

INFORMATION SHEET – ATHLETES, PARENTS & COACHES



What is myAISbasecamp?

- ★ An online program aimed at preparing pre-elite athletes for high performance sport
- ★ Provides fun and challenging physical & educational sessions in 5 key areas of athlete development:
 - ✓ **Strength Training Technique**
 - ✓ **Postural Strength**
 - ✓ **Ball Skills**
 - ✓ **Running Technique**
 - ✓ **Athlete Lifestyle and Skills** (Nutrition, Psychology, Self-Regulation, Physical Preparation, Personal Excellence, Recovery & Video Analysis)
- ★ Uses a holistic and evidence-based approach to athlete development
- ★ Facilitates an engaging community environment where users can share their own experiences and knowledge relative to the content, and learn from each other



Who is myAISbasecamp for?

ATHLETES:

- ★ The content is targeted towards **pre-elite athletes across all sports**
- ★ myAISbasecamp is initially available to developing athletes nominated by a National Sporting Organisation, State Institute / Academy of Sport, Regional Academy of Sport or similar organisation

BASECAMP BUDDIES:

- ★ Athletes are encouraged to nominate a Basecamp Buddy to share their myAISbasecamp journey
- ★ Their Buddy is someone they trust & see as a role-model (e.g. parent, guardian, coach, older athlete) and will work with the athlete to share their journey
- ★ The Buddy is somebody the athlete thinks will help their myAISbasecamp experience be the best it can be and somebody who they can be accountable to throughout their journey
- ★ Basecamp Buddies will have access to all content in myAISbasecamp, as well as their own extra course which gives tips on how to help developing athletes reach their sporting potential
- ★ Buddies will be in their own community so they can share experiences with other Buddies



How does myAISbasecamp work?

- ★ A sport nominates athletes for the program and elects a Basecamp Manager from within the sport to oversee the delivery of the program
- ★ The athletes and Basecamp Buddies are added to the system and receive an email with login details
- ★ The program is self-paced – athletes can do it in their own time and use it to complement their sport-specific training
- ★ It could take athletes several years to work through myAISbasecamp and develop the physical skills to progress to the highest levels of the program
- ★ Basecamp Managers monitor their pre-elite athletes' progress through the system
- ★ Basecamp Managers can communicate directly with their pre-elite athletes through the system

Why?

Why should I participate in myAISbasecamp?

- ★ The program content is based on evidence which has been shown to improve athlete development.
- ★ The program has been developed by experts at the Australian Institute of Sport who have worked with some of the best athletes in the world. It contains information that will help athletes reach their sporting potential.
- ★ You'll get to hear from some of Australia's best athletes about their sporting journey, what it's really like to be an elite athlete, strategies they use, and their top tips for junior athletes.

F.A.Q.

Frequently Asked Questions

- ★ **How much time do I have to dedicate to myAISbasecamp?**
myAISbasecamp is a self-paced program – athletes can do it in their own time. It is designed for pre-elite athletes who are juggling school, family, friends and often several sports. In fact, we know this can be a HUGE juggling act so you will find a course on myAISbasecamp that gives tips on dealing with so many things and managing your time effectively! And you'll hear from some of Australia's best athletes about how they manage to juggle everything.
- ★ **How secure is the online program?**
Only people invited to myAISbasecamp can access the site. All users must agree to the Terms & Conditions of myAISbasecamp before they can access the site. All Basecamp Managers are required to have a Working with Vulnerable People Check (or state equivalent). Basecamp Buddies are in a separate class to the athletes so can't communicate directly with other athletes.
- ★ **How much equipment do I need?**
The sessions in myAISbasecamp have been designed to require minimal equipment, and things you can find around the house, e.g. chair, broom, bags of rice/water bottles for weights.
- ★ **What is the community?**
myAISbasecamp allows users to comment, post photos/videos and like & comment on other people's posts. This style of learning has been shown to be more effective than traditional eLearning courses. Users collaborate in the learning process by contributing to discussions and sharing their own experiences and knowledge relative to the course content rather than simply receiving information.
- ★ **I've been nominated as a Basecamp Buddy - what do I have to do?**
*Evidence shows that having a buddy whom a young athlete is accountable to improves the athlete's experience and adherence to a program.
So all you have to do is be there for them, through the good and bad times! myAISbasecamp has a special course just for Buddies which gives you information on how best to support a pre-elite athlete. And you'll hear from some of Australia's best athletes about just how much it meant to them to have a family/friend/coach who supported them along their journey.*
- ★ **What if I have another question?**
Each sport/organisation has a Basecamp Manager who oversees the delivery of myAISbasecamp (this is likely the person that sent you this factsheet!) If you have any questions, please contact your sport's Basecamp Manager.