

Swimming Key Benefits 2026

1. Overview:

Swimming Victoria 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.
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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.
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4. Member Benefits & Access to Services:

- BSA uniform items for all athletes (Polo and training top for 1st year athletes)
 - Lumin (Athlete management system) for wellbeing, goal setting, scheduling, data comparisons, strength and conditioning follow-up program and communications.
 - 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.
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5. Swimming Program Contacts

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