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BSA SAILING – KEY BENEFITS 2024

Sailing Victoria and Royal Geelong Yacht Club is partnering with Barwon Sports Academy (BSA) to offer membership for selected athletes to join the BSA program in 2024.

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 1st year athletes)
2. Gym vouchers (10 visits) for Leisure link provided for calendar year.
3. Musculoskeletal screens for 1st 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.



Sailing specific benefits available to sailing members:

- RGYC support the program by providing a program manager (Tony Bull) who also provides up to 6-8 off water sessions
- Presentations by elite sailors, past sailors and families will also be sourced to assist in awareness and support in understanding the netball journey/pathway.
- We will seek additional opportunities from Sailing Victoria