



Softball Program



The Softball program, supported by RBI Australia, is a development and high-performance program for talent identified athletes from South Western Sydney region, that sits within the Softball NSW high-performance athlete development pathway.

This program is targeted for athletes who are participating within their respective association representative teams at state championships, and aiming to develop their skills for performance within higher level junior and senior club representative teams.

OBJECTIVES

Create an environment where athletes can develop the necessary tactical, technical, physiological and psychological skill competencies to aid progression through their sports Athlete High Performance Pathway.

Provide fundamental individual and squad skill development sessions for athletes, in parallel to Softball NSW High Performance Pathway programs.

Compliment athletes local club and Representative team training, encourage and develop athletes to be Leaders within those teams.

ELIGIBILITY

Athletes must be aged between **13 and 16** years of age, in the year of nomination, and reside in the local Government Area's of Campbelltown, Camden, Liverpool or Wollondilly.

Athletes must participate and be a registered and financial member of Softball NSW.

Athletes currently, or with the potential to be, selected in Softball NSW State squads are eligible to apply.

SELECTION PROCESS

Athletes must complete a South West Sydney Academy of Sport Athlete Nomination Form and attend one or more trial/s as listed.



Athlete Benefits

BENEFITS INCLUDE:

Recognised Athlete within the Regional Academy of Sport Network

Academy uniform

Regular on-field training sessions that will include individual and squad based fundamental skill development training, team dynamics and tactical skill development.

Performance opportunities selected to best suit the current development level of athletes, including camp or performance events scheduled in conjunction with other Regional Academy, or regional development programs.

Access to Academy Athlete Health and Wellbeing Services

Education Program, including

- Athlete Induction,
- Media Skills and Athlete Development,
- Sport Science and Functional Movement
- Captains Class and Leadership Training,
- Practical Nutrition,
- Sport Integrity, and more

Supervised Strength and Conditioning Program/s

Fitness Testing and Functional Movement Screening

ATHLETE SCHOLARSHIP LEVY

An Athlete Scholarship levy of **\$400** inclusive of GST, will be applicable to successful athletes.

Additional Camp / Tour costs may be applied for certain activities throughout the program year, however are heavily subsidised by the Academy and it's partners.



Nominate
Now>



For more information: swsas.org.au/softball

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