



**GIPPSLAND
SPORTS
ACADEMY**

Gippsland Sports Academy
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Information Sheet - 2024 Golf Program

Gippsland Sports Academy (GSA) will again run its Golf Program in 2024 with Richard Cooney as Head Coach.

Please see brief overview of the program and register your interest on link below:

Induction Day	Sunday 3 rd December 2023 TAFE Gippsland - Yallourn
Sessions to be held	<p>Proposed Dates – All dates are yet to be confirmed:</p> <p>Sunday 25th Feb Sunday 24th March Sunday 25th August Sunday 22nd Sept Sunday 27th Oct</p> <p>Inter-academy challenge will be held in conjunction with The Sands Junior Tournament - Date TBC VRAS High Performance Golf Day will be at 13th Beach - Date TBC</p> <p>** Travel & Accommodation is own arrangements and cost</p> <p>Skills Sessions focusing on:</p> <p>Putting... Green reading Pre shot routine</p> <p>Chipping... How to use bounce Difficult lies</p> <p>Pitching... Distance and trajectory control</p> <p>Irons... Shot shaping Distance control</p> <p>Driving... Increasing speed and distance</p> <p>Tournament preparation... Course mapping Pre round stretching What to eat and drink</p> <p>Trackman sessions</p>



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Uniform Requirements	<p>Required uniform to be ordered – Polo and Jacket. Athletes are to wear their GSA uniform at all sessions. No Club uniforms are to be worn at GSA sessions. Additional optional merchandise items are also available</p> <p>Full uniform details will be provide at the Induction on December 3rd 2023</p>
Cost & Payment	<p>Proposed levy \$227.50 (exc GST)</p> <p>Please note: Final costs are determined by the final number of athletes that accept their position with the Academy.</p> <p>The levy does not include uniform costs or travel and accomodation costs.</p> <p>Fees will be invoiced upon acceptance of your position in the program</p>
Strength and Conditioning sessions (S & C)	<ul style="list-style-type: none"> • 2 x Fitness Testing sessions • Zoom Session – Every 1st Thursday of the Month • Face to face session - Every 3rd Tuesday of the Month S & C sessions to be held in Bairnsdale, Leongatha, Newborough, Sale & Warragul (based on athlete home address) from Feb – Nov 2024 • Individual Home programs based on Musculo Skeletal screenings and logged through TeamBuildr <p>This is a critical component of the program, attendance is expected.</p>
Musculo-Skeletal Screening	<p>All athletes must undergo a musculo-skeletal screening.</p> <p>*More information will be supplied in the athlete invitation</p>

Sport Integrity Australia	<ul style="list-style-type: none"> • All athletes will have a presentation on Sport Integrity Australia • All athletes MUST complete the required Sport Integrity Australia level: <ul style="list-style-type: none"> - New athletes to complete Clean Sport 101 - 1st year athletes to complete level 1 - 2nd + year Returning athletes to complete level 2 • The link is: https://elearning.sportintegrity.gov.au/login/index.php <p>Completion of Sport Integrity is a requirement by the Victorian Institute of Sport and Sport and Recreation Victoria and therefore must be completed to be eligible for graduation.</p>
Expectations of Athletes	<p>Athletes are expected to attend all Academy activities, where possible, this involves committing to:</p> <ul style="list-style-type: none"> ➤ Attend all training sessions except athletes who have an agreement with the GSA Head Coach to attend State or National opportunities. ➤ Follow the strength and conditioning program, including completing components at home, attending zoom & face to face sessions. ➤ Attend other Academy functions such as: <ul style="list-style-type: none"> - ACE Day April 9th 2024 - Awards evening –May 2025 ➤ Register as a member of a Golf Vic

To register your interest, please complete form at link below:

https://docs.google.com/forms/d/e/1FAIpQLSdyEYttX0vn1d1m3JduSgztsR7cMfCKnqq-wxU4DER0_noY3A/viewform?usp=pp_url

or contact Anita at anitap@sportgippsland.org.au