

# 2017 MWAS Athlete Scholarship Service Package

Services, facilities and equipment	How many times per year?	Per athlete retail / commercial value **
<b>Medical / Physio</b>		
Medical screening	1	\$200
Physiotherapy / functional movement screening	1	\$100
<b>Physiology / Strength &amp; Conditioning</b>		
Physiological performance testing (field and lab)	2 - 3	\$400
Strength and conditioning plan developed that is tailored to the athlete's requirements and is reviewed and updated as required throughout the year.	Ongoing throughout the year	\$1,500
Monitoring of athlete's training diary, wellbeing and progression	Ongoing throughout the year	\$500
12 month gym membership at Central West Health and Rehab. Athletes are supervised every time they choose to train at the gym	Ongoing throughout the year	\$600
Supervised group weekly conditioning sessions	100+ / Ongoing throughout the year	\$1,500
Supervised outdoor group technical conditioning sessions (includes sprint techniques etc.)	20	\$400
<b>Sport Psychology</b>		
Individual 40 minute sport psychology consultations	5	\$700
Group athlete sport psychology education seminars	3	\$90
Parent sport psychology education seminar	3	\$90
<b>Nutrition</b>		
Diet habit assessment	1	\$50
Nutrition education workshops	2	\$50
<b>Additional athlete education</b>		
Delivery of <i>Developing Champions</i> athlete education program	2 seminars + online modules	\$200
Media training seminar & opportunity for on-air exposure / interviews. Thanks to Geraldton Guardian and Spirit Radio	1 – 2 workshops and multiple media opportunities	\$50
<b>Equipment</b>		
Uniform from SportsPower Geraldton	1	\$200
\$200 Voucher to spend at SportsPower Geraldton. MWAS athletes receive 10% discount at SportsPower Geraldton.	1	\$220
<b>Discretionary support</b>		
Budget to spend on additional services if required and requested	1	\$200
<b>Coach support – if coach is accepted to MWAS Coaching Effectiveness Program</b>		
Access to Coaching Effectiveness Consultant	Ongoing throughout the year	\$3,000
Coaching psychology and other seminars	3 - 6	\$300
Funding for coach's development	1	\$300 - \$600
<b>Technical / tactical coaching - provided by the State and Regional Sport Associations</b>		
Technical / tactical training sessions* (provided by state / regional association)	100 + will vary between sports	\$2,000

**Approximate total value – \$10,000**

Total values to athlete –

- **\$7,000 + in services directly from MWAS**
- \$3,000 + in services directly to the athlete's coach
- \$2,000 + in technical / tactical coaching provided by the state & regional association

\* The technical / tactical sessions are provided by the relevant State and Regional Sport Associations. The quality and quantity of the sessions provided will vary between different sports.

\*\* The retail / commercial value is not necessarily what MWAS pays for services. It is what it could cost the athlete or their sport association to buy the service. Group sessions are low-cost due to costs being shared across a number of athletes.

Due to the improved home training environment athletes will likely reduce travel to Perth. Based on the rate of 74c/km, a Geraldton-based athlete would save \$666 in vehicle travel alone for each trip to Perth that is avoided. This amount does not include salary/ time loss, accommodation costs, or potential savings through car-pooling. Some athletes could avoid more than 10 trips to Perth.