



# BACKGROUND INFORMATION INDIVIDUAL ATHLETE PROGRAMS

**The Western Region Academy of Sport (WRAS)** is a non-profit organisation that assists young athletes from the region to achieve sporting excellence.

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 Lone Star and Para-Sports programs are designed to support pre-elite youth athletes in any sport. Programs are tailored for the individual athletes selected.

## Who can nominate for the WRAS 2023 individual athlete program?

Athlete must reside or attend school in the WRAS catchment area and meet the requirements of a Lone Star or Para-sports athlete.

**Lone star program** – are tailored for athletes who are ineligible for WRAS squad programs (ie. there is no WRAS program in their sport). It is expected that athletes are at the level of representing NSW in their sport. Athletes must be turning 15-18 years of age in 2023. These scholarships are designed to assist pre-elite youth athletes in any sport, who are living or attending school in the western region.

**Para-sports program** – are tailored for athletes who regularly compete at national events (representing NSW) and who are aspiring to represent Australia in para-sports competition in their chosen sport. Athletes must be turning 15-18 years of age in 2023. These programs are designed to assist pre-elite youth athletes in any sport, who are living or attending school in the western region.

## How are selections made?

- Athletes wishing to be considered for a lone star or para-sports athlete program must complete the WRAS nomination form before the closing date/time.
- Being an athlete in a previous WRAS program does not guarantee selection.
- Each applicant is assessed on their application. WRAS may contact relevant sports associations to verify sporting results.
- A list of selected athletes is placed on the WRAS website and athletes are advised by email.
- Offers must be accepted by the due date or the offer may be withdrawn.

## What is included in the program?

- STRENGTH AND CONDITIONING - The main component of the Lonestar and Para program is support with Strength and Conditioning sessions in Athlete's hometowns. WRAS will organise/support weekly gym sessions for athletes in our programs
- ATHELTE EDUCATION – education sessions that cover topics including sports psychology, nutrition, load management and recovery practices will be conducted throughout the year at events (orientation/camps) and/or online via zoom
- PARTICIPATION IN WRAS EVENTS – this includes major events with the WRAS Lonestar /para squad such as camps and educations sessions as well as inclusion in academy wide events such as Orientation and the Awards night.

## What is expected of an athlete?

- Individuals athletes are expected to attend WRAS orientation (12 November 2022 in Bathurst), WRAS presentation evening (August 2023) and events as negotiated with WRAS.
- WRAS athletes are expected to adhere to the WRAS Code of Behaviour policy, 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. Athletes are also expected to undertake a strength and conditioning training program.

## What does the individual athlete program cost?

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|---|--------------|
| Athlete Levy  | \$165        |
| Compulsory uniform – WRAS polo shirt, training singlet, training shorts, white socks and hoodie | \$201        |
| <b>TOTAL cost for NEW Athletes</b>  | <b>\$366</b> |
| <b>TOTAL Cost for RETURNING Athletes</b>  | <b>\$165</b> |

All athletes will be eligible for a WRAS uniform subsidy of \$34 to be used for uniform costs ONLY

**All selected athletes will be able to apply for financial assistance from funding received from some of the Central West ClubsNSW member clubs. All athletes will be advised how they can offset their WRAS program costs by seeking personal sponsorships through the 'Friends of the Academy' program.**