



Regional Academy Badminton Program



Overview

The UB WestVic Academy of Sport: Badminton Program, proudly supported by the University of Ballarat and Cason Sports, will act as the peak badminton program throughout Western Victoria. The Academy team is Coordinated and coached by Rhonda Cator (Olympian 1992, 1996, 2000), along with coaches Stuart Brehaut (Olympian 2004) and Andrew Perks (Commonwealth Games 1990) and provides a development pathway to both State and National Team representation.

Objectives

The objective of the UB WestVic Academy of Sport coaching staff is to implement a program which takes a holistic approach to an athlete's development. The Academy will provide a program that integrates both the physical and mental aspects of badminton. An athlete-centred approach will focus on the processes needed to achieve both short and long term goals. In doing this, a periodised training program will be developed which will be supported and assisted by the Academy's sports scientists. Full coaching support will be provided in this Academy program.

UB WestVic Academy of Sport: Badminton Program Structure

The structure of the UB WestVic Academy of Sport's Badminton Program has been designed to provide support to regionally based athletes. Academy Badminton Program members will represent the elite group of regionally based athletes.

The specific goals of the UB WestVic Academy of Sport Badminton Program are to:

- Consider the relationship between the tactical/technical, physical and mental components in order to improve match day performance;
- Assist athletes to develop new skills;
- Use the most up-to-date coaching methodologies;
- Develop a yearly tournament plan for all Academy athletes;
- Prepare fitness programs and to monitor the use of such programs;
- Monitor all athletes development;
- Provide coach support at selected Junior tournaments across Victoria; *and*
- Ensure all athletes understand recovery and recognise the causes and symptoms of over-training.

UB WestVic Academy of Sport: Badminton Program Selection Criteria

The UB WestVic Academy of Sport: Badminton Program's selection criteria set measurable standards of success for athletes wanting to pursue their badminton career. The Academy Badminton Program is also designed to be a feeder program for both State and National Teams. In order to be considered as a member of the Academy Badminton Program, athletes must adhere to the sub points outlined below.

Athletes must:

- Sign and comply with all aspect of the UB WestVic Academy of Sport athlete contract;
- Attend the UB WestVic Academy induction day;
- Pay fees by due date;
- Be a financial member of the Ballarat Badminton Association or the Wimmera Badminton Association;
- Compete in a weekly competition provided by either Association; *and*
- Assist in fundraising activities when asked to do so.

Training:

- Attend 80% of training sessions;
- Give full effort in all activities, including sparring, feeding, technical and tactical training;
- Wear academy uniform at all training sessions;
- Complete training diaries;
- Complete off court strength and conditioning sessions;
- Support other Academy members at training and tournaments;
- Leave the training area clean and tidy after use; *and*
- Abide by the Squad rules (see below).

Tournaments:

- Compete in Ballarat Badminton Association Junior tournaments;
- Compete in a minimum of 3 other State tournaments; *and*
- Wear Academy uniform at all tournaments.

Fitness Testing:

- Achieve minimum Badminton Australia National Junior program fitness standards, including:
 - Beep test (males: Level 10; females: Level 8)*
 - Vertical jump (males: 40; females: 30)*
 - Agility test (males: under 15sec; females: under 16sec)*

*Consideration will be given for younger athletes.

Technical and Tactical:

- Demonstrate a sound technical and tactical knowledge of the game – athletes must demonstrate the potential to develop into State level players.

Academy Expectations

- Attend ACE Sessions when they are provided;
- Undergo a Musculoskeletal screening; *and*
- Attend any other compulsory Academy functions/sessions. Failure to attend all of the above for the 3rd time would result in automatic withdrawal from the Academy's program.

Squad Rules

- All players must undertake a thorough warm-up prior to stepping on court to hit;
- All players must sign the attendance book upon arrival. Failure to do so will result in player being marked as absent;
- Players must inform coaches if they are unable to attend training. This may be through text message;
- Players must arrive to training on time. Those players who are late and have not informed the coach will be included into the program only when there is a break. This may be up to an hour into the session;
- All players must remove rubbish from courts and place in bins, prior to leaving;
- All players must ensure all shuttles are picked up at the end of training;
- All players must clean courts according to the cleaning roster – if you cannot attend on the day you are rostered on, you must swap your night with a fellow squad member;
- All players must encourage each other and help other members of the squad achieve their goals;
- All players will listen to the coaches when they are giving directions. It is disrespectful to talk whilst others are speaking;
- All players will give 100% effort at all times, so they can gain the most out of their training;
- Players will be expected to train against players of a lesser standard, and help all members improve;
- All players must inform the coach if they have any injuries or illnesses that would prevent them from training to the full extent of their capacity and provide relevant medical certificates in prolonged absences;
- Players must not use bad language, or abuse equipment, either their own or other peoples;
- Academy players will not 'coach' against other Academy members at tournaments; *and*
- Failure to comply with the squad rules or the WestVic Academy of Sport Contract and Code of Conduct will result in partial or full expulsion from the squad.
- Players who are removed from or choose to leave the program, shall not be refunded any part of their membership fees.

Levels, Benefits and Cost of Academy Membership

Bronze Membership: Cost: \$495 per year

All Academy athletes are required to be Bronze Members. Bronze Membership will receive the following benefits:

- Access to 1 On Court Training Session per week, day of your choice.
- Access to Strength and Conditioning sessions provided by the Academy (currently held on a Tuesday from 5pm)
- Court hire and shuttles during Academy sessions
- WestVic Academy of Sport Badminton Uniform
- Coach attendance and support at selected Junior Victorian Tournaments
- One Musculoskeletal Screening per year
- Access to regular Athlete Career Education (ACE) Sessions as arranged by the Head Coach/Sport Coordinator including:
 - One Individual Biomechanical Analysis per year
 - One individual Nutrition Consultation per year
 - Two group Sport Psychology sessions per year
- Provision of 2 athlete diaries per year
- Entry to Summer Training Camp
- Access to UniSports Swim and Gym membership at a discounted price. Please note if an athlete would like to utilise this offer, then the cost is the responsibility of the athlete.
- Cason Sports (Carlton) equipment at wholesale prices

Silver Membership: Cost: \$660 per year

Those athletes choosing Silver Membership will receive the benefits of Bronze Membership, plus an extra 1 on court session per week, day of your choice.

Gold membership: Cost: \$825 per year

Those athletes choosing Gold Membership will receive the benefits of Bronze membership, plus an extra 2 on court sessions per week.

Optional Extras: Off-court Strength & Conditioning Package: Cost: \$120 per year

- Swim and Gym Membership at UniSports
- Individually tailored Strength & Conditioning Programs
- (Price and Availability to be confirmed)

- ❖ Please Note: The Academy Badminton Program is currently working towards changing to a Calendar year. This change will take place at the beginning of 2011.

Academy on Court Training Sessions:

The WestVic Academy of Sport Badminton Program will offer 3 sessions per week of on court training. Each athlete will be required to choose the session(s) they wish to sign up to and attend, prior to the Academy year beginning, the number of sessions depending on their level of membership. Please note: the sessions are not interchangeable, and once selected, athletes cannot change their night of training or attend extra sessions unless negotiated with the Coordinator. If the selected coach is unavailable to coach, a replacement coach will be organised or a substitute session will be arranged.

Mondays 5.15pm – 7.15pm:

Coach – Rhonda Cator

Focus – Technical skills, Doubles and Mixed Doubles skills, tactics and match practice.

Tuesdays 5.30pm – 7.30pm:

Coach – Andrew Perks

Focus – Specific Tactics for all aspects of badminton.

Wednesdays 5.30pm – 7.30pm:

Coach – Stuart Brehaut

Focus – On court fitness, technical and tactical skills including footwork, multi shuttle, and game simulation routines.

*Athletes will also have the opportunity to arrange individual sessions with coaches, on a user pays system. These sessions will need to be arranged with the coaches

In order to become a member of the UB WestVic Academy of Sport Badminton Program, athletes will be required to pay a membership fee in line with the level of membership chosen by the athlete. Once paid, all Academy members will be eligible to access the previously mentioned benefits. The cost to the Academy of providing these services to each Academy athlete is approximately \$6,272.50 per year. In order to view a breakdown of the above benefits, please contact the Academy's Executive Officer.

How to Become a Member of the UB WestVic Academy of Sport: Badminton Program

Should you want to become a member of the Academy's Badminton Program and meet the previously listed selection criteria, you will need to complete a program application form and attend a talent identification day at the Ballarat Badminton Stadium on Tuesday 22nd June 2010, at 5.00pm. This session will be run by the Academy's Head Coach/Coordinator: Rhonda Cator, and will implement a number of specific tests to assess your capacity to become a member of the Academy Badminton Program. For more information regarding the Academy's talent identification day and to receive a program application form, please contact the Academy's Manager of Sports Programs on (03) 5327 9890.



UB WestVic Academy of Sport: Cason Sports Badminton Program

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