

## MWAS Athlete Scholarship Service Package

Below is a table of what Athletes Receive during a normal scholarship period. Some resources may change and not all services occur each year. There are also two levels of scholarship available and not all services are provided to the Development Squad members.

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
Gym membership at Central West Health and Rehab. Athletes are supervised every time they choose to train at the gym but may be provided with 24hr access	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 athlete DISC behavioural profile	1	\$200
Individual 40 minute sport psychology consultations	3	\$700
Group athlete sport psychology education seminars	3	\$90
Parent sport psychology education seminar	1	\$90
<b>Nutrition</b>		
Diet habit assessment	1	\$50
Nutrition education workshops	2	\$50
<b>Additional athlete education</b>		

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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 – Shirt, shorts and hoody	1	\$200
MWAS athletes receive \$100 voucher at SportsPower Geraldton. (If available)	1	\$100
MWAS athletes and families receive 10% discount at SportsPower Geraldton.	Unlimited	
<b>Discretionary support</b>		
Budget to spend on additional services if required and requested	1	\$200 (If available)
<b>Coach support – if coach is accepted to MWAS Coaching Development Program</b>		
Access to Coaching Effectiveness Consultant	Ongoing throughout the year	\$3,000
Coaching DISC profile, sports psychology and other seminars	3 - 6	\$600
Funding for coach's development	1	\$300 - \$600 (If available)
<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 several 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.