



Dear Athletes, parents/ guardians and families

The wellbeing of our Academy community is our highest priority and the South West Academy of Sport has and is monitoring the COVID-19 situation. We are mindful of its potential impact on our athletes, coaches and families and after carefully following the advice of the Centre for Disease Control, Australia's Chief Medical Officer, state government and state sporting organisations.

SWAS has made the decision to postpone all Academy programs, incorporating - attending group S&C sessions, Sport Specific Sessions and functional movement sessions at this time. The shutdown will be until at least **18th April** at this stage, but we will continue to keep you updated if anything changes.

It is a challenging scenario for SWAS as we draw from a wide geographical region and diverse sections of the community across the South West, so the risk of transmission into different towns and communities is heightened. At this time we are looking to reduce the group training activities and assist in the containment of the virus through social distancing and reducing family and group travel requirements.

The following group activities will be affected during this four week period:

- Netball coaching session – Sunday 22 March
- Hockey coaching session – Sunday 22 March
- Tennis Hitting session post-JDS – Sunday 22 March
- Surfing coaching session – Sunday 22 March
- Clay Target Shooting session – Sunday 29 March
- Running Technique session - Sunday 5 April
- Group Strength & Conditioning sessions during the week of 23 March.

Please Note: Where you have a copy of your Gym program we encourage you to complete your gym sessions at home or use the SWAS Home programs. Some gym locations may stay open during this time if you feel comfortable going to the gym please take precautions.

At some stage, the sporting seasons will re-commence and as such we recommend (where health factors permit) you all keep in a fit and ready state to compete and train. It might be that you cannot train on a court or with a ball, but that will provide opportunities to practise mindfulness, listen to an Audiobook or complete some cross-training to keep in shape.

During this time, we believe it will be helpful to continue to log your training activities in OwnUrGoal especially your daily wellness reports.

This is an unprecedented situation which is rapidly evolving by the day and is affecting every facet of life for our communities. We encourage everyone to follow the directives from the government and health services, be kind to those around you and monitor your own physical and mental health and that of your families and friends.

Regards,

Nic Kaiser
Chief Executive Officer
South West Academy of Sport Inc.