



**ACT**  
Government



# **ACT Academy of Sport Individual Athlete Program**

**2015 Program Information and Application Form**

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## 1.0 Introduction

The ACT Academy of Sport (ACTAS) was formed in 1989 as the high performance arm of Sport and Recreation Services (SRS).

ACTAS is an endorsed 'Official Olympic and Paralympic Training Centre' and a member of the National Institute Network (NIN). Membership of the NIN includes the eight Australian state and territory institutes and academies of sport as well as the Australian Institute of Sport.

ACTAS provides a range of performance services for supported talented athletes including:

- Athletic Performance – Sport Science
- Performance Nutrition
- Performance Psychology
- Athletic Performance – Strength and Conditioning
- Sports Medicine
- Competition Support
- Athlete Career and Education/Personal Excellence
- Program Management support

In sports where ACTAS does not have a partnered squad program, athletes may apply for a **scholarship in the Individual Athlete Program**. The Individual Athlete Program currently supports up to 20 talented athletes from a variety of Olympic, Paralympic and non-Olympic (Commonwealth Games) sports.

The Individual Athlete Program is aligned to the Australian Sports Commission 'Australian Winning Edge' (AWE) high performance strategy and prioritises athletes who have been identified by their sport as contributing to AWE performance targets. *Australia's Winning Edge* sets the following targets for Australia:

- top five nation at the Olympics and Paralympics;
- top 15 at the winter Olympics and Paralympics;
- number one at the Commonwealth Games; and
- more than twenty world champions per annum.

## 2.0 Important Dates

The scholarship period for individual athletes will run from approx June 2015 to May 2016. The timeline for the selection process is outlined below:

- |   |                         |
|---|-------------------------|
| → Closing date for applications                   | <b>6 May 2015 (COB)</b> |
| → Assessment of applications                      | <b>May 2015</b>         |
| → Notification of application outcome to athletes | <b>June 2015</b>        |

## 3.0 General Eligibility

Who is eligible for assistance?

- Assistance is only available to those athletes who are registered with a recognised ACT sporting organisation or peak club in the absence of a specific sporting organisation. Applications for assistance must be submitted through the respective **National Sports Organisation** for endorsement.
- Applicants must be **Australian Citizens** and must be eligible for selection to national teams competing at major international competitions.
- Individual scholarships are only available to athletes in sports where ACTAS does not host a squad program. In 2015 ACTAS has partnered squad programs with the following sports: Basketball, Cycling, Men's and Women's Football, Hockey, Netball and Rowing.
- Scholarships are only available to those athletes who compete in junior, youth or open competition. In general athletes **must be at least 16 years of age** to be considered for an ACTAS individual scholarship. An exception may be made to this in a sport where athletes achieve elite status at a very young age i.e. tennis or gymnastics. Scholarships are not available for athletes in veterans or masters age groups.

## 4.0 Selection Guidelines and Procedures

The ACTAS Individual Athlete Program has a limited number of scholarships available each calendar year. For the 2015 program it is anticipated that up to 20 individuals could be supported. ACTAS has absolute discretion to select less or more of the notional number of individual scholarships if circumstances warrant.

*Every effort will be made to confirm receipt of electronically submitted applications, however due to the large number of applications generally received confirmation of receipt may not be possible.*

The following selection guidelines will be used to assess each application on relative merit. Please note that the criteria outlined below should not be viewed in isolation as **all** selection guidelines will be taken into account.

### Selection Guidelines:

1. Scholarships in the Individual Athlete Program will be awarded based on the description and justifications as set out by the National Athlete Scholarship Categories, **in priority order**:
  - Podium
  - Podium Potential
  - Commonwealth
  - Developing
  - Emerging

*\*As outlined on pages 14-15 of this document.*

2. Greatest consideration will be given to applications from athletes who are progressing along their sport's national high performance pathway in events within the following categories, **in priority order**:
  - Events on the 2016 Summer Olympic and Paralympic Games programs
  - Events on the 2018 Winter Olympic and Paralympic Games programs
  - Events on the 2018 Commonwealth Games program
  - Benchmark events, prioritised by the Australian Winning Edge strategy

3. Athletes will be measured against the following **performance criteria**:
  - **International Top 4** senior ranking
  - **International Top 10** senior or youth ranking
  - **National Top 3** senior or youth ranking
  - Member of **National Senior Squad/Team** in team sports prioritised by the Australian Winning Edge strategy
4. If an athlete does not have a ranking sufficient to satisfy the above, he or she must demonstrate progression of performances over time and be judged by ACTAS (through the selection process) as having the potential to achieve such a ranking. For example an athlete who was injured during the last international season and could not obtain an international ranking would need to demonstrate a suitable performance history from previous seasons.
5. Capacity for ACTAS to 'make a difference' to the athlete's ongoing development.
6. Capacity and willingness of the athlete to utilise ACTAS services to enhance their athletic development in the areas identified by the NSO and/or ACTAS.
7. Each application is assessed on its merits and potential scholarship holders will be ranked against each other. Other important criteria against which an application may be assessed include:
  - The athlete's performance and results in previous years.
  - Current/former ACTAS scholarship athlete's usage of ACTAS services and commitment to developing as an elite athlete including their willingness to take direction from ACTAS service staff and their personal coach/es. Communication with ACTAS staff will also be assessed.
  - The assessment of the relevant **National Sport Organisation** as to the performance level, national ranking, international ranking, prospect of selection to a national squad and the AWE categorisation of the athlete.
  - The number of competitors and countries competing in the sport at an international level.
  - The number of participants in the sport and event/category in the ACT, nationally and internationally.
  - Public acceptance and the profile of the sport in the ACT, nationally and internationally.
  - Other assistance provided to the athlete from within the ACT and nationally.
  - An Athlete Interview – potential scholarship holders may be requested to present their case for selection to the selection committee.

In general **no more than 3 athletes per sport** will be awarded scholarships within the Individual Athlete Program.

### **Selection procedures:**

#### 8. Key dates

##### 8.1. *Advertisement*

Notices and advertisements for the ACTAS Individual Athlete Program will be placed as follows:

- Canberra Times newspaper **11 April 2015**
- Chronicle newspaper **14 April 2015**
- ACTAS website **13 April 2015**

##### 8.2. *Distribution*

Application information and forms for the ACTAS Individual Athlete Program will be sent to:

- National Sport Organisations (including: Foundation, Prospective and Emerging) as tabled in ASC/AIS Australian Winning Edge Sport Categorisation:  
www.ausport.gov.au/ais/australias\_winning\_edge/sports\_tally\_2014/sport\_categorisation\_2014;
- Sport and Recreation Services;
- Interested individuals that have requested program information during 2014/2015;
- Current Individual Scholarship holders by **13 April 2015**

##### 8.3 *Application information* and forms will be available through:

- ACT Academy of Sport. Phone: 6207 4408
- ACT Academy of Sport Website: www.sport.act.gov.au/act-academy-of-sport

#### 8.4 *Late Applications*

- Applications close on **5pm, Wednesday 6 May 2015.**
- All requests for late applications should be directed to the ACTAS Individual Athlete Program Manager prior to **5pm, Monday 3 May 2015.**

#### **Enquiries:**

Except when requesting an application only, all enquiries regarding the 2015 Individual Athlete Program should be directed to:

- Individual Athlete Program Manager. Phone: 6207 4408/ megan.marcks@act.gov.au

#### **Selection Process:**

9. The selection committee shall consist:
  - ACTAS Manager, Individual Athlete Program Manager and a Sport and Recreation Services representative.
10. The selection committee will convene and review all scholarship applications and recommendations from the Individual Athlete Program Manager in accordance with the selection guidelines. The selection committee may verify any statement of claims, rankings and performances with National Performance Directors, National Head Coaches or High Performance Managers and will be guided in their decision making process bearing these discussions in mind.
11. The Manager or Individual Athlete Program Manager may also notify an athlete of the committee's intention to interview individuals prior to making any final decisions.
12. A final meeting will be held with the selection committee in **May 2015** to finalise the successful applicants.
13. In the event that the selection committee is unable to make a majority decision the ACTAS Manager has final veto over scholarship selections.
14. The Individual Athlete Program Manager will post letters to successful and/or unsuccessful athletes in **June 2015.**
15. The Individual Athlete Program Manager will advise respective National Sport Organisations (NSO) with an email of scholarship selection outcomes shortly thereafter.

#### **Athlete Induction/Service Plans:**

16. Athletes nominated for scholarship will be required to complete a number of assessments, including an ECG and medical screen prior to commencing their scholarship, these screens will be highlighted in their letter of offer.
17. New individual scholarship athletes and their local coaches, if available, will be required to meet the Program Manager prior to commencing training for a personalised induction. Athletes will be required to have a current certificate for the ASADA 'Pure Performance' online Anti-Doping Course prior to commencing their scholarship.
18. Planning meetings with successful athletes will occur in July 2015 and individual service plans agreed to. Athlete's level of service access and support will be determined by the ranking of the athlete against The National Athlete Scholarship Categories by NSO's, the scholarship selection committee and the resources available through the program.

## 5.0 ACTAS Performance Services

Performance services provided by ACTAS include:

### 5.1 Athletic Performance - Sport Science

ACTAS offers an integrated performance science program that incorporates services including physiology, nutrition, biomechanics and psychology. Physiological and biomechanical assessments are conducted in order to ascertain the strengths and weaknesses of the athlete in their chosen sport. This information is used to develop an individualised training program and further assessments are performed to monitor athlete progress.

Education sessions ensure that athletes have a sound understanding of the nutritional requirements of their sport. Individual and group psychology sessions enable athletes to develop the mental skills required to enhance their sporting performances. All disciplines of performance science work together to maximise the potential of every athlete.

### 5.2 Sports Medicine

Sports medicine coordination is an essential component of service support provided to scholarship athletes. At the beginning of a scholarship period, ACTAS athletes undergo a comprehensive screening program to identify problem areas and to enable training programs to be adapted to reduce the risk of injury. Ongoing monitoring of the athlete to prevent injury or illness is an integral part of this service.

### 5.3 Athletic Performance - Strength and Conditioning

Strength and Conditioning (S&C) is a major training component of a modern elite athlete regime. The S&C coach's role is to communicate with the Program Manager, locally based coaches, National Head Coaches if required as well as ACTAS performance service staff to ensure an individualised and balanced training program for athletes.

### 5.4 Competition Support

Competition is an integral component in the preparation and assessment of the ability of elite athletes to perform at the highest level. Pending program resources available, ACTAS may provide a small amount of financial assistance with travel, accommodation and sporting equipment for participation in regional, national and international events. ACTAS has absolute discretion with regard to the level of funding support provided.

### 5.5 Athlete Career and Education/Personal Excellence

Personal Excellence is designed to assist athletes through a multifaceted approach. Athletes will be provided guidance, resources and educational opportunities to achieve personal and professional empowerment and become professional, accountable, responsible and resilient in their approach towards sport and life.

## 6.0 Further Information

For further information about the ACT Academy of Sport and the Individual Athlete Program please contact:

Megan Marcks  
Individual Athlete Program Manager

Phone: 6207 4408  
Email: [megan.marcks@act.gov.au](mailto:megan.marcks@act.gov.au)  
Website: [www.sport.act.gov.au/act-academy-of-sport](http://www.sport.act.gov.au/act-academy-of-sport)



**OFFICE USE ONLY**

Date Received: \_\_\_\_\_

Received by: \_\_\_\_\_

Application No: \_\_\_\_\_

# 2015 Individual Athlete Program Application Form

**CLOSING DATE FOR APPLICATIONS: 5PM, WEDNESDAY 6 MAY**

Applicants should read the ACTAS Individual Athlete Program Information, General Eligibility and Selection Guidelines prior to completing this application form.

<b>SECTION 1 – SPORT AND EVENT</b>	
What sport and event are you seeking a scholarship for?	
Sport:	Event/Discipline:
If you are competing in a Paralympic sport please list your international classification	Classification:
Is it a Olympic/Paralympic event: Yes or No	Is it a Comm. Games event: Yes or No
What ACT Sporting Organisation or Peak Club are you currently registered with?	Organisation:

<b>SECTION 2 – PERSONAL DETAILS</b>		
First Name:	Surname:	
Date of Birth:	Age*:	Sex: (Please circle)    Male / Female
* In general athletes must be at least 16 years of age to be considered for an individual scholarship. See <a href="#">3.0 General Eligibility</a> for more information.		
Address:		
Suburb:	State:	Post Code:
Telephone: (H)	(W)	(Mob)
Email:	Twitter:	

<b>SECTION 3 – PERSONAL OR NATIONAL COACH/ES DETAILS</b>		
First Name:	Surname:	
Address:		
Suburb:	State:	Post Code:
Telephone: (H)	(W)	(Mob)
Email:	Twitter:	



## SECTION 4 – ELIGIBILITY AND GENERAL INFORMATION

Please answer all questions by placing a tick (✓) in the appropriate box or by providing the relevant information.

### QUESTION 1

Are you an Australian citizen? YES  NO

*If you have answered **Yes** proceed to Question 2.*

*If you have answered **No** you are **not eligible** to apply for an individual scholarship.*

### QUESTION 2

Are you registered with an ACT sporting organisation? YES  NO

*If you have answered **Yes**, please proceed to Question 3.*

*If you have answered **No** you are **not eligible** to apply for an individual scholarship unless a peak sporting club exists and is recognised by the ACT Government.*

### QUESTION 3

Are you an existing ACTAS scholarship holder? YES  NO

### QUESTION 4

Are you **currently** a scholarship holder with your National Sport Organisation's (NSO) High Performance Program or another State or Regional Institute/Academy of Sport? YES  NO

*If you have answered **Yes**, please specify what level/tier of support you receive through your NSO High Performance Program or specify which Institute/Academy:*

*If you have answered **No**, please proceed to Question 5.*

### QUESTION 5

Have you **previously** held a scholarship with the Australian Institute of Sport (AIS) or another State or Regional Institute/Academy of Sport? YES  NO

*If you have answered **Yes**, please specify the scholarship year/s and which Institute/Academy:*

*If you have answered **No**, please proceed to Question 6.*

### QUESTION 6

Do you receive any financial support from: (please tick the appropriate boxes)

National Sport Organisation YES  NO

State Sporting Organisation YES  NO

Other Scholarship/Grant YES  NO

## SECTION 5 - REPRESENTATIVE AND RANKINGS DETAILS

### QUESTION 1

Have you represented Australia in the past 2-3 years? (Please tick) YES  NO

*If you have answered **Yes**, please tick the relevant box below to indicate years of representation.  
If you have answered **No**, please proceed to Question 2.*

	2015	2014	2013
Australian Junior			
Australian Youth			
Australian Senior			

### QUESTION 2

Do you have an Australian ranking? (Please tick) YES  NO

*If you have answered **Yes**, please fill out the table to indicate your ranking in each category / event.  
If you have answered **No**, please proceed to Question 3.*

CATEGORY Please specify age group (eg Open, U18)	EVENT (eg. 100m sprint / 80kg class etc)	AUSTRALIAN RANKING		
		2015	2014	2013

### QUESTION 3

Do you have an International ranking? (please tick) YES  NO

*If you have answered **Yes**, please fill out the table to indicate your ranking in each category / event.  
If you have answered **No**, please proceed to Section 6.*

CATEGORY Please specify age group (eg. Open, U18)	EVENT (eg. 100m sprint/80kg class etc)	INTERNATIONAL RANKING		
		2015	2014	2013

Please provide details of the National Sport Organisation with whom the above ranking/s can be verified:

Organisation Name:	Contact Name:
Contact Email:	Business Phone:
Website Address:	

## SECTION 6 – 2014/15 PERFORMANCE DETAILS

Please list your top 3 performances in major competitive events attended during the **past 12 months**.

Particular emphasis should be placed on performances at National and International events.

**Please rank in order of what you consider to be your best 3 performances (1-3, 1 being your best performance).**

Date	Competition Name	Location	Event / Category	No of Competitors in your event	Est or No. of Countries in your event	Placing and result	Best Performance
Sep 14	Eg. World Championships	London	Eg. 100m sprint, 80kg class pool/division etc	42	21	Eg. Time, distance, points, score	Please rank your performances (1-3)
							1
							2
							3

**SECTION 7 - ANNUAL PLAN AND FUTURE GOALS**

Please outline your major and/or targeted competitions for 2015/16.

Date	Competition	Location	Event / Category

**What are your competition goals for the period 2015 – 16?**


**List your key performance targets for the next 4-8yrs?**


**SECTION 8 – HEALTH, INJURY AND ILLNESS**

Did you suffer any major injuries or illnesses that prevented you from training/competing in 2014/15?  
If so, please provide the following details.

Nature of illness/injury	Treatment received	Period of time off full training/competition	Current status of injury/illness

Do you have Private Health Cover? (Please circle) Y / N

If yes, what is the name of your Private Health Cover

Provider: \_\_\_\_\_

Level of \_\_\_\_\_

Cover: \_\_\_\_\_

**SECTION 9 - DECLARATION**

I wish to be considered for a scholarship in the Individual Athlete Program, and declare that all the information submitted on this application form is correct and complete. I understand that the ACTAS reserves the right to vary or reverse any decision regarding the scholarship made on the basis of incorrect or incomplete information.

Signature of Applicant:

Date:

**Applicants Under 18 years of Age**

For applicants under 18 years of age, the parent, guardian or custodian who is the first legal point of contact must sign below

Name:

Address:

State:

Post Code:

Relationship to Applicant:

Signature:

Date:

## SECTION 10 – NATIONAL SPORT ORGANISATION

- No application will be considered without this section (page 14-15) being completed by either the National Performance Director, National Head Coach or High Performance Manager of your National Sport Organisation.
- National Sport Organisations are requested to prioritise all applications received before submission.** Please note: *In general no more than 3 athletes per sport will be awarded scholarships within the 2015 Individual Athlete Program.*
- The same official for the National Sport Organisation should complete this form for all athletes.

Name of Organisation:

Organisation Contact:

Title:

Phone:

Email:

Name of Applicant:

Is this Applicant targeted for support through your High Performance Program?

YES

NO

Does this Applicant have an agreed Performance Plan with the sports High Performance Program?

YES

NO

Does this Applicant currently receive a dAIS grant administered by the AIS?

YES

NO

Comments in support of Applicant:

No. of Applications received by the organisation

This Applicant is ranked:

*1 = most supported, >1 = less supported  
ie – If there are five applications,  
1 = most supported and 5 = less supported*

Please indicate what areas of support this athlete would benefit from accessing in priority order from 1-7.  
1 = most beneficial and 7= least beneficial  
NA = not beneficial at this time

Athletic Performance - Strength and Conditioning

Sport Psychology

Performance Nutrition

ACE/Personal Excellence

Athletic Performance - Sport Science

Medical Coordination

Financial Support

## Australian's Winning Edge Athlete Categories

Please indicate which of the five tabled National Athlete Scholarship Categories this Applicant has been formally nominated for by your sport.

### Podium Athlete

Individual athlete or playing member of a team in an Olympic or Paralympic discipline, who has a medal performance at a world championship (or equivalent) event in the previous 24 months and considered capable of a medal at the next world championship (or equivalent) event.

### Podium Potential

A) Individual athlete or playing member of a team in an Olympic or Paralympic discipline, who placed fourth to eighth at the most recent world championship (or equivalent) event and considered capable of progressing to Level 1—Podium.

B) Individual athlete or member of a team sport (e.g. squad member) in an Olympic or Paralympic discipline, who is considered capable of progressing to at least Level 2A—Podium Potential in the next four years.

### Commonwealth

Individual athlete or playing member of a team who does not satisfy the criteria for the above categories but had a gold medal performance at the 2014 Commonwealth Games and is considered capable of a gold medal at the next world championship (or equivalent) event or the 2018 Commonwealth Games.

### Developing

A) Individual athlete or member of a team sport in an Olympic or Paralympic discipline, who is considered capable of progressing to at least Level 2B – Podium Potential in the next two years.

B) Individual athlete or member of a team sport who does not satisfy the criteria for the above categories but had a medal performance at the 2014 Commonwealth Games and is considered capable of a medal at the next world championship (or equivalent) event or the 2018 Commonwealth Games.

### Emerging

A) Individual athlete or member of a team sport in an Olympic or Paralympic discipline, who is considered capable of progressing to at least Level 4A – Developing in the next two years

B) Individual athlete or member of a team sport who does not satisfy the criteria of the above categories but is considered capable of a medal at the 2018 Commonwealth Games.

I certify that all information in this application and in any attachments are to my knowledge true and correct in every detail.

Signature:

Date:

Signed application forms must be submitted to ACTAS **by 5pm, Wednesday 6 May 2015:**

**Postal Address:**  
**ACT Academy of Sport**  
**Att: Megan Marcks**  
**PO Box 147**  
**Civic Square ACT 2608**

**Email:**  
**megan.marcks@act.gov.au**