

## Breakers Swim Club – Application Assessment

<b>Total Project Cost</b>	<b>\$19,480</b>
<b>Funding Requested</b>	<b>\$19,480</b>
<b>Club Contribution</b>	<b>\$ Nil</b>

### Breakdown of Costs:

Sports Psychologist	\$ 3,200
Sports Physiotherapist	\$10,000
Sports Dietician	\$ 2,400
Equipment	\$ 1,960
Catering	\$ 1,320
Facility Hire	\$ 600
<b><u>Total Cost</u></b>	<b><u>\$19,480</u></b>

### Program Objective:

To minimise injury and maximise the performance of swimmers through the employment of Sport Specialists.

### Key Strategies:

- Appointment of a Sport Psychologist, Sports Physiotherapist and Sports Dietician.
- Physiological assessments on individuals.
- Education sessions on stretching, mental training and nutrition.

### Panel Assessment:

The Support Specialists Personnel: Holistic Swimmers Development Program aims to strengthen and enhance the development of swimmers.

The club has secured three (3) Sports Specialists; Psychologist, Physiotherapist and Dietician.

#### *Sports Psychologist - Emilie Thienot*

Emilie is a mental skills consultant for the Western Australia Institute of Sport (WAIS) and is currently completing her PhD in Sport Psychology at UWA. She has conducted a stress management session for the club previously. The club would like to work further with Emilie on areas of mental health training interventions such as visualisation, emotional intelligence and race tactics.

#### *Sports Physiotherapist - Andrew Standford*

Andrew is a Physiotherapist for WAIS and the Sports Medicine Coordinator of the Australian Men's Water Polo team. He was part of the Australian Olympic Team in Beijing 2008. He has conducted a stretching session for the club previously. Andrew has recommended an assessment of all programs (land training, stretching, weight training and swimming) from a physiological point of view together with an assessment of member injury history. Recommendations will then be made to club coaches.

#### *Sports Dietician - Julie Meek*

Julie works in consultation with WA Department of Health, WAIS, ECU and many sports clubs and schools. She will run workshops about nutrition and diet.

## ATTACHMENT 1

The Club has also requested financial assistance to purchase equipment required for the physiological assessments and training, catering for the athletes attending sessions as part of this program and facility hire to conduct the sessions. It is recommended that catering costs be funded by the club and not the City. Catering is not a necessary component for the program to run successfully.

The proposed program proposal fits within the Sports Development Program guidelines. The program is a new initiative that will enhance the sports community profile, and will develop local sports people to achieve the highest possible level of competition.

### Opportunities offered to the City:

The application proposes to recognise the City's support by:

- Displaying the City's logo on all club newsletters;
- Recognise the City in all press releases and other media opportunities associated with the program;
- Displaying the City's logo on all promotional material;
- Displaying the City's logo and website link on the clubs webpage;
- Displaying the City's logo on the clubs letter head; and
- Displaying the City's logo on equipment storage boxes.

The Club will also be required to recognise the City's contribution through a cheque presentation and press release in the Community Newspaper.

### Summary:

The Breakers Swim Club is based at Craigie Leisure Centre and has 100 members. Perth metropolitan swimming clubs are graded according to their performance at Interclub meets, Breakers Swim Club is currently in A division which is the highest grade.

The Specialist Support Personnel Project: Holistic Swimmers Development Program will provide the services of a Sports Psychologist, Sports Physiotherapist and Sports Dietician. The program will be made available to all members and will run over a two year period.

This program will provide swimmers with awareness, knowledge and understanding in the areas of psychology, physiology and nutrition, which are all important in the continued development of athletes. Although the program will benefit only a small proportion of the community, it will provide an avenue to develop swimmers from the area into State and National representatives. This in turn will increase the profile of swimming.

It is recommended that the club meets on a regular basis with City officers to provide updates on the progress of the program and its major achievements.

### Summary of Funding Recommended:

Sports Psychologist	\$ 3,200
Sports Physiotherapist	\$10,000
Sports Dietician	\$ 2,400
Facility Hire	\$ 600
Equipment	\$ 1,960
Catering	\$ NIL

**Total Cost** **\$18,160**