

# PROGRAM DETAILS

## 2024



### Mission Statement

The Physio Space Performance Academy (the Academy) is a program that will support, empower and educate junior athletes to maximise sports performance and development whilst maintaining enjoyment and motivation to enable career opportunities and longevity. The Performance Academy will build resilient athletes who are intrinsically motivated to work hard in their chosen sport and overcome adversity.

### Outline

The Academy Physiotherapy based management program that has been established to assist the development of junior athletes in the Wingecarribee local area. Within the relevant year, each athlete will be provided an array of services designed to improve and maximise their performance, maintain training and competition consistency, and minimise injury risk. This will include elements such as pre-season athlete screening, goal setting and competition planning, provision of injury prevention and performance enhancement exercise programs, and regular check-in sessions through the year. In the event that it is necessary, athletes who sustain an injury will have discounted consultation fees for any Physiotherapy appointments at The Physio Space.

The Performance Academy was launched in January 2023 with five (5) athletes provided with a fully funded position to participate in the program. Moving into 2024, three (3) athletes will be offered a fully funded position.

### Eligibility Criteria

The following criteria must be met to be eligible for the Academy:

- Age: 12 – 18 years old. The athlete must turn at least 12 but no more than 18 in the relevant calendar year.
- Location: the athlete must reside in the Wingecarribee Shire and have an ability to attend sessions at The Physio Space clinic during the school term. (Please Note: consideration will be given to applicants that reside outside the Wingecarribee Shire but attend a school and engage in their sport within the Wingecarribee).
- Citizenship: The athlete must be an Australian citizen or have been granted a permanent residency status in Australia.
- Attributes: The athlete must be a determined and focused individual with a desire and intrinsic motivation to achieve their maximum potential in their chosen field of competition. They must demonstrate a well-rounded and wholistic approach to maximising their performance in addition to upholding to the values of fairness, equality, and integrity.

- **Schooling:** The athlete must be enrolled in a relevant educational institution and demonstrate a commitment to their attendance, attitude and aptitude toward learning.
- **Exclusivity:** The athlete will not be currently enrolled in an alternate Performance Academy or contractually bound to utilise the services of an alternate Physiotherapy provider at the commencement of the relevant year, or if offered a position during the scholarship year, the athlete may only accept with the Academy's prior written consent.

### Academy Services

SERVICE	DESCRIPTION	DATE
<b>Formal acceptance into the Academy</b>	Selected athletes will be offered a position in the Academy late in the year prior to their Academy year. Athletes are to complete the relevant selection process and sign the supplied Academy Agreement if offered a position.	Estimated Nov/Dec in the year preceding
<b>Commencement of the Academy</b>	Commencement of the Academy and Athlete Management Services	January of the relevant year
<b>Preseason screening Assessment</b>	A comprehensive and wholistic assessment to be conducted early in the relevant year. This may include, but not be limited to: <ul style="list-style-type: none"> <li>• Assessment of sport and performance history</li> <li>• Assessment of injury history</li> <li>• Assessment of current goals and aspirations</li> <li>• Musculoskeletal screening assessment (strength, flexibility, movement control, agility)</li> <li>• Concussion Baseline testing</li> </ul>	January of the relevant year
<b>Monitoring Review Appointments</b>	Scheduled appointments are to be conducted with the athlete and their allocated Physiotherapist. This may include, but is not limited to: <ul style="list-style-type: none"> <li>• review of training and competition loads, review of Musculoskeletal screening assessments, review of goal setting, prescriptive exercises for injury prevention and to enhance performance</li> </ul>	10 sessions over 12 months
<b>Liaison and Communication</b>	Direct liaison and communication with relevant coaching, medical or performance staff	Ongoing
<b>Reduced consultation fees in the event of injury</b>	25% fee reduction for treatment appointments at The Physio Space for any relevant injury sustained during the relevant year. Fee reduction capped at a limit of \$1,000 for the year	As necessary

<b>Education sessions</b>	Information sessions delivered to the Academy participants that may include topics such as nutrition, optimal training loads, specificity of training, injury prevention principles, sports psychology	As necessary
<b>The Physio Space Academy apparel</b>	A range of training and formal apparel to be worn by the athlete when attending Academy sessions or representative opportunities. Any such apparel provided must be worn in accordance with the Academy's requirements.	As suitable
<b>Academy Review process</b>	At the completion of the relevant year, all participants agree to participate in a formal review of the Academy structure and services to identify further areas for improvement, and to determine if the Academy was successful in achieving the identified goal(s) of the individual athlete	At the completion of the relevant year

All services and appointments for the Performance Academy are to be delivered from The Physio Space Moss Vale however alternate local resources and venues may be utilised when and where necessary at the Academy's sole discretion.

The estimated value of these sessions and apparel is \$3,000 per athlete, or up to \$4,000 in the event that additional Physiotherapy discounted sessions are accessed.

### **Injury Management**

Even with the best support, Athletes can still sustain injuries. The Academy and the Physio Space is not liable or responsible for any injuries that occur during or after the period of the athlete participation in the Academy program.

Should an Athlete sustain an injury during the course of the scholarship year with the Academy, the Athlete will be eligible for a 25% discount on all Physiotherapy appointments at The Physio Space for the relevant year, capped at a limit of \$1,000.

### **Expectations of the Academy Athlete**

All athletes accepted to the Academy are to uphold the values of both The Physio Space and the Academy. These include:

- Attendance at Season Launch event
- Attendance at Preseason Screening Assessment
- Attendance at scheduled Screening Assessments
- Attendance at scheduled Education sessions
- To engage in Screening Assessments, goal setting, exercise programming, or any relevant treatment sessions with openness and honesty and must apply recommendations to their full ability

- To demonstrate and maintain expected levels of behaviour and respect whilst attending Academy appointments or events and whilst in the community, at home and at their education facility
- To consent for suitable pictures or videos of the athlete to be used by The Physio Space in marketing campaigns or activities. Each image or video is to be individually endorsed by the athlete and relevant parent/guardian before it is used in such a context.

### **Removal from the Academy or termination of scholarship**

Any athlete deemed by the Academy at its total and absolute discretion, to have acted in a manner that is unacceptable or brings disrepute to the Academy will be withdrawn from the program. Examples of inappropriate conduct includes but is not limited to providing the Academy with false information as part of the selection process, making inappropriate social commentary or posts, failing to adhere to the expectations or values of the Academy, conduct unbecoming of an athlete or any other conduct or activity which the Academy considers inappropriate or unacceptable.

The Academy may also at its total and absolute discretion, otherwise terminate the scholarship at any time during its term.

If withdrawal is necessary, no compensation will be offered to the athlete for any elements of the program that have not been accessed. The athlete will then be ineligible to apply for the program in subsequent years.

### **Application Process**

Applications for the 2024 Academy will close at 5pm AEDT on 20<sup>th</sup> October 2023.

Written applications are to be delivered to:

Performance Academy  
The Physio Space  
2/41 Willow Drive  
Moss Vale NSW 2577

Electronic applications will also be accepted with PDF copies of all application forms and attachments. These are to be emailed to:

[pa@thephysiospace.com.au](mailto:pa@thephysiospace.com.au)

All applicants are to submit:

- A completed, signed Application form - see Appendix A. This form serves as an introduction detailing sporting achievements to date, current sporting participation (including teams, squads, level of competition etc), involvement in any sport support roles (e.g. coaching, umpiring, refereeing, committee positions, volunteering), sporting career aspirations and goals – both short term and long term.
- Copies of the two (2) most recent School Reports
- Two (2) Personal written references from persons who are not family members

## Short-listing of Applications

All applications will be scored on the following criteria to create a short-list of applicants to progress to the Interview stage of selection. The highest scoring suitable applicants will be offered an interview. In the event that two or more applicants score the same and rank in equal position, each of these applicants will be offered an interview.

Scoring criteria:

- A. **Level of competition**
- B. **Expression of personal attributes**
- C. **Commitment to sport**

Any applicants that are unsuccessful in progressing to the interview stage will be notified however there will be no disclosure of the applicants' final scoring, and no discussion or comparison to other successful or unsuccessful applicants will be undertaken.

## Interview

An interview process will then be conducted for selected applicants with a representative panel from The Physio Space and/or the Academy in early November. Each applicant may have one parent/guardian present during the interview process however all questions and answers will be directed to and answered by the applicant.

## Notification

Successful candidates from the selection process will be offered a position in the Academy in writing. Unsuccessful applicants will also be notified however there will be no disclosure of the applicants' final scoring, and no discussion or comparison to other successful or unsuccessful applicants will be undertaken.

## The Academy Contract

A contract will be provided to all successful applicants to confirm the details of the Academy program and the expectations of all participants. This contract will be signed by each individual athlete and parent/guardian.

**Please note** – the information provided in this document is for information purposes only and may be amended at any time without notice.