

GOLF PROGRAM PHILOSOPHY

1. Barwon Sports Academy Overview

The mission of the Barwon Sports Academy is to identify, support and nurture regional athletes, coaches and families through education, elite training and pathway integration, enabling success in sport and life.

We will achieve this by.

- Delivering leading edge pathway support
- Focus on holistic sport and education growth
- Promotion of behaviours aligned with leadership and success
- Encouraging athlete responsibility and resilience

We are one of six regional academies in Victoria supported by the Victorian Institute of Sport and partner with state sporting associations to provide rich environments for regional athletes to flourish. Each sporting partnership requires a Program Manager and Head Coach who work with the BSA team to develop and deliver our programs.

2. BSA Values

- **Excellence** - We strive for high standards in everything we do — planning, preparation, delivery, and outcomes. We pursue continuous improvement and hold ourselves accountable to deliver quality experiences for athletes, coaches, and partners
- **Integrity** - We act with honesty, fairness, and respect, always prioritising safety and doing what's right. We foster a culture of trust where decisions are made ethically, transparently, and in the best interests of all involved.
- **Inclusion** - We create a welcoming and caring environment where all people feel valued, respected, and safe. We celebrate equality and diversity and work to remove barriers so everyone can thrive in sport, regardless of background and circumstances.

- **Collaboration** - We work together with our community, clubs, coaches, families, and partners to build a stronger sporting community. We believe success is shared and value open, respectful communication and meaningful partnerships.
 - **Care** - We are committed, caring, and energised by the positive impact of sport. We nurture enjoyment, friendship, and personal growth.
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3. Long term Athlete Development (LTAD) Framework

Golf Australia development principles:

Golf Australia's Long-Term Athlete Development (LTAD) framework is designed to guide golfers from grassroots participation through to elite performance and lifelong involvement in the sport. While Golf Australia doesn't publish a standalone LTAD document, it aligns with broader national and international LTAD principles, particularly the FTEM (**Foundation, Talent, Elite, Mastery**) framework developed by the Australian Sports Commission.

VRAS is in the Talent (T1-T4): Identifies and nurtures emerging talent through structured coaching/mentoring and competition.

High Performance Program

Golf Australia's High-Performance Program integrates LTAD principles by:

- Requiring athletes to balance education and sport, ensuring long-term well-being and career readiness.
 - Providing access to coaching, sports science, and competition tailored to each development stage.
 - Emphasising individualised athlete planning, including physical, mental, and technical development.
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4. The role of the Golf program in our region's pathway

The BSA Golf program is positioned to support aspiring Junior golfer's U/18 from the Barwon region. It will suit talented players who are looking to develop their skills and understanding in pursuit of reaching their full potential, progressing along the High-Performance pathway and realizing the career opportunities in the sport. The goal of the program is to bring together a like-minded cohort of athletes, expose them to resources that help them understand what is required to reach the next level.

The BSA provides access to experiences, holistic education and strength and conditioning advice. We expect players to graduate from the program knowing more about their bodies, how to train effectively, the mental approach required the career pathway available.

The BSA recognise both the Golf Australia pathway and the rich access to competitive opportunities and professional tuition in the Barwon region. Please see the attached document highlighting these.

5. What is the goal of the Golf program?

The goal of the BSA Golf program is to provide golf related skills and understandings that provide the athletes with the best chance to reach their full potential and understand the career opportunities within the sport.

6. Key Golf component

We aim to provide a holistic balanced program that includes technical, tactical, physical, mental and lifestyle components. These can consist of.

Technical development – Working with your local coach to provide feedback on swing mechanics, ball striking, putting, short game skills, club selection and shot shaping.

Tactical development – Improve course management, risk and reward decision making, club strategy, adapting to conditions, mental fortitude and pre shot routine.

Physical conditioning – A focus on building the body to meet the sports demands. Strength, power, flexibility and agility, mobility and recovery protocols are focus areas.

7. Holistic education (Sport specific)

- Goal setting
 - Nutrition for competition
 - Injury prevention (Understanding your body, MSK, loads, recovery)
 - Mindset (Psychology involved in tennis)
 - The pathway to USA College tennis
 - Netball ambassadors sharing insights & Q & A
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8. Selection

An information session will be held August/September followed by an application process based on the standard selection criteria.

All information available on www.barwonsportsacademy.org.au

9. Questions please contact

CEO Cameron Loftus cameron@barwonsportsacademy.org.au

“Empowering Barwon’s sporting community to shine on the world stage, sustainably, innovatively, and together.”

Golf Australia's High-Performance Pathway

Tier 1 – Golf Australia Rookie Squad

The Golf Australia rookie program comprises of male and female professional athletes who are in the first 5 years of their career.

Tier 1 athletes are considered the future of Australian golf and have the tools capable of achieving the programs objectives of winning major championships, Olympic medals and top 100 world ranking positions. Past program members include Cameron Smith, Hannah Green and Minjee Lee.

Tier 2 – State High Performance Program

A Tier 2 athlete is a state-identified elite amateur athlete who has demonstrated the ability to compete successfully at national and international level and is showing the potential, desire and commitment on and off the golf course to be a future Tier 1 athlete.

This program is designed to add value to the athlete's current training environment while providing both professional and amateur tournament access nationally and internationally.

Tier 3 – State Development Program

A Tier 3 athlete is a state-identified developing amateur who is showing the potential ability to compete successfully at national and international level and is showing the potential, desire and commitment on and off the golf course to be a future Tier 2 athlete.

This program is designed to add value to the athlete's current training environment while providing amateur tournament access nationally and internationally.

Tier 4 – State Talent ID Programs

The Tier program is the state talent ID program for U/18 athletes who are showing the potential, desire and commitment on and off the golf course to be a future Tier 3 level athlete.

Athletes are invited to various state camps and training sessions offered annually.

The **Victorian Regional academies of sports program** also sits in this space, with athletes identified, provided access to the high-performance team, strength and conditioning and a holistic education program.