

SWAS. | APEX

TIER 1 SCHOLARSHIP

2024

SWAS HONOUR BOARD

We recognise current and past athletes who have spent time in SWAS, who have represented Australia, hold national records, or progressed to a professional sporting contract.



Penny Smith; 2011-2015
Clay Target Shooting

2020 Olympics,
World Record Holder
National Record Holder
VIS Scholarship



Tessa Lavey; 2007
Basketball

2016 & 2020 Olympics,
2018 Commonwealth Games



Aaron Skinner; 2016
Rowing

2019 World Record Holder,
National Champion,
INAS Global Games



Madi Ratcliffe; 2013
Hockey

2018 Commonwealth Games



Ursula Hughson; 2008
Football (Soccer)

Signed to Melbourne
Victory



Finn Bowes; 2016
Alpine Skiing

FIS Alpine Skiing World Cup
2022 1st Slalom; Perisher
2018 3rd Slalom; Falls Creek
2017 2nd Slalom; Mount Buller
5th in Whistler Cup



Jacob Mibus; 2012-2018
Para-Athletics

U18 & U20 200m T64
Para-Athletics National
Record Holder (14/3/2018)



Penny Mather; 2007
Hockey

VIS Scholarship
Victorian State Player

SWAS HONOUR BOARD



Cayty Sharp; 2016-2023
Para-Athletics

2017 INAS World Championship,
Gold H. Jump, Bronze T. Jump.
2021 Oceanian Record Women's
Long Jump T20 (4.87m)



Niamh Jones; 2012-2018
Archery

2015 World Youth
Championship Gold Medal



Jaylen Brown; 2019-2023
Wheelchair Basketball

2022 National U23 Team,
2023 VIS Scholarship,
2023 Contract with
Amicacci Abruzzo in Italy



Zoe Addinsall; 2021-2023
Modern Pentathlon

2022 & 2023 National Team,
U17 Laser Run World
Championships



Matilda Mason; 2021-2022
Modern Pentathlon

2022 National Team,
U15 Laser Run World
Championships



Millicent Illingworth; 2021
Cricket

2022 National Women's
U19 T20 World Cup,
Cricket Victoria contract



Callum Bridge; 2018-2022
Hockey (GK)

2023 National Hockey 5s
Team Selection



Are you next?

SWAS. | APEX

Advancing Performance to Enhance eXcellence

The top tier of athletes in SWAS enter the APEX program. APEX is an acronym highlighting these athletes have advanced in their pathway pyramid. Their sport is aligned to the VIS and is represented at an Olympic, Paralympic or Commonwealth Games level.



Framework

APEX athletes have specific and personalised needs to enhance their performance trajectory. SWAS will support these athletes through a tailored and individualised program according to the individual athlete needs (see page 5). APEX athletes will also be able to access the SWAS Member Portal and the resources within.

Number of Positions

The number of positions held by APEX athletes will be limited to 25.

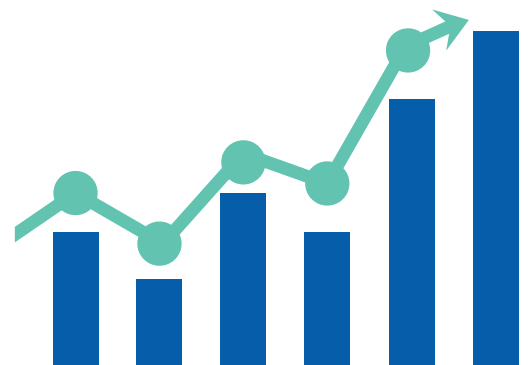
If oversubscribed, additional athletes will be added to a waitlist.



Criteria

Specific performance criteria is taken into consideration when assessing applications and may include;

- Athlete Age
- Performance
- Position in Sporting Pathway
- Previous engagement in SWAS
- Approval from the State Sporting Association (SSA)
- Extenuating circumstances



APEX applicants are required to interview prior to approval.

APEX Management



The athlete, parent/guardian and coach if appropriate, will meet to discuss the athlete and their current situation.

During this meeting, SWAS will guide the conversation through;

- Goal Setting (vision, aspiration etc)
- Review their current training regime with consideration to age, skill, sport etc
- Review their competition schedule
- Assist to formulate a weekly, monthly and annual plan
- Provide uniform items
- Service selection and milestones



Milestones

To ensure APEX athletes remain engaged, they will be required to complete behavioural milestones in order to "unlock" access to service provision. These milestones include;

Milestone #1 - Sport Integrity Australia:

Each APEX athlete must complete the prescribed e-learning modules and produce evidence of completion prior to any further access to SWAS funding or services.

- Clean Sport 101
- Anti-Doping Fundamentals (or Annual Update if previously completed)
- elearning.sportintegrity.gov.au

Milestone #2 - Education:

Each APEX athlete must complete three of the five prescribed e-learning modules and produce evidence of completion prior to any further access to SWAS funding or services.

- High Performance Sport in Australia
- What it means to be an elite athlete
- Athlete Wellbeing & Engagement
- Athlete self-care
- Money Matters
- ais.gov.au/health-wellbeing/athlete-wellbeing-education/modules

SWAS will also maintain its member portal for athletes to access of their own volition.

continued...

SPORT INTEGRITY
AUSTRALIA



Milestone #3 - Choice of:



- *Fitness Testing:*
 - SWAS will run fitness testing twice a year to enable this milestone to be completed. Athletes are expected to attend on both occasions, however they need only attend once to achieve this milestone.



- *Community Service:*
 - This may be achieved through volunteering in various capacities including, but not limited to;
 - assisting with council or sport holiday programs
 - participating in school visits
 - presenting to key SWAS stakeholders
 - assisting in coaching (club, regional, SWAS)
 - *Please note it is incumbent on the athlete to initiate the volunteering opportunity, however SWAS may assist where opportunities arise.*

Service Selection:

The key factors influencing performance underpin the services available. APEX athletes may select that which best suits their development with approval from SWAS and may include;



Physical: sport dietitian consults, recovery or gym equipment, massage therapy, recovery sessions, hydrotherapy, physio, gym access



Psychological: sport psychologist consults, mindfulness practitioner, elite mentor, sleep hygiene



Personal: Time management, budgeting/money/fundraising, school tutor, equipment, travel costs, uniform or registration costs



Tactical: Game analysis (subject to sport involvement and availability)



Technical: Skill analysis (subject to sport involvement and availability)

Whilst an APEX athlete may select their three choices at anytime, they may only access a service upon completion of each Milestone.

In most instances SWAS will be able to provide a recommendation or assist in finding a suitable service provider.

Please note that this may include video-conferencing with specific service providers.

SWAS will subsidise each service selection by up to \$200.00 and will operate on a reimbursement process - receipts are required.

Musculo-Skeletal Screening:

SWAS recommends all APEX athletes complete a MSK with Ultimate Performance and Rehab in Warrnambool. APEX athletes will receive a written report including suggested activities to improve their functional movement. The athlete may provide this report to any coach or gym instructor to help inform their training. This comes at no further cost to the athlete.

uprwarrnambool.com.au



Athlete Check-Ins:

SWAS will conduct two athlete check-ins with each APEX athlete. This is to ensure the athlete remains focussed on their goals, address any concerns that may have arisen, or find additional ways to support the athlete. It is an expectation that an APEX athlete will provide regular performance updates to SWAS via the Athlete Tracker Form available via swas.org.au



Acknowledging Sponsors:

An APEX athlete may enter SWAS through the generosity of a sponsor. In return, there may be associated tasks such as photo opportunities, speaking to staff etc. SWAS will ensure that its Child and Vulnerable People Policy is maintained throughout any interaction.



Schooling:

It will remain a requirement that APEX athletes must be maintaining their education. Athletes with a balance of school, work, and other interests are shown to be more successful than those who only focus on their sport.



Optional Services:

SWAS may offer or refer to additional services at a cost to APEX athletes, and possibly other members of the sporting community. These services may require payment to external providers, and may include;

- Female Health: Unique impacts experienced by women in sport
- Elite Guest Speakers: Various topics
- Strength & Conditioning Programs
- Social Media Training

ASCEND Program:

APEX athletes may also elect to participate in an ASCEND sport program should their sport be offered. This will provide complimentary sport coaching and other experiences. The indicative cost for ASCEND is \$200+GST.

(Please note additional experiences and costs may be incurred depending on the sport).

Application Process

Timing: APEX athletes may apply at any time of year via swas.org.au

TID: Talent Identification may occur through multiple avenues such as via SWAS, SSA's, schools, a regional body, media

Application: An application may be submitted at anytime. The applicant should seek to include all relevant details to support their progress in the application process.

Assessment: Applications are assessed against SWAS criteria and number of available positions. Relevant sporting organisations may be contacted to verify claims and be asked to support the application.

Interview: The athlete will be required to participate in an interview which will assist in determining their suitability for the program. There is no preparation required.

Agreement: Once approval and acceptance has occurred, an agreement detailing expectations, milestones, and commitment will be issued.

Payment: There is an initial cost (\$250+GST) to APEX athletes which will include the athlete management aspects of the program, and the subsidised access to services detailed on page 5 (\$600).

To apply, scan the QR code on the following page.

SWAS. | APEX



ceo@swas.org.au

www.swas.org.au

PO Box 26
Warrnambool VIC 3280

Level 3, Building A
Deakin University, Warrnambool
VIC 3280