



## BACKGROUND INFORMATION FOR TRIALLING ATHLETES-AFL

**The Western Region Academy of Sport (WRAS)** is a non-profit organisation that assists young athletes from the region to achieve sporting excellence. WRAS programs are endorsed and supported by relevant State Sporting Organisations and provides pathways for pre-elite athletes to progress to higher representative levels in their chosen sport. WRAS supports athlete development in a holistic manner and recognises the value of education. WRAS expects athletes to be attending school or tertiary education, meaningfully employed or undertaking other educational or training opportunities.

The WRAS catchment includes the following council areas - Bathurst Regional, Bland, Blayney, Cabonne, Cowra, Dubbo Regional, Forbes, Gilgandra, Hilltops, Lachlan, Lithgow, Mid-Western Regional, Narromine, Oberon, Orange, Parkes and Weddin.

**Who can nominate for a WRAS 2019 AFL scholarship?** Athlete must be born in 2001, 2002, 2003 or 2004, reside or attend school in the WRAS catchment area.

The WRAS AFL program will support 2 age groups-

- 15s/16s (born 2003 and 2004) to attend Academy Games
- 17s/18s (born 2001 and 2002) to attend State Trials hosted by AFL NSW/ACT

**What is a WRAS scholarship?** Scholarships are not in the form of a monetary sum. Scholarships include:

- WRAS membership, insurance, training uniform and a presentation evening ticket
- Intensive training sessions under the guidance of local elite coaches
- The opportunity to compete in elite events such as the Academy Games
- The opportunity to compete in elite events such as State trials hosted by AFL NSW/ACT
- A strength and conditioning/injury prevention screenings and training program
- Sports science fitness testing
- Educational seminars

**How are scholarships awarded?**

- AFL athletes wishing to be considered for the AFL squad must complete the WRAS nomination form before the closing date/time and attend the trial.
- Being part of a previous WRAS squad does not guarantee selection.
- A detailed selection criteria is used which includes physical capabilities, technical competence, tactical awareness, potential to improve, competitive ability, individual application, coachability and behaviour, performance and results at specific events.
- A list of selected athletes is placed on the WRAS website and trialling athletes are advised by email.
- Scholarship offers must be accepted in writing by the due date or the offer may be withdrawn and offered to another athlete.

**What is expected of an athlete?**

- If selected in a squad WRAS expects that this is the athlete's primary sport of participation
- Attendance at ALL activities in the WRAS program (including presentation evening). WRAS avoids clashes with higher level events run by the State Sporting Organisation. In certain circumstances exemptions can be applied for.
- Athletes are expected to adhere to the principles of respect and responsibility, participate to the best of their ability, display exemplary behaviour, show enthusiasm and maintain high dress standards.
- WRAS athletes are expected to commit to improving their physical profile and should be aware that this includes undertaking physical activities and testing. They are also expected to undertake a strength and conditioning/injury prevention program.

**Proposed Program – guide only**

The WRAS AFL program will run from November 2018 to April 2019 with presentation in August 2019

3-4 November 2018 – orientation (Bathurst)

March/April 2019 – education workshop

12-14 April 2019 – Academy Games in Newcastle (15s/16s squad ONLY)

April 2019- State Trials hosted by AFL NSW/ACT (17s/18s squad ONLY)

8- 10 squad training days held between Orientation and the Academy Games

Regular strength and conditioning/injury prevention program between Orientation and the Academy Games

August 2019 – WRAS presentation evening

**What does a scholarship cost?** - All WRAS athletes pay a levy. As a guide 2019 AFL levy will be approximately \$350 (for new athletes) and \$170 (for previous WRAS AFL athletes). The 2019 levy will be advised upon selection of the squad. Selected athletes will be advised how they can offset their levy by seeking personal sponsorships through the 'Friends of the Academy' program. WRAS also invites athletes to apply for assistance from funding received from some of the Central West ClubsNSW member clubs.

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