ATHLETE DEVELOPMENT PROGRAM

APPLICATIONS CLOSE 25 MARCH

The Athlete Development Program delivered by Flinders University Sport and Fitness is a sports training and athletic support program aimed to assist students in the pursuit of sporting and academic excellence.

In 2021 the program was delivered to 60 students across different sports.

In line with the interest in 2021, in 2022, 60 places will be offered within the program aimed at developing athletes, matching service provision and delivery with student athlete needs. The successful athletes will be provided with the opportunity to work with the highly qualified coaching and allied health staff in a well-equipped and supportive environment. Affording them the best opportunity to combine study and sport to progress both successfully.

Flinders University is an Elite Athlete Friendly University and all athletes are encouraged to apply for Elite athlete status, which is separate from the Athlete Development Program. This will assist you to balance your studies and your sport with the necessary academic support from the university. Apply at: flinders.edu.au/eliteathlete
# OUR TEAM

## Program Administration

<table>
<thead>
<tr>
<th>Name</th>
<th>Role</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wendy Gower</td>
<td>Manger - Flinders University Sport and Fitness</td>
<td><a href="mailto:wendy.gower@flinders.edu.au">wendy.gower@flinders.edu.au</a> 08 8201 2459</td>
</tr>
<tr>
<td>Cameron Taeuber</td>
<td>Sport and Club Development Officer</td>
<td><a href="mailto:cameron.taeuber@flinders.edu.au">cameron.taeuber@flinders.edu.au</a> 08 8201 2408</td>
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</tbody>
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## Strength and Conditioning

<table>
<thead>
<tr>
<th>Name</th>
<th>Role</th>
<th>Qualifications</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chris Rawling</td>
<td>Bachelor of Nutrition</td>
<td>Masters of Exercise and Sport Science Masters of Exercise Physiology</td>
</tr>
<tr>
<td>Alex Hoskin</td>
<td>Masters of Exercise Sport Science</td>
<td>Bachelor of Exercise Sport Science ASCA Level 2 Accreditation CrossFit Level 1 Accreditation</td>
</tr>
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## Allied Health

<table>
<thead>
<tr>
<th>Name</th>
<th>Role</th>
<th>Qualifications</th>
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</thead>
<tbody>
<tr>
<td>Riley Cocks</td>
<td>Physiotherapist</td>
<td>Masters of Physiotherapy Bachelor of Health Science Postgraduate Certificate of Human Movement</td>
</tr>
<tr>
<td>Jacqui Beal</td>
<td>Dietitian</td>
<td>Bachelor of Nutrition and Dietetics (Honours) Accredited Sports Dietitian Certificate IV in Fitness</td>
</tr>
</tbody>
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## University Elite Athlete Contacts

<table>
<thead>
<tr>
<th>Name</th>
<th>Role</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chelsea Skene</td>
<td>Prospective Student Advisor</td>
<td><a href="mailto:eliteathletes@flinders.edu.au">eliteathletes@flinders.edu.au</a> 08 8201 3336</td>
</tr>
</tbody>
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TESTIMONIALS

Abbey Jones – Marathon Swimming & Surf Lifesaving
I have noticed considerable improvements in my performance. I participated in the strength and conditioning sessions which has made me stronger and faster and able to perform better in competitions. These improvements also have seen me not only improve my times, but my placings as well.
I quickly developed my confidence in the gym and now have a huge love for it
I would certainly encourage any student who would like to take their sport to a new level to apply for the program as it can have tremendous benefits. I am very grateful to have been part of this program!

Kamila Bok – Aerobic Gymnastics
ADP strength development has reduced my rate of injury. This has allowed me to enhance my confidence when training and enables a more smooth and progressive training season.
This scholarship has allowed me to focus on both my academic and sporting performance, allowing a convenient way to train whilst studying on campus. Winning at the National Championships last year was also credit to the high standard resources provided by the ADP.
The individualised programming allows for a more person centred performance enhancement which has allowed me to excel in my sporting achievements.

Madeline McNeil – Tandem Track Cycling & Para Athletics
“Through my time in the ADP I saw big reductions in my athletics event times and improvements in my techniques and movement patterns. I was able to achieve my goal of competing at the Australian Athletics Nationals.

Chris and Alex have helped me transfer my skills, speed and strength from athletics to track cycling as well as helping me through the psychological challenges and changes of switching sports. Within 6 months I was able to compete in my first cycling nationals, achieving national titles.

Balancing elite training, studying, work and life can be a huge challenge. I love the flexibility to work around my uni schedule, access to the gym 24/7 and allied health all in the one location. ADP at Flinders feels like being part of a community student athletes, going through the same challenges of balancing study and training. It’s great to connect with other students who are equally dedicated to their sports and study.”
WHAT WE OFFER

The Athlete Development Program aims to benefit students through unprecedented access to high level facilities and training environments with the support of our highly qualified staff. Our strength and conditioning team can tailor their support to work with your current program and sporting coaches, or develop a program to suit your needs.

In addition our students can access our allied health professionals who can assist in assessing and managing new or existing injuries, or provide assessment of your nutritional and dietary requirements.

We ultimately aim to provide students the training and support not often accessible that is required to become improved athletes and achieve greater results within their chosen sport.

- Flinders University Sport and Fitness Gym Membership
- Clinical Health and Fitness Assessment
- Movement Screening
- Individual Strength and Conditioning Program
- Strength and Conditioning Facility Access and Coaching
- Allied Health Support - Physiotherapy & Dietitian Services
- Funding assistance to compete at the UniSport Nationals
SELECTION GUIDELINES

Eligibility

- Must be an enrolled Flinders University student in 2022
- Studying on campus at the Bedford Park, Tonsley or Victoria Square
- Applications submitted by due date (C.O.B 25th March, 2022)

Criteria

- Demonstrated participation at a high level in your chosen sport (State/ National/ International). **Minimum state level.
- Demonstrated through past performance within the last 12 months or potential capacity, the ability to improve performance to a high level.
- Special consideration for athletes that currently do not have access to provision of services through their sport.

Please Note

- Previous selection into the program does not guarantee automatic selection in following years.
- Places in the program are limited to 60 students in 2022.
APPLICATION FORM

PERSONAL DETAILS

Name:
Date of Birth:
Gender:
Address:
Email:
Mobile:
Student Number:
Course Enrolled in:
Course Commenced:
Expected Completion:

SPORT

Main Sport:
Other Sports:

How did you become aware of this program?
APPLICATION FORM

At what level have you been involved with your sport?

Please identify year and event;

State:
National:
Oceania:
World:
Commonwealth:
Olympic

Please identify if you have been awarded a scholarship at an institute or academy of sport and year awarded?

SASI:
AIS:
Other:

Who do you currently compete for?

Club:
Level/ Division:
Coach:
Contact Number/ Email:
APPLICATION FORM

Significant results over the past 18 months?

1.
2.
3.

Please provide two contacts that can support your application and are prepared to be sporting referees on your behalf.

Name:
Role:
Contact Details:

Name:
Role:
Contact Details:
APPLICATION FORM

Athlete Statement

Please outline in no more than 300 words your aims and goals, both academically and sporting, outlining how the benefits offered with the program will assist you to achieve them.

The Athlete agrees to:

1. Act in a sporting and professional manner whilst representing Flinders University.
2. Attend a minimum of two events during the period of this agreement for purpose of promotion of the Athlete Development Program, or sport and sporting events.
3. Provide regular updates on competition schedules and results, as applicable.
4. Where possible, represent Flinders University at UniSport Australia sanctioned events.
5. Provide Flinders University Sport and Fitness with a sporting picture for promotional purposes.
6. Have their profile including an approved photograph on the Flinders University Sport and Fitness website.
7. At the conclusion of the year, provide a testimonial on the program.
8. Abide by Flinders University policies, procedures and guidelines.
APPLICATION FORM

Declaration Statement

I wish to be considered for the Athlete Development Program as indicated and declare that the information on this form is correct and complete. I am aware that the information provided in this statement is governed by the Privacy act 1988, and that it will not be disclosed to any third parties without my consent. I agree to the terms and conditions that are attached to receiving this scholarship.

Signed: ____________________________                                   Date:__________

Thank you for applying for the Athlete Development Program with Flinders University Sport and fitness. Please read the terms and conditions carefully that come with applying for, and receiving a place in the program. Once completed please submit your application as follows;

- Email completed application form to wendy.gower@flinders.edu.au or leave hard copy at FUSF reception, addressed to Wendy Gower.
- Please request a reply notification
- Attach high quality sporting photograph (quality no less than 1024 x 768)

Flinders University Sport and Fitness will make every effort to inform students of the result of their application by early April, 2022.