

## BSA SWIMMING – KEY BENEFITS 2023

Swimming Victoria is partnering with Barwon Sports Academy (BSA) to offer membership for selected athletes to join the BSA program in 2023.

Some of the benefits of participation in the BSA program for all athletes include:

### **BSA Education Program:**

1. Athlete education sessions which have a focus on *nutrition, injury prevention, strength & conditioning, recovery, sports psychology, goal setting, and athlete trademarks.*
2. Elective education sessions which include *being a cultural ally (Mathew Stokes), the female athlete (Emily Shears), driver safety (TAC), and anti-doping education session etc.*
3. Small group education sessions which may include sports psychology, sports nutrition and goal setting. These sessions may be delivered by your state sporting association or one of the BSA's experienced presenters.
4. Group Q&A session with an elite athlete who may be from your sport or another sport the BSA has supported athletes from.

### **Strength & Conditioning:**

1. 15-20+ sessions for each sport (number of sessions dependent upon group numbers).
2. S&C sessions to have as much sport specific focus as possible to transfer your training over to your sport.
3. Coach, venue, and time of the sessions to be established based on sports schedules and timing of seasons/events.
4. Access to TeamBuildr software. This is an exercise prescription software which is used during S&C sessions and allows athletes to complete exercises at home.

### **Member Benefits & Access to Services:**

1. BSA uniform items for all athletes (Polo and training top for 1<sup>st</sup> year athletes)
2. Gym vouchers (10 visits) for Leisure link provided for calendar year.
3. Musculoskeletal screens for 1<sup>st</sup> year athletes at Corio Bay Health Group (Gap covered if you have private health insurance, \$30 for non-private health insurance).
4. Discounted physiotherapy services at Corio Bay Health group (20% discount)
5. Discounted medical scans at lake imaging radiology.
6. Over each year there will be certain opportunities and offers which will be made available to BSA members due to existing and new partnerships the BSA has.



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**Swimming specific benefits available to swimming members:**

- 1-2 Elite High Performance Coaching Development Days provided by Swimming Victoria. (Includes 2 x Swim sessions and an education component each experience)
- Interactive Webinars on Nutrition, Goal setting and Sports Psychology provided by Swimming Victoria specific presenters
- Additional sessions which will be arranged by 2023 swimming program manager Aaron Tenabel

