



INVESTING IN ATHLETE EXCELLENCE

THE GIPPSLAND SPORTS ACADEMY INDIVIDUAL SCHOLARSHIP HOLDERS PROGRAM ENDEAVOURS TO PROVIDE ALL YOUNG GIPPSLAND ATHLETES THE OPPORTUNITY TO BE THEIR BEST IN SPORT AND LIFE.

INDIVIDUAL SCHOLARSHIP HOLDER PROGRAM

ATHLETE SERVICES

- **STRENGTH & CONDITIONING**
 - S & C sessions to be held in Bairnsdale, Sale, Traralgon & Warragul (based on athlete home address) from Feb – Nov 2025
 - Expectation is for all athletes to be responsible and willing to undertake their individual training at home through the TeamBuildr app
- **FITNESS TESTING**
 - Instructor provided by GSA provider
 - This should occur a maximum of 2 times during the program
- **NUTRITION and SPORT PSYCHOLOGY**
 - Athletes will be given up to two group presentations during the course of the program
- **INJURY MANAGEMENT**
 - Athletes will be given a group presentation
- **SPORT INTEGRITY**
 - It is in the best interest of all young athletes that they are well educated in the area of Pure Performance and as such will be required to complete an online program as provided by Sport Integrity Australia.
- **ATHLETE EDUCATION DAY (ACE Day)**
 - Athletes will be invited to the annual ACE Day. ACE day is held in April each year and has various presenters
- **UNIFORMS**
 - Purchase of GSA polo & shorts as a minimum (approx. cost of \$90). Athletes may wish to purchase other GSA apparel items.

- **ANNUAL AWARDS DINNER**

- Each year Gippsland Sports Academy hosts its Academy Awards where athletes are acknowledged in front of representatives from State & Local Government, Members of the GSA Board, GSA sponsors representatives from State Sporting Associations and local business leaders.
- Each athlete will be presented with a graduation certificate

OTHER CONSIDERATIONS

- \$280 per year
- Minimum entry criteria
 - athletes must have participated at a Regional level or above , (including State School Sports (SSV) or the equivalent).
 - Open to all sports except Clay Target Shooting, Golf, Hockey, Netball, Swimming, Taekwondo, Tennis, Volleyball, as these are current GSA full sporting programs.
- Minimum attendance – attendance at an Induction day or an ACE day is compulsory and 80% of Strength & Conditioning sessions
- Administration
 - participation forms to be completed by each athlete

To register your interest or further information please call Anita on 0411 435 819