

# University's Elite Akademy wins Excellence Award

Melbourne University Sport's Elite Akademy has won the 2013 Ridgway Method Excellence Award.



Elite Akademy staff Shayne Chatfield, Alicia Lau, and Erica Pong with Viktor, their Mascot.

The Ridgway Method Institute, based in Brisbane, provides specialist sports and musculoskeletal Physiotherapy courses. The Akademy received the award for "Ongoing Consistency, Clinical Business Success, Excellent Standard of Service for Clients".

Mr Kusal Goonewardena, Elite Athlete Sports Physiotherapist and EA founder said it was great for staff to be recognised for their work.

"We are honoured and excited that we have the opportunity to provide such a service at the University," Mr Goonewardena said.

"We are glad we can give back to the University as much as it has given us. We are growing and we are looking at employing more staff. We love what we do and look forward to helping more people.

"Our team goal is to be the most respected, reputable and recognised sports medicine clinic in Melbourne. We are on our way, and we have everyone at the University to thank for this."

With the help of Rod Warnecke, Manager of the Elite Athlete Program at Melbourne University Sport, Mr Goonewardena started the EA Sports Medicine in May 2012 to help provide excellent sports physiotherapy services to all university athletes.

"We wanted everyone to feel like an elite athlete regardless of what level of sport they played," Mr Goonewardena said.

"To do this we changed the price structure. Instead of paying for every session, our members pay a one-off figure monthly and they can come unlimited times per week."

Celebrating EA's one-year anniversary in May, Mr Goonewardena said the centre has many success stories.

"We have athletes who now have passed through our biomechanical performance programs. One netballer has gone up a grade, improved her shooting by 50 per cent and is now coaching a college squad," he said.

Mr Goonewardena offered advice for aspiring student athletes about incorporating a holistic approach to training and game preparation.

"Look at how you can improve your sport by improving yourself. The best become the best by having a very balanced view of their sport. Train, play, condition, strengthen and improve. Speak to those who can help you improve your performance – coaches, sports physios, and mentors. And use them all the time to improve yourself."

University students and staff have full access to EA's physiotherapy services: <http://eliteakademy.com/> [2].



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