



PRAS

Peel Regional Academy of Sports

Athlete Handbook

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Contacts

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Gym address:	21 Dower St, Mandurah WA 6210

Board of Management

The Peel Regional Academy of Sports is an incorporated body with an independent Board of Management.

The Board is made up of a team of outstanding regional leaders committed to providing the best training and opportunities for our athletes.

Board member	Position
Craig Johnson	Chairperson
Corey O'Brien	Vice Chairperson
Casey Mihovilovich	Treasurer
Geraldine Puzey	Secretary
Brendan McNally	DLGSC Representative
Caroline Koorts	General Committee
Ronan Hays	General Committee
Marc Pike	General Committee

Athlete Support Program

The Peel Regional Academy of Sports program targets specific high performing athletes and provides them with support, by creating accessible training environments within the Peel region. The athletes who receive a scholarship will receive support with services such as strength and conditioning, nutrition, and psychology, as well as access to talent development workshops and coaching support. This program will allow athletes who reside within the Peel region to spend more time training at a closer proximity to their home base.

PRAS (Peel Regional Academy of Sports) is supported by the Department of Local Government, Sport and Cultural Industries and the relevant State Sporting Associations. Each athlete and referee scholarship is for a period of 12 months, commencing in April each year. Scholarships will be reviewed annually with the results of athletes to be tracked and used in a renewal process the following year.

Mission

The Peel Regional Academy of Sports aims to support the development of high performance sport in the Peel Region.

Vision

The provision of a sustainable high performance program within the Peel Region.

Program Guidelines

A PRAS Athlete Agreement needs to be signed and returned before an athlete commences the program.

Uniform

Athletes will be provided with a PRAS uniform as per their Athlete Agreement. Athletes are required to wear the PRAS uniform to all PRAS trainings and events as well as any PRAS functions throughout the year.

Athlete Induction Evening

As part of your contract with PRAS all athletes must attend the PRAS Induction Evening with a parent or guardian. The Induction Evening will be where we provide essential information to athletes and parents regarding the athlete scholarship.

Attendance will impact the rebates the athlete is eligible for as part of their scholarship.

Professional Service Providers

The Peel Regional Academy of Sports (PRAS) has qualified professionals to help with the training and development of talented athletes in the Peel Region of WA.

A key strategy in the delivery of support services to athletes is the register of service providers in the areas of, but are not limited to:

- Sports Science – Strength & Conditioning Program
- Sport Psychology / Mental Skills
- Sports Nutrition
- Life Skills
- International Athlete Travel Subsidy
- Coach Education

Sport Science – Strength and Conditioning Program

The PRAS Sport Science Program is comprised of an initial movement evaluation, personalised sport specific gym program and regular testing. Qualified and accredited exercise scientists conduct the physical evaluation. The evaluation is managed in accordance with standardised sports- specific physical testing protocols and provides staff with an understanding of the athlete's needs. After assessment and evaluation, a sport specific strength and conditioning plan is developed taking into consideration the athlete's unique needs as highlighted in the evaluation phase. The athlete will then receive free gym access to the BDPT Basement Gym where they will be able to attend supervised sessions to work through their program. The program will continually be monitored and developed to ensure that the athlete is working to their full potential and continues to progress. In the event of an athlete becoming injured during training or competition our S & C staff are equipped to liaise with physiotherapists and other medical staff to ensure that the athlete is able to complete the rehabilitation process. Regular testing will take place to measure the athletes progress and develop the athlete's aptitude for testing.

Sports Psychology/Mental Skills

During the scholarship year PRAS athletes over the age of 15 will have the opportunity to participate in the PRAS Athlete Assessments DISC Profile trial. The primary purpose of DISC profiling is to develop self-awareness and provide a framework for understanding others so athletes can build

effective relationships. Use it to develop emotional intelligence and understand how to consistently achieve the best results as an individual, and with others. Athlete Assessments' DISC profiles use proven techniques based on decades of behavioural research and are created and used specifically for sport.

Each assessment includes a 12-minute online survey and results in a personalized DISC Profile Report (with summaries for easy use). The Report details the individual's personal style, strengths, limiting behaviours, communication preferences and the environment they perform best in. PRAS will also provide follow up workshops to help unpack the information provided in the report.

Sports Nutrition

Sports nutrition assessment and interventions are to facilitate the athlete in optimising their diet for sporting performance throughout training and competition, to aid recovery post-exercise, achieve and maintain body composition goals and maintain their health (e.g., prevent infection, fatigue etc). Dietary advice and nutrition education is tailored to meet the individuals' needs. The athlete's fluid requirements, nutrition supplements, meal planning and travel nutrition strategies are also addressed.

During the upcoming scholarship year athletes with a PRAS scholarship will have access to the following nutritional services with nutritionist Julie Meek. (<https://www.juliemeek.com.au>)

Individual Sessions – New Athlete

- Initial Consult via Zoom with parent – 1 hour
- Follow up consult via Zoom with parent – approx. 1 month after initial consult
- Two further short follow up sessions throughout the year with athlete if needed – 30 minutes each

Individual Sessions – Existing Athlete

- Two follow up sessions throughout the year as needed – 30 minutes each

Group sessions

- 4 zoom sessions per year
 - Approx. 20-30min informal chat with athletes
 - Opportunity for athletes to upskill in nutrition habits and make incremental changes
 - Raises the level of importance of nutrition for athletic performance
 - Opportunity for general/specific nutrition questions at the end

Athletes with the appropriate private health cover are required to use this to pay for individual nutritional consults, PRAS will pay any additional out of pocket costs. Any athlete without private health insurance will be given financial consideration discretion by the PRAS Executive Officer. This will prevent any athlete from being excluded in a program due to their financial position.

Life skills

Throughout the scholarship year PRAS provides several opportunities for athletes to attend workshops covering a range of personal development skills. PRAS aims to assist young athletes to engage in healthy behaviours and make positive decisions. This will enable athletes to successfully enter and then progress along the high-performance pathway. The program will achieve this by

developing athlete's interpersonal and personal life skills and their ability to apply these skills within different contexts.

International Athlete Travel Subsidy

The International Athlete Travel Subsidy (IATS) is an initiative of the Peel Regional Academy of Sport to support athletes who are competing at an international level in their chosen sport. Eligible athletes can receive funding for out of pocket travel and accommodation expenses directly related to competitions and programs in accordance with the criteria set by the PRAS board. Athletes will receive a grant of \$650.00 upon providing evidence of travel and international competition from their State Sport Association (SSA). Athletes are only eligible for one grant per scholarship year.

To be eligible for the IATS, athletes must meet the following criteria:

- A current scholarship holder of the Peel Regional Academy of Sport in good standing
- Competing in a recognised international event
- Provide supporting documentation from their SSA
- Provide receipts for travel

The PRAS board reserves the right to make the final decision on all funding grant applications.

Coach education

PRAS provides several opportunities for Coach Education throughout the year. More information can be found on our website www.pras.net.au.

New Athletes to the program

Upon receiving a letter offering a scholarship, athletes are required to follow the following steps to commence their scholarship.

Step 1. Return signed Athlete Agreement to the Executive Officer

The athlete agreement is sent out with the scholarship offer and must be completed before the athlete's scholarship can commence.

Step 2. Obtain medical clearance to participate in the program

Using the Medical Clearance Form at the end of this document. As part of the medical clearance athletes will be required to have a full blood test done to assist with nutritional programming. The completed form is to be returned to the project officer.

Athletes who attended the induction evening are able to claim a rebate for the medical clearance using the form provided at the end of this document.

Step 3. Meet with Head Strength and Conditioning Coach to undergo Functional Movement Screening and partake in a gym induction.

Step 4. Book initial nutrition consult

Contact details will be provided when you reach this step.

Step 5. Undertake DISC Profile assessment (if applicable)

A link will be provided when you reach this step.

PRAS Sponsors

The Peel Regional Academy of Sport is grateful for the support we receive from our partners in the community. Our sponsors allow us to provide a greater range of services to our athletes, assisting us in supporting their growth and development. Below are the details of our current sponsors and the services available to athletes.

City of Mandurah Recreation Services

<https://www.mandurah.wa.gov.au/community/places/aquatic-and-recreation-centres>

303 Pinjarra Road
Mandurah.
Phone: 9550 3600.

The City of Mandurah Recreation Services allows athletes access to Mandurah Aquatic & Recreation Centre and Halls Head Recreation Centre. PRAS athletes will have access to the following classes:

- Pilates
- Progressive Pilates
- Yoga
- Zen Yoga
- Body Balance
- Stretch and Flex

Athletes will also have access to the Mandurah Aquatic and Recreation Centre pool facilities on Mondays and Tuesdays from 7:30am - 3:30pm and 6pm - 9pm.

Apex Imaging

Website <https://www.apexradiology.com.au>

Peel Health Campus
110 Lakes Road (Crn Murdoch Drive)
Mandurah WA 6210
Phone 1300 209 975

Apex Imaging offers PRAS athletes discounts on medical imaging.

- All Medicare rebateable imaging is done free of charge.
- Non - rebateable MRI's are charged at a discounted rate of \$200.

4 Life Physiotherapy

Website <https://4lifephysiotherapy.com.au>

Unit 1
25 Rafferty Road
Mandurah WA 6210
Phone 9583 5200

4 Life Physiotherapy will offer PRAS athletes' access to discounted Physiotherapy, Podiatry, Remedial Massage and Exercise Physiology services at their clinic, along with braces and appliances.

Halls Head Physiotherapy

Website <http://hallsheadphysio.com>

81 Glencoe Parade (CNR Glencoe Parade)
Halls Head WA 6210
Phone 9581 2966 / 0452 000 610

Halls Head Physiotherapy is providing PRAS athletes with a discount off all Physiotherapy treatments at their clinic.

Lakelands Physiotherapy and Allied Health

Website: <https://www.miamiphysio.com.au>

Unit 7
7 Fromby Road
Meadow Springs WA 6210
Phone 9542 9999

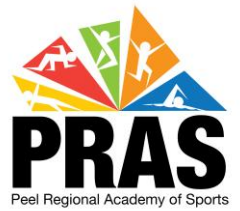
Lakelands Physiotherapy will offer PRAS athletes' access to discounted Physiotherapy services at their clinic.

Miami Physio

Website: <https://www.miamiphysio.com.au>

Unit 1

66 Cobblers Street
Falcon WA 6210
Phone 9534 4111



Miami Physiotherapy will offer PRAS athletes' access to discounted Physiotherapy services at their clinic.

Along with Remedial Massage, Classes (Physio Rehab, Pilates & Reformer) and Hydrotherapy sessions

MEDICAL CLEARANCE FOR THE PEEL REGIONAL ACADEMY OF SPORTS

Dear Doctor,

Your patient _____ has been accepted into a sports scholarship program with the Peel Regional Academy of Sports.

The scholarship program includes progressive resistance training, flexibility exercises and cardiovascular exercise, increasing in duration and intensity over time.

The program also includes fitness assessments including sub-maximal cardiovascular fitness test and measurements of flexibility and muscular strength and endurance. All programs and testing are administered by qualified professionals.

The athlete is currently competing in _____ in a competitive environment.

We want to ensure medical clearance by seeking your advice as to their readiness to undertake physical activity at this level. By completing this form, you are not assuming any responsibility for our strength and conditioning program.

Please identify any recommendations or restrictions for your patient below.

As part of our nutrition program, we require our athletes to have a full blood test including iron study, fasting glucose, Vitamin D and Vitamin B12. Could you please attach a full copy of the results (for review by our nutritionist) and outline if there are any concerns below. Our athletes will be working with a nutritionist to develop a nutrition plan and goals to support their performance.

PHYSICIAN'S RECOMMENDATIONS

	The athlete is fit to partake in physical activity as outlined above.	
	I recommend the athlete not participate in physical activity as outlined above.	
	The athlete can participate but I urge caution because:	
PLEASE ATTACH A COMPLETE COPY OF BLOOD TEST RESULTS or send to nutritionist Julie Meek at: julie@juliemeek.com.au		
Any additional comments or results:		
Physician's Signature		Date
Physician's Name		Phone Number
Address	City	State/Postcode

For any additional information please contact the Peel Regional Academy of Sports Executive Officer at tracey.vanderlaan@sportshouse.net.au .

Athletes, please return your completed forms to the Executive Officer before the commencement of your strength and conditioning or nutrition program.

Blood test results can be sent directly to Julie Meek at julie@juliemeek.com.au prior to your nutrition consult.

Tracey van der Laan
Executive Officer
Peel Regional Academy of Sports

ATHLETE REIMBURSEMENT FORM

Athletes can claim for out of pocket costs relating to the athlete medical assessment. A maximum of \$50.00 per athlete can be claimed. Applications must be lodged by the second week in June in the Scholarship year.

Athlete name: _____

Guardian name: _____

Date: _____

Did you attend the athlete induction evening?	yes/no
Medical expenses receipt attached	yes/no
Amount being claimed:	\$ _____
Name on account:	_____
BSB:	_____
Account Number:	_____

INJURY REPORT FORM

Date of consult		Injury/illness date	
Athlete name			
Current injury			
Treating Doctor			
Treating Physio			
Current training status			
TREATMENT REQUIRED			
Restrictions			
Cross-training options			
Specific rehab/training recommendations			
Expected return to full training plan and date			
Expected date to return to competition			
Next review date			
Contact number			

For any additional information please contact the Peel Regional Academy of Sports Executive Officer at tracey.vanderlaan@sportshouse.net.au .

Athletes, please return your completed forms to the Head of Strength & Conditioning, Chris Wing, at your gym session or by email: chris.wing86@gmail.com .

Tracey van der Laan
Executive Officer
Peel Regional Academy of Sports

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