

Sailing Key Benefits 2026

1. Overview:

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 2026.

2. BSA Education Program:

- Athlete education sessions which have a focus on nutrition, injury prevention, strength & conditioning, recovery, sports psychology, goal setting, and athlete trademarks.
 - Elective education sessions which include being a cultural ally (Brett Goodes) the female athlete, driver safety (TAC), and anti-doping education session etc.
 - Sport specific education sessions included in coaching days. Aimed to better prepare our athletes physically and mentally.
 - Group Q&A session with Alumni and elite athletes from multiple sports.
-

3. Strength & Conditioning:

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

4. Member Benefits & Access to Services:

- BSA uniform items for all athletes (Polo and training top for 1st year athletes)

- Gym vouchers (10 visits) for Leisure link provided for calendar year. (All 16 year athletes)
 - 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).
 - Discounted physiotherapy services at Corio Bay Health group (20% discount)
 - Discounted medical scans at lake imaging radiology.
 - 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.
-

5. 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
-

Program Manager: Tony Bull

Head Coach: Tony Bull