



ACT ACADEMY OF SPORT INDIVIDUAL ATHLETE SCHOLARSHIP PROGRAM



2011 Program Information and Application Form

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1.0 Introduction

Since it was formed in 1989 as an arm of the ACT Department of Territory and Municipal Services through Sport and Recreation Services, the ACT Academy of Sport (ACTAS) has assisted ACT's elite and potentially elite athletes from a wide variety of sports in reaching their potential.

ACTAS is part of a national network of state institute and state academy's of sport and provide accredited elite training centres across Australia designed to assist and develop athletes for national team representation. ACTAS provides a range of performance services and programs to ACT and surrounding regional athletes to enable them to reach their potential and be more competitive at the state, national and international level.

Performances services provided by ACTAS include:

- Sport Science
- Performance Nutrition
- Performance Psychology
- Strength and Conditioning
- Sport Medicine
- Training
- Coaching
- Competition
- Athlete Career and Education (ACE)
- Talent Development/ID Programs
- Program Management support

In sports where ACTAS does not have a squad program, athletes may apply for an **individual scholarship**. The Individual Athlete Scholarship Program currently supports ACT and surrounding region elite and elite developing athletes from a variety of Olympic, Paralympic and non-Olympic (Commonwealth games) sports.

2.0 Important Dates

The scholarship period for individual athletes will run from approx mid February 2011 to 31 January 2012. The timeline for the selection process is outlined below:

- | | |
|---|-------------------------------|
| ➔ Closing date for applications | Friday 14 January 2011 |
| ➔ Assessment of applications | End of January 2011 |
| ➔ Announcement of successful applicants | Early February 2011 |

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 appropriate ACT sporting organisation or peak clubs 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 2010 ACTAS had squad programs in the following sports: Baseball, Basketball, Cycling, Men's and Women's Football and Men's and Women's Hockey and Rowing.
- Scholarships are only available to those athletes who compete in junior 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 Scholarship Program has a limited number of scholarships available each calendar year. For 2011 it is anticipated that up to 20 individual scholarships will be offered. ACTAS has absolute discretion to select less or more of the notional number of individual scholarships if circumstances warrant.

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. Greatest consideration will be given to applications from athletes who are progressing along the national high performance pathway in sports and events within the following categories, **in order of priority**:
 - Events on the 2012 Summer Olympic and Paralympic Games programs
 - Events on the 2014 Commonwealth Games program
 - Events on the 2014 Winter Olympic and Paralympic Games programs
 - Events on the 2016 Summer Olympic and Paralympic Games programs
 - All other sports recognised for funding by the Australian Sports Commission (ASC)
2. 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 an ASC Funded **National Senior Squad/Team** in team sports
3. 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.

4. Capacity for ACTAS to 'make a difference' to the athlete's ongoing development.
5. Capacity and willingness of the athlete to utilise ACTAS services to enhance their athletic development.
6. 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 accessed.
 - The assessment of the relevant ACT and National sporting organisation as to the performance level, national ranking and international ranking of the athlete and the prospect of selection to a national squad.
 - 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 Scholarship Program.

NB - Athletics - In 2011 Individuals from the sport of athletics will be required to sign up to the AIS/AA Canberra Agreement when being offered their scholarships.

Selection procedures:

7. Key dates

7.1. Advertisement

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

- | | |
|----------------------------|-------------------------|
| • Canberra Times newspaper | 18 December 2010 |
| • Chronicle newspaper | 22 December 2010 |
| • ACTAS website | 20 December 2010 |

7.2. Distribution

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

- ACT Sporting Organisations that do not have an ACTAS squad program;
- Sport and Recreation ACT;
- Interested individuals that have requested program information during 2010;
- Current Individual Scholarship holders by **21 December 2010**

5.3 Application information and forms will be available through:

- ACT Academy of Sport (Phone: 6207 4388)
- ACT Academy of Sport Website - www.tams.act.gov.au/play/sport_and_recreation/actas

5.4 Late Applications

- Applications close on **Friday 14 January 2011.**
- All requests for late applications should be directed to the ACTAS Manager prior to **Wednesday 12 January 2011.**

6. Enquiries
Except when requesting an application only, all enquiries regarding the ACTAS Individual Scholarship Program should be directed to:
- o ACTAS Assistant Manager, Sport Programs 0408 469 880 or (Phone: 6207 4388).

Selection Process:

7. The selection committee shall consist:
- o ACTAS Manager, Assistant Manager/s and a relevant Sport and Recreation Services representative;
 - o An ACTAS Management Committee rep.
8. The selection committee will convene and review all scholarship applications and recommendations from the Program Coordinator 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.
9. The Manager or Assistant Manager, Sports Programs, may also notify an athlete of the committee's intention to interview individuals prior to making any final decisions.
10. A final meeting will be held with the selection committee around **Friday 28 January 2011** to finalise the successful applicants.
11. In the event that the selection committee is unable to make a majority decision the ACTAS Manager has final veto over scholarship selections.
12. The Assistant Manager, Sports Programs will post letters to successful and/or unsuccessful athletes around **Friday 4 February 2011**.
13. The Assistant Manager will advise ACT Sporting Organisations/ peak clubs with a letter of scholarship selection outcomes shortly thereafter.

Athlete Induction/Service Plans

14. New Individual Athletes, and their local coaches if available, will be required to meet the Program Coordinator prior to commencing training for a personalised induction and ASADA session.
- 15. Performance planning meetings with successful Individual Athletes will occur between February and March 2011 and individual service level agreements agreed to.**

5.0 ACTAS Performance Services

Performance services provided by ACTAS include:

5.1 Sport Science

ACTAS offers an integrated sport science program that incorporates services including physiology, performance nutrition, biomechanics and sport 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 sport science work together to maximise the potential of every athlete.

5.2 Sport Medicine

ACTAS provides access to a range of sports medicine services including sports medicine practitioners, physiotherapists, a podiatrist, a dentist and massage therapists. 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 is an integral part of this service. Athletes will be directed to an appropriate physiotherapist for their screenings and for any ongoing treatment. This will allow ACTAS to better case manage athletes.

5.3 Strength and Conditioning

Physical Preparation is a major training component of a modern elite athlete regime. The S&C coach's role is to communicate with the Coordinator, locally based coaches, National Head Coaches if required, ACTAS performance service staff to ensure an individualised and balanced training program for athletes. Athletes can access a wide range of facilities and services in the ACT, including the ACTAS gymnasium at Lyneham.

5.4 Competition

Competition is an integral component in the preparation and assessment of the ability of elite athletes to perform at the highest level. ACTAS provides financial (**NB: up to \$2000 for Individual Scholarship Athletes**) assistance with travel, accommodation and sporting equipment for participation in regional, national and international events. (*NB This financial assistance will be tied into athlete service level agreements as well as the AIS/AA Canberra agreement for athletics athletes and may be paid directly to AIS Athletics on the athletes behalf)

5.5 Athlete Career and Education

The Athlete Career and Education (ACE) program provides athletes with career counselling and assistance with meeting their education and sporting commitments. Through ACE, a number of short courses such as public speaking, time management and dealing with the media are conducted for athletes.

6.0 Further Information

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

ACT Academy of Sport
Cottage X Bruce CIT Campus
Or PO Box 90
Belconnen ACT 2616

Phone: 6207 4388
Fax: 6207 4042
Website: www.tams.act.gov.au/play/sport_and_recreation/actas



OFFICE USE ONLY

Date Received: _____

Received by: _____

Application No: _____

2011 Individual Scholarship Application Form

CLOSING DATE FOR APPLICATIONS: FRIDAY 14 January 2011

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

SECTION 1 – SPORT AND EVENT

What sport and event are you seeking a scholarship for?

Sport:

Event:

Is it a Olympic/Paralympic event: Yes or No

Is it a Comm. Games event: Yes or No

Are you an Olympic/Paralympic Shadow Squad Member targeted for London 2012: Yes or No

Do you receive any DAS Payments: Yes or No

SECTION 2 – PERSONAL DETAILS

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 [3.0 General Eligibility](#) for more information.

Current Address:

State:

Post Code:

Telephone: (H)

(W)

(Mob)

Email address:

SECTION 3 – PERSONAL OR NATIONAL COACH/ES DETAILS

First Name:

Surname:

Current Address:

State:

Post Code:

Telephone: (H)

(W)

(Mob)

Email address:

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 Athlete 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 Athlete 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 the Australian Institute of Sport (AIS) or another State or Regional Institute/Academy of Sport?

YES ☐ NO ☐

*If you have answered **Yes**, please 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 ☐

Australian Institute of Sport 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 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.*

	2010	2009	2008
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		
		2010	2009	2008

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		
		2010	2009	2008

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

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

SECTION 6 - 2010 PERFORMANCE DETAILS

Please list your performances in all major competitive events attended during the past 12 months.
Particular emphasis should be placed on performances at State, National and International events.
Please rank in order what you consider to be your best 5 performances (1-5, 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
11 Sep 10	Eg. Commonwealth Games	Delhi, India	Eg. 100m sprint, 80kg class pool/division etc	42	21	Eg. Time, distance, points, score	Please rank your performances (1-5)

SECTION 7 - ANNUAL PLAN AND FUTURE GOALS

Please outline your major and/or targeted competitions for 2011.

Date	Competition	Location	Event / Category

What are your competition goals for the period 2011 – 12 ?

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 2010?
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 an Individual Athlete Scholarship, 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 – ACT SPORTING ORGANISATION/PEAK CLUB SUPPORT

- No application will be considered without this section being completed by the appropriate official of the ACT sporting organisation or peak club in the absence of any organisation.
- ACT sporting organisations or peak clubs are requested to prioritise all applications received before submission.
- The same official for the ACT sporting organisation should complete this form for all athletes.

Name of Organisation:

Organisation Contact:

Title:

Phone (BH):

Phone (AH):

Fax:

Name of Applicant:

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*

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

Signature:

Date:

Please submit signed application forms to ACTAS **by Friday 14 January 2011:**

**ACT Academy of Sport
PO Box 90
Belconnen ACT 2616**

**ACT Academy of Sport
Cottage X
CIT, Bruce Campus
Bruce ACT 2616**