Bowling Club, Wollondilly

Thursday 11 May
Campbelltown Arts Centre, Campbelltown

Thursday 8 June
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Bingara Gorge Netball with Cr Ashleigh Cagney (L) and Deputy Mayor Cr Paul Farrow (R)

Camden Celebrates at Civic Reception



Cr Paul Farrow,
Deputy Mayor

'The Academy's Camden-based athletes, coach and support staff were recognised at their local Civic Reception, hosted by Deputy Mayor Cr Paul Farrow and Camden Council in early March.

Sixty-two athletes and four coaching staff call the Camden region home, with all acknowledged and congratulated by Cr Farrow for their sporting success and ongoing contribution to community life in Camden.

Cr Farrow was joined by Academy board member and fellow Camden Councillor Cr Ashleigh Cagney who presented the athletes with a token of Camden's appreciation.

This year's reception features a Q & A panel of athletes, led by sport program manager Alley Hanagan, with Bingara Gorge Netball athletes Zoe Saba and Blessing Donvenekham joining with Club Menangle Hockey athletes Amanda Condon and Patrick Manny for a unique insight into their training programs, overcoming setbacks and their journey to date within the Academy, before Blessing Donvenekham presented a stirring athlete response speech.



Softball



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SIMEC Triathlon



Bounce Back BMX



Netball Umpires



Club Menangle Hockey



Our Wonderful Athlete Panel



Monica Cameron as our ruck setting the team up for a sweet delivery

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AFLW At Home in 'Tigerland'

'The Mac' AFLW squad headed into Tigerland for its annual camp early in February.

The traditional day trip to the Queanbeyan Tigers this year included a full weekend of training under the guidance of the Tigers senior coaching staff and some very special AFLW guest athletes.

The Academy squad experienced a unique opportunity participating in a 'day in the life' of a Tigers AFLW athlete. Tigers Club General Manager and senior Men's Head Coach Adrian Pavese and his coaching team lead a comprehensive training session, covering all aspects of the game, from skills and technique to fitness and teamwork.

The squad was challenged both physically and mentally, as they worked alongside the Tigers Juniors players, pushing themselves to new limits and learning from some of the best in the business. The experience was a valuable one for the SWSAS squad, providing it with a taste of what it takes to succeed at the highest level of the sport, including a dunk in the ice bath!

As part of the camp, the SWSAS squad participated in a game with the Tigers Juniors, showcasing their skills and competing against a highly talented group of fellow young footballers.

The game was closely contested, with both teams displaying impressive levels of skill, athleticism, and teamwork.

It was a great opportunity for both teams to learn from each other and to forge new friendships and connections within the NSW and ACT AFLW community.

One of the many highlights of the weekend was when two of the local Queanbeyan Tigers AFLW stars Alexia and Cynthia Hamilton surprised the squad with a visit, including signing the athletes guernseys, further providing a lasting memory of their experience.

And despite the Academy being in GWS Giants territory, we dare say there are two Sydney Swans AFLW athletes who will be cheered on just as loud this season!

"The Queanbeyan Tigers provided a great opportunity for the girls to learn from experienced players and to gain valuable insights into what it takes to get to their absolute best in AFLW." said Academy Sport Administrator Catarina Di Ramio.

"The weekend was more than just a training event for the Academy Squad and Coaches; it also provided a great opportunity for the squad, as they participated in a range of team-building exercises, social events, and activities that encouraged them to work together and to develop stronger bonds both on and off the field." said Di Ramio.

Following a hard day on the field, the squad enjoyed the hospitality of the Queanbeyan Tigers, with their Junior Committee providing the athletes with lunch, followed by dinner in the evening at the Tigers Club, where the squad shared an incredible dinner alongside the Tigers senior coaching staff.

Whilst Day Two was not spent on the field, the squad explored Canberra, participating in the "Riddle Room" escape rooms adventure, as a part of a team building exercise.

By the end of the weekend camp, all Academy athletes had formed an even closer relationship with their teammates, developing a sense of camaraderie and shared purpose that will serve them well in their upcoming local representative AFL seasons, and are already planning their return to Tigerland in 2024.



Victoria Galualii shapes to collect the ball against the Tigers defence



Tigers Juniors and AFLW program Coaching Staff, alongside The Mac AFLW Squad at Aulich Park, Home of the Queanbeyan Tigers

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Hockey Heads West for the Test

On Saturday the 4th of February the 'Club Menangle' Hockey squad travelled over the Blue Mountains and headed west to the beautiful country town of Lithgow.

The squad, along with coaches Nathaniel Stewart, Michelle Leithwaite, squad manager Lisa Clinch, Academy Sports Program Manager Alley Hanagan met at the Narellan Hockey Complex to jump on the bus at 7:30am and made their way to Lithgow, where the Western Region Academy of Sport was hosting the 'Southern Inter-Academy' camp for hockey.

Our athletes joined alongside fellow Regional Academy hockey squads from the Illawarra Academy of Sport, Southern Sports Academy, Western Region Academy of Sport and the Hockey NSW Sydney Metro Academy.

Throughout the weekend-long camp, athletes were presented with wonderful opportunities to learn skills and gain tips from NSW Pride hockey athletes, before being able to train along side their peers.

This challenged our athletes to develop and explore new skills whilst improving on their current 'comfort' techniques and playing attributes.

Once the first day's events came to a close, the team headed back to their accommodation in the nearby Blue Mountains suburb of Katoomba. The drive back and forth from Lithgow providing the athletes time to get to know each other and bond as a squad.

Hockey were lucky enough to be the first members of the Academy to try out the meals from our new partners, 'LiveFit Nutrition'. (you can read all about the partnership in this edition).

Following dinner all the squad and support staff members wholeheartedly celebrated the birthday of coach Michelle Leithwaite. Then spent the last hour before bed time, sharing stories and their individual goals for the future.

The athletes were able to gain a valuable insight into the past hockey experiences of not only their hockey coaches, Nathaniel Stewart, Michelle Leithwaite, but of sport program manager Alley Hanagan.

All three have been a part of previous Academy and NSW State Program's; with Stewart and Leithwaite also representing Australia throughout their hockey journey.

The opportunity to get away in a camp environment provided the squad a wonderful bonding experience for athletes, which proved greatly beneficial ahead of the second day of camp.

The on-field action on Day 2 recommenced with a slow warm up and lots of sun-screen.

Athletes from all the attending Academies were then split into teams and played skill development round robin games for the remainder of the camp. All athletes displayed wonderful sportsmanship, skill and hockey knowledge.

The camp concluded just after lunch, where the athletes said their goodbyes to the other Academies as all made their way back home.

Following up with strength and conditioning programming with Academy Partner FitClinic, the Club Menangle Hockey Squad Athletes are looking forward to their next event, firmly focused on the ClubsNSW Regional Academy Games in late April.



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Athletes from the inaugural UAA Indigenous Athlete Program with Tamara and Sam from Gumarra

Cultures Traditional Experience

The Underwriting Agencies Australia (UAA) Indigenous Athlete Program commenced after the successful conduct of the Academy Indigenous Talent Identification Day in September.

Through the Talent ID day, and established sport programs, a total of twenty-four Indigenous athletes were invited to participate in the inaugural Academy Indigenous Athlete Program, under the direction of squad manager Brodee Mate.

The squad had their first opportunity to get together in late January, at an Indigenous cultural experience day, hosted by Gumarra, at the Killelea State Reserve.

Athletes were able to learn about the historical significance of the coastal parts of the Dharawal Nation, including the significance of the land to traditional owners, as well as the Indigenous significance of the regions landmarks.

Athletes were then able to experience a traditional dance workshop as well as identifying bush tucker with Gumarra's emerging elders.

Following lunch, the athletes had the opportunity for a spear and boomerang throwing demonstration, and despite a few near misses, managed to come away unscathed.

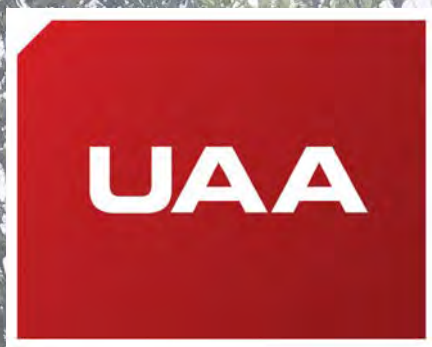




The day concluding with an artifact and culture talk, including a discussion about the various totems and symbols for each of the athletes Indigenous nations.

The next event for our Indigenous Athlete Program will provide further exploration into their individual and tribal culture and art, with the Academy again partnering with Gumarra to provide the athletes the opportunity to learn about traditional indigenous painting, and create their own South West Sydney Academy of Sport Indigenous shirt design.





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SQUAD STAYS ON PAR AT PORT KEMBLA

The 'Campbelltown Golf Club' sponsored golf program has been lucky enough to participate in two camps early in 2023 as they prepare for the Clubs NSW Regional Academy Games, and the Jack Newton Junior Golf Foundation NSW tour events held throughout the year ahead.

The squads first camp in early January saw the athletes join with Western Sydney Academy of Sport and the Jack Newton Junior Golf Foundation Metro squad for two days at Twin Creeks Golf Course for the annual "Metro Academies" Golf Camp.

Athletes undertook a series of education sessions on skill development, mind control and match planning. The squad then had the opportunity to put these new skills into action with match play against their fellow Academies.

The second camp, held in February, saw the squad head to the Port Kembla Golf Course as a part of the Southern Regional Academies Golf camp alongside host Academy, the Illawarra Academy of Sport, Western Region Academy of Sport and the Southern Sports Academy golf squads. The Jack Newton Golf Foundation, as well as Condor Performance provided useful knowledge for the athletes to put into practice with skill development, team and individual match play taking place over the weekend camp.

The next major event for our golf squad will see a number of athletes compete in Bathurst at the Peter O'Malley Cup which takes place in the coming weeks.



SOFTBALLERS SCORE NATIONALS PATH TO N.Z

Two current and three former South West Sydney Academy of Sport Softball athletes have returned home from the Softball Australia U16 National Championships held during January in Victoria, with a little extra “bling” they can proudly wear around their necks.

Current Academy squad member Jordan McSaveney, along with alumni Softballers Carter Shears, Blaze Pus and Harrison McDonald were all part of the Gold-Medal winning NSW U16 State team that defeated Queensland 17-10 in a very exciting and high-scoring Grand Final.

The result made even sweeter after the forced cancellation of the 2021 event due to COVID, and reduced State participation in 2022. Back against a full-strength list of interstate opponents, the win made it two in a row National Championships, for NSW.

Academy female softball squad member Markayla Butler (pictured right) also shone as a very important member of the Silver-Medal winning NSW U16 Girls team, who after progressing through the round-robin series undefeated, were narrowly held out 3-2 by Queensland, in the Grand Final.

Markayla has also been invited to the Australian Development Camp in April, where she will trial for a place in the Australian team to compete at the Canada Cup later this year.



Our athletes success at Nationals has not been the only feather in our Softballers cap so far this year, with seven athletes pictured below selected to attend the U14 Softball Australian Development Camp in February, where four athletes were selected to represent Australia in New Zealand over the Easter break.

These athletes include Parker Cameron, Cooper Johnston, Aiden McSaveney and Bowan Williams, with Zac Armstrong, Natalia Dean and Mason Sutcliffe unfortunate to just miss selection.

These athletes join a growing list of current and alumni Softball athletes in representing Australia at various international tournaments and events, with Softball Australia recently listing another twelve Academy Alumni in the National Elite Player Development and Talent Development squads, including current Academy athlete Jordan McSaveney, and current Assistant Coach Blake Jackson.





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Throughout 2021, as a result of the South West Sydney Academy of Sport response to the COVID-19 pandemic, and with the support of Platinum Partner South32 Illawarra Metallurgical Coal and the Australian Sports Foundation, the Academy developed "SWSAS CARES".

Through this ongoing initiative, the South West Sydney Academy of Sport aims to provide support to underprivileged athletes within the South West Sydney Academy region, who may be experiencing financial hardship, or require various forms of other assistance.

In addition, SWSAS CARES has identified the need to further support our Indigenous and Culturally Diverse athletes by utilising funds received to offset the costs of athletes levies and uniform fees so that they can participate within our sport, community and cultural education programs.

Through the Australian Sports Foundation and Play for Purpose, you can now support the Academy by either donating directly to the SWSAS CARES Foundation, or by purchasing raffle tickets to win some amazing prizes.

Both options are fully tax deductible, with funds raised going directly to athletes of the South West Sydney Academy of Sport.

Donate Directly to SWSAS CARES

>>>



Supporting Our Region

ON YOUR BIKE AND TO THE GYM

The Bounce Back Physiotherapy BMX program has commenced their training and race preparation on the recently resurfaced BMX track in Camden, providing our athletes access to local world class facilities.

In preparation for their upcoming racing schedules, the squad has been undergoing concussion testing, as well as strength and conditioning training with Bounce Back Physiotherapy.

The concussion testing provides baseline data for athletes to compare to, should they have a fall or head knock during a race. This allows medical practitioners to more easily identify when an athlete may have had a concussion, whether immediately noticed, or when an athlete experiences delayed symptoms, such as changes in behaviour and focus for example.

The squad has a series of road trips scheduled to Tamworth, Maitland and Wagga Wagga over the next few months, where the athletes will practice their individual racing skills in a team environment across a number of tracks.





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Current or Alumni
Athletes selected into
2023 Premier League
Opens or U23 Teams

5

Current or Alumni
Coaching Staff
working with 2023
Premier League
Clubs

8

Current or Alumni
Athletes debuting in
Premier League 2023
Teams

7

Premier League Clubs
with SWSAS Alumni

3

Current or Alumni
Athletes into NSW
U17 or U19 State
Teams

2

Alumni athletes
selected into NT U19
State Team

The 'Bingara Gorge' Netball program is well underway and currently preparing for their next event in April, the Clubs NSW Regional Academy Games.

The success of the netball program has culminated in 21 current or alumni athletes, currently participating in the 2023 Premier League Opens or U23 teams.

South West Sydney Academy of Sport now lays claim to at least one representative player or coach in seven of the nine Premier League teams.

The Netball program continues to train and help prepare athletes for the next step, being the New South Wales U17 and U19 state teams, where the Academy again boasts a strong representation in 2023.



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TRIATHLON ALL-SCHOOLS



The Academy's SIMEC Triathlon Program athletes were rather busy at the NSW 2023 All-Schools Triathlon meet, held at the end of February. Congratulations to our athletes who achieved great success at this event:

Zoe Bruce - 28th Female Int Solo, 7th in CCC
Bodhi Jackson - 9th Mens Int Solo, 2nd in CHS
Joshua Persen - 11th Mens Int Solo, 4th in CIS
Harry Lindbom - 15th Mens Snr Solo, 3rd in CHS
Joel Skipper - 24th Mens Snr Solo, 13th in CCC

And a shout out to Harry Lindbom who completed a new PB in his 5km Run leg, and Joshua Persen's stellar comeback, making up 29 places in the Run leg.



SCHOOL HOLIDAY CAMPS

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South West Sydney has Gotcha4Life

Athletes from across the Academy's thirteen sporting programs had the opportunity to join together in late January for a Mental Fitness and Wellbeing workshop, facilitated by Gotcha4Life.

The morning was set up through the Academy Basketball programs support partner, the Illawarra Hawks and their community partnerships program to provide the unique educational and team building opportunity to those athletes who were able to attend the workshop at Thomas Hassall Anglican College, during the last week of the school holidays.

Gotcha4Life founder, and strong mental health awareness advocate Gus Worland, might have been unable to attend in person, however sent through a video message to the athletes from England, in which he encouraged all to watch out for their mates, and speak up when something didn't look or feel right.

This message was echoed by ManAnchor's Steve Gamble, and Fitsom's Rob Pisto (pictured right), who took the athletes through an interactive session on identifying mental health concerns, how to start and have a conversation with your friends, and where you can find help and advice should you not be feeling your best mentally.

The workshop was then followed up by a meditation and breath control session, before athletes finally worked out what the thirty bags of ice, and the notice advising that some activities may involve water were as one by one, the athletes were challenged to enter the ice bath to practice getting out of their comfort zone, and centering their breathing and mind.

Fortunately the Academy held the day in late January, although the next session is planned for 'hopefully a warm day' in July.





Academy Basketball Athlete Emily Paulic (pictured left) provided the following summary of the event;

I learned from the workshop that no matter what is going on in your life, there is always someone who is willing sit down and listen to you, even if it's a friend, parent, coach, teacher or a trusted adult.

I was able to realise that if you speak up you will not be judged, bullied or knocked down. People will take the time to listen and understand you.

You should speak up if you are struggling with your mental health for more than two weeks and not let your mental health pile up.

If you let your mental health get worse then it will soon affect your physical health. And you have to look after your body mentally and physically.

You have to keep your mental health to its maximum capacity to be able to perform your best in your sport, and this can be done by taking a few minutes a day to just stop and relax.

After a game or a practice you need to do a cool down to keep your body physically active for longer. That cool down can include some stretching exercises, and if possible an ice bath (or three!).

"The workshop was a great opportunity to hang out together as a squad and have some fun on and off the court after the holidays.

From learning the importance of being physically and mentally fit, to helping push each other out of our comfort zones (like jumping into the ice baths).

It was great to see all my coaches and team mates and I look forward to the year ahead with them."

Jade Dabrowski (pictured below, taking on the ice bath challenge!)





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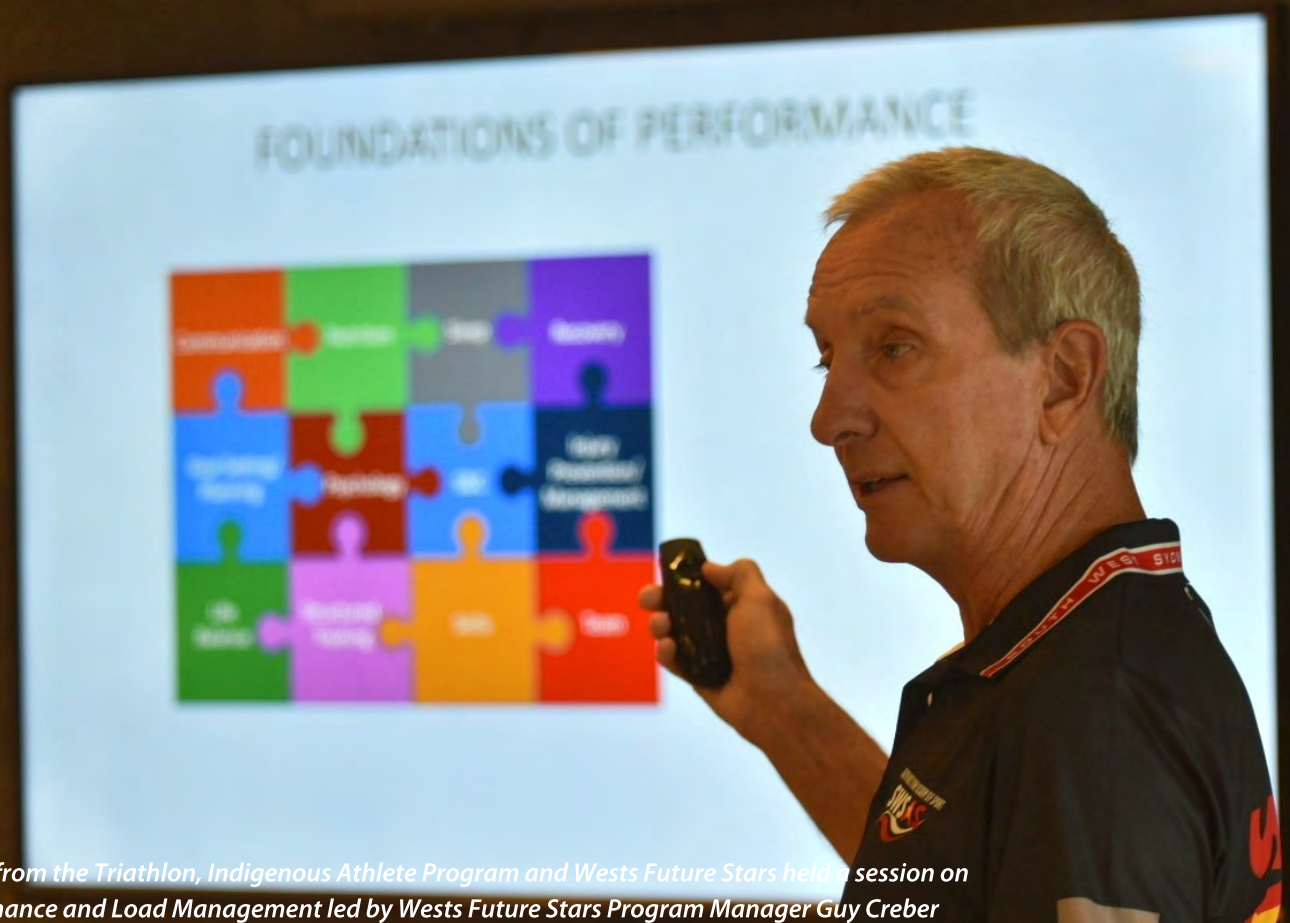


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Academy athletes from the Triathlon, Indigenous Athlete Program and Wests Future Stars held a session on Enhancing Performance and Load Management led by Wests Future Stars Program Manager Guy Creber

Enhancing your Performance

As Academy athletes head back into the new year, they are often faced with a multitude of opportunities to juggle, including Academy training, education, representative or school sporting commitments, which are often not just in one sport, and social or family life.

This in itself can create a number of challenges in keeping across all events and where the athlete needs to be. Good time management skills are required to ensure that Academy training and representation commitments are met (including representing the Academy at the various Council Civic Receptions, school homework completed, and local club or representative training and games are attended.

Where additional challenges can lie is if there are clashes between Academy squad training and expectations, and that of the local or representative club coach. First and foremost, the Academy program should come first, as it is an identified step within the Athlete's high performance pathway, however on occasion, the Academy understands this is not always possible.

The Academy's policy on attendance is as close to 100% attendance as possible is expected. Athletes are required to attend their Civic Reception as part of their athlete scholarship, as well as other promotional and education session activities.

Unless an athlete is competing at a higher level event, such as a State or National Championship, the athlete is expected to honour their commitment to the Academy, even if above their local rep team.

So what happens if there is a clash you cannot get out of? Or how do you identify these clashes?

The ATHLETE needs to communicate! This may include speaking with both the Academy coach, representative coach, and even having the two coaches speak to each other.

If there is still an issue, then the athlete should also seek communication from the Academy sport program manager.

One of the most common concerns coaches who are not familiar with the Academy will raise is that of Load Management.

This is where communicating with your Academy coach is key.

So what is Load Management?

Load Management in simple terms is essentially knowing where you are in your training program, what you need to be focusing on, and when the desired best performance outcome is to be achieved.

Load Management can be as simple as knowing when your training sessions and games are, and planning your life (ie homework, rest etc) around them; or it can be as detailed as having a complete mapped out training program and schedule with your coach and prioritising what's important when. Whichever way you look at it, load management plays a big part in you setting out goals and planning for your athletic success.

The unfortunate side of Load Management is that it can be very specific to each individual athlete's chosen sport. For example, a Load Management plan for an athlete who competes in a race every four to six weeks will look very different to an athlete who competes in a team environment weekly.



Communicating with your coach about your training load is crucial.



The Academy caught up with its Wests Future Stars Program Manager and GC Multisport Coach Guy Creber for his take on Training Load and Load Management.

What will be most common with an athletes Load Management plan will be related to the Training Stress.

Placing physical stress on the body is required in order to achieve progressive/positive adaptations to training. This physical stress is what is known as training.

This level of stress can be changed by adjusting three key elements of training;

1. Frequency of training
2. Duration of training, and
3. Intensity level of training

It is important to recognise that there is a difference between duration and volume of training. Where duration is the length of time (or distance) of the session, volume is the combination of the duration and the frequency of the training.

And this is what gives us the Training Load.
(Volume x Intensity)

For example, training at a high frequency for a long duration and at a high intensity is a high training load. Whilst training infrequently and/or for a short duration at low intensity is a low training load.

By working with these three elements, athletes and coaches can work together to manage the training load to what the athlete needs to progress.

Guy however suggests that there is indeed an art to programming an athletes load management to determine the appropriate training load for each athlete.

And each load management plan should include individual and/or team skills training sessions, strength and conditioning sessions, and planned rest/recovery.



Get to know your training load requirements.

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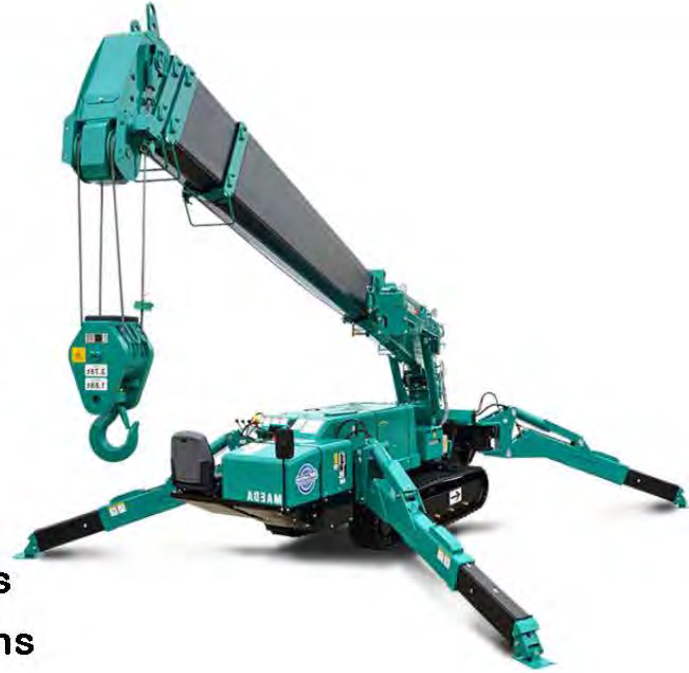
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ACADEMY SET TO DELIVER HAPPINESS WITH LIVEFIT

The South West Sydney Academy of Sport has entered into a partnership with healthy meal prep company, LiveFit Nutrition.

The partnership will see LiveFit Nutrition provide the Academy nutrition-packed pre-packaged meals for athletes to fuel themselves during the respective squad camps and competition events.

This includes LiveFit Nutrition providing the Academy over 400 individually packaged meals for athletes to consume during the upcoming Regional Academy Games in late April.

Sport Operations Manager Stephen Craig was excited by the partnership, stating that Athletes will be the main beneficiary, as they will be able to enjoy a variety of high quality meals whilst on camp, and with all LiveFit nutrition meals certified Halal, and with Vegan and Gluten Free options available, our growing athletes needs are well and truly catered for.

LiveFit founder Terry Cook, provided the Academy a brief background of the organisation, and their goal to deliver happiness with every meal.

LiveFit Nutrition sources its food from local produce markets across the Illawarra and South Coast regions, before preparing the meals weekly at their factory based in Wollongong.



Academy Sport Operations Manager Stephen Craig with 'Freddy' from LiveFit Nutrition

LiveFit is one of Australia's youngest and fastest growing meal prep companies, and prides itself on their commitment to customer service, freshness and quality of their food.

And partnering with the South West Sydney Academy of Sport has provided LiveFit Nutrition with a logical option, as both organisations aim to promote a healthy and active lifestyle.

With LiveFit Nutrition expanding across Sydney and Australia, athletes, families and friends from across the South West Sydney Academy family are encouraged to see happiness delivered, and like our Club Menangle Hockey Squad below, give LiveFit Nutrition a go.

Head to www.livefitnutrition.com.au today!



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- Supports your brand in its desire to be economically, socially, environmentally and culturally responsible;
- Whilst supporting the development of young, local men and women into valued community leaders.

We have an opportunity for you to partner with us, and assist athletes realise their sporting potential. Opportunities exist for Corporate and Sport Pathway Partners, through to small businesses interested in sponsoring the costs for an individual athlete. Whatever your budget, the Academy can provide a partnership with benefits suited just for you.

Your partnership will also be a direct investment into a better tomorrow.

The South West Sydney Academy of Sport is a not-for-profit community based organisation, which relies heavily on the financial and social support of its outstanding corporate partners, in providing these much needed development opportunities.

The Academy in return invests a large amount of its time back into its local sporting community, increasing the reach of our corporate partners throughout the region.

Become a part of securing the culture of Youth, Sport and Excellence within your Community today.

Act now, please contact the Academy Office for further information and allow the development of your personalised partnership package, today.



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The Last Play

A famous coach once said that 'prior planning prevents poor performance'.

Knowing and recognising that 'what is important now' can indeed be a good acronym when defining what it means to WIN.

No doubt as you have read in this edition, whether in sport, business or at home; having great time management and planning skills is essential to ensure your success is sustained.

As is making sure you have a quality support network such as the Academy around you.

#wearesouthwestsydney



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Dates for the Diary:

Indigenous Athlete Program
Art and Culture Experience
Tuesday 12 April 2023

Wollondilly Civic Reception
(Wollondilly Athletes)
Thursday 13 April 2023

South32 Come and Try Day
Douglas Park Athletics Track
Friday 14 April 2023

Regional Academy Games
Wagga Wagga
(selected sports and athletes)
Friday 21 - Sunday 23 April 2023.

Campbelltown Civic Reception
(Campbelltown Athletes)
Thursday 11 May 2023.

**26th Annual Athlete Graduation
and Sport Awards Dinner**
The Cube Convention Centre
Friday 28 July 2023

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