



ACT
Government



ACT Academy of Sport Individual Athlete Program

2022 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.

ACTAS is an endorsed 'Official Olympic and Paralympic Training Centre' and a member of Australia's 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 talented athletes including:

- Athletic Performance – Sport Science
- Performance Nutrition
- Performance Psychology
- Athletic Performance – Strength and Conditioning
- Sports Medicine
- Competition Support
- Athlete Wellbeing and Engagement
- Program Management support

In Olympic, Paralympic and Commonwealth Games sports where ACTAS does not have a partnered high performance program, athletes may apply for a **scholarship in the Individual Athlete Program**.

The Individual Athlete Program is aligned to the National High Performance Sport Strategy (HPSS) and prioritises athletes who have been identified by their sport as contributing to Australia's performance targets and are officially tabled through the Australian Institute of Sport (AIS) Athlete Categorisation List.

2.0 Important Dates

The scholarship period for the Individual Athlete Program will run from January 2022 to June 2023. The timeline for the selection process is outlined below:

- | | |
|---|----------------------------|
| → Closing date for applications | 5 November 2021 COB |
| → Assessment of applications | November 2021 |
| → Notification of application outcome to athletes | November 2021 |

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 (NSO)** 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 Olympic, Paralympic and Commonwealth Games sports where ACTAS does not host a high performance program. In 2021 ACTAS has partnered programs with the following sports: Athletics, Cycling, Hockey, Rowing, Swimming, Rugby 7's (Women).
- Scholarships are only available to those athletes who compete in 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 have been identified by their sport as contributing to Australia's performance targets and are officially tabled through the AIS Athlete Categorisation List at a very young age e.g. 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 is resourced to support a limited number of athletes each year. For the 2022 program it is anticipated that up to 16 individuals could be supported. ACTAS has absolute discretion to select less or more of the notional number of athletes 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. Selection in the Individual Athlete Program will be awarded based on the description and justifications as set out by the National Athlete Categories, **in priority order**:
 - Podium
 - Podium Ready
 - Podium Potential
 - Developing
 - Emerging

**As outlined on page 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 2022 Winter Olympic and Paralympic Games programs
 - Events on the 2022 Commonwealth Games program
 - Events on the 2024 Summer Olympic and Paralympic Games programs

3. Athletes will be measured against the following **performance criteria**:
 - **International Top 3** senior ranking
 - **International Top 4-8** senior or youth ranking
 - **National Top 3** senior or youth ranking
 - Member of **National Senior Squad/Team** in team sports prioritised by AIS Sports Categorisation.
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 their NSO and/or ACTAS.
7. Each application is assessed on its merits and will be ranked against each other. Other important criteria against which an application may be assessed include:
 - The athlete's performance and results **over the past 3 years**. *ACTAS recognises the impacts of the Covid-19 pandemic on athletes capacity to compete internationally and domestically over the last 12-18 months. National virtual competitions endorsed by NSOs may be listed in performance details.*
 - 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 NSO as to the performance level, national ranking, international ranking, prospect of selection to a national squad and the categorisation of the athlete.
 - The number of competitors and countries competing in the sport at an international level and the sport's AIS categorisation.
 - 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 4 athletes from the same sport** will be awarded scholarships within the Individual Athlete Program.

Selection Procedures:

8. Key dates

8.1 Distribution

The 2022 Program Information and Application Form for the ACTAS Individual Athlete Program will be sent to the following stakeholders on **Monday 11 October 2021**:

- NSOs (including: Foundation, Prospective) as tabled in AIS Sport Categorisation 2019-2020, https://www.ais.gov.au/networks/sport_categorisation;
- Interested individuals that have requested program information during 2020-2021;
- Members of the current Individual Athlete Program.

8.2 Application information and forms will be available through:

- ACT Academy of Sport. Phone: +61 2 6207 4408
- ACT Academy of Sport Website: www.sport.act.gov.au/act-academy-of-sport

8.3 Late Applications

- Applications close on **5pm, Friday 5 November 2021**.
- All requests for late applications should be directed to the ACTAS Assistant Director - Individual Athlete Program prior to **5pm, Thursday 4 November 2021**.

Enquiries:

Except when requesting an application only, all enquiries regarding the 2022 Individual Athlete Program should be directed to:

- o ACTAS Assistant Director - Individual Athlete Program. Phone: +61 2 6207 4408 /
megan.marcks@act.gov.au

Selection Process:

9. The selection committee includes:
 - o ACTAS Director, ACTAS Assistant Director - Individual Athlete Program and a Sport and Recreation Industry representative.
10. The selection committee will convene and review all scholarship applications and recommendations from the ACTAS Assistant Director - Individual Athlete Program 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 ACTAS Director or ACTAS Assistant Director - Individual Athlete Program may also notify an athlete of the selection committee's intention to interview individuals prior to making any final decisions.
12. A final meeting will be held with the selection committee in **November 2021** to finalise the successful applicants.
13. In the event that the selection committee is unable to make a majority decision the ACTAS Director has final veto over scholarship selections. *Athletes that are categorised but do not gain selection through this process may be considered for financial support by the selection committee pending program resource capabilities.*
14. The ACTAS Assistant Director - Individual Athlete Program will notify successful and/or unsuccessful athletes in **November 2021**.
15. The ACTAS Assistant Director - Individual Athlete Program will advise respective NSOs 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 pre-scholarship requirements email.
17. New individual scholarship athletes and their personal coaches, if available, will be required to meet the Individual Athlete Program Manager prior to commencing training for a personalised induction. Athletes will be required to provide a current certificate for the Sports Integrity Australia E-Learning Anti-Doping Course prior to commencing their scholarship.
18. Planning meetings with successful athletes will occur in January 2022 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 Categories by NSOs, 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 are designed to help athletes to understand their brain and how it can be used to enhance performance and improve mental health.

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 by the ACTAS doctor 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) programs are constructed with an individualised focus providing athletes with targeted physical development for performance outcomes in their chosen sport.

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 Wellbeing and Engagement

Athlete Wellbeing and Engagement is designed to assist athletes through a multitude of high-performance stressors. Athletes will be provided guidance, resources and support in areas such as mental health, career and education planning, personal development, and community engagement activities. This enables the athlete 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 Individual Athlete Program please contact:

Megan Marcks
Assistant Director
Individual Athlete Program

Phone: +61 2 6207 4408
Email: megan.marcks@act.gov.au
Website: www.sport.act.gov.au/act-academy-of-sport



OFFICE USE ONLY

Date Received: _____

Received by: _____

Application No: _____

2022 Individual Athlete Program Application Form

CLOSING DATE FOR APPLICATIONS: 5PM, FRIDAY 5 NOVEMBER

Applicants should read the ACTAS Individual Athlete 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/Discipline:
If you are competing in a Paralympic sport please list your international classification	Classification:
Is it a Olympic/Paralympic event: Yes No	Is it a Comm. Games event: Yes No
What ACT Sporting Organisation or Peak Club are you currently registered with?	Organisation:

SECTION 2 – PERSONAL DETAILS		
First Name:	Surname:	
Date of Birth:	Age*:	Sex: 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.		
Address:		
Suburb:	State:	Post Code:
Telephone: (H)	(Mob)	
Email:	Instagram:	

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

SECTION 4 – ELIGIBILITY AND GENERAL INFORMATION

Please answer all questions by selecting 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 IAP scholarship holder? YES NO

QUESTION 4

Are you **currently** a scholarship holder with your National Sport Organisation's (NSO) High Performance Program? YES NO

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

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

QUESTION 5

Have you **previously** held a scholarship with 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:

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?

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.*

	2021	2020	2019
Australian Youth			
Australian Senior			

QUESTION 2

Do you have an Australian ranking?

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		
		2021	2020	2019

QUESTION 3

Do you have an International ranking?

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		
		2021	2020	2019

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 – 2020/21 PERFORMANCE DETAILS

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

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
Feb 20	Eg. World Cup	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

ACTAS recognises the impacts of the Covid-19 pandemic on athletes capacity to compete internationally and domestically over the last 12-18 months. National virtual competitions endorsed by NSOs may be listed in performance details.

SECTION 7 – ANNUAL PLAN AND FUTURE GOALS

Please outline your major and/or targeted competitions for 2022-2023

Date	Competition	Location	Event / Category

What are your competition and development goals for the period 2022-2023?

Do you expect to re-locate outside of the ACT with your sport over the next twelve months?

YES

NO

*If you answered **Yes**, please list where you will relocate to and when.*

List your key performance targets for the next 2-4yrs.

SECTION 8 – HEALTH, INJURY AND ILLNESS

Did you suffer any major injuries or illnesses that prevented you from training/competing in 2020-2021? 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? Yes No
 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:
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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 4 athletes from the same sport will be awarded scholarships within the 2022 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 Individual Performance Plan with the sports High Performance Program?

YES

NO

If the applicant is selected for ACTAS support, who is the NSO contact responsible for driving the athletes national training and development plan?

Organisation Contact:

Title:

Comments in support of Applicant:
Please keep comments within field provided.

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

Athlete Wellbeing and Engagement

Athletic Performance - Sport Science

Medical Coordination

Financial Support

