



ACADEMY **SOUTHLAND**



**ACHIEVING
SOUTHLANDERS
INSPIRING
SOUTHLANDERS**

Athlete Application Form

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“
The life planning aspects of the Academy Program has been invaluable to me. Being able to plan for a post cycling career, while also working towards my sporting goals, has allowed me to fully commit to training with the reassurance that my life outside of cycling is still progressing. During the program I was assisted in find work that complimented training and am working towards a Master of Business Management; neither of which would have happened without the direction from the Academy Program.

On the bike the biggest benefit of being part of Academy Southland was having a sounding board and “level headed” guidance that gave me a wider perspective. This helped me with goal setting and life balance. ”

Matt Archibald, Commonwealth Games Bronze Medallist

1. Background Information

The Academy Southland Programme aims to develop people, athletes, coaches and officials to achieve and inspire on the national and international stage. Following inclusions in the programme, participants will know who they are and what motivates them, where they come from and how to perform at the highest level.

The Academy Southland Programme (Academy Southland) provides performance services and support to assist Southland's aspiring and talented athletes. It is governed by Talent Development Southland and supported by Southland's Regional Sporting Organisations (RSO's), Sport Southland, ILT Foundation and The Community Trust of Southland.

Academy Southland provides a sport support network for top athletes and their coaches with this programme being tailored to meet the needs of young Southland based athletes.

This year, a maximum of twelve (12) Southland athletes will be given the opportunity to be included in the Academy Southland Programme for a two year period. The foundation year of the programme offers athletes an induction into high performance sport. Those athletes who excel in the foundation year may be selected for inclusion in a leadership year programme building on principles from the foundation year.

2. Eligibility Criteria

- Submitted a complete application.
- Reside in Southland, or is a member of, or affiliated to a Southland club or organisation, or has represented Southland at the date of this application.
- Minimum age of 16 (as of 1 January 2019)
- Athlete must not be "carded" under their National Sporting Organisation's (NSO) High Performance Programme.
- Aspiring to World Championship, Olympic, Paralympic and/or Commonwealth level competition
- Currently performing at elite national age group level with potential to represent NZ in Open status
- Athletes selected in Sport NZ Pathway to Podium programme gain automatic acceptance into Academy Southland

Should circumstances prevail, Academy Southland may choose to consider applicants that fall outside of the stated criteria.

3. Performance Services and Support

There are two main components to the service and support offered to athletes involved in the Academy Southland programme:

1. Performance related workshops
2. Group and individual services

The majority of servicing offered in year one is centred on group services/workshops. These workshops focus on developing the athlete and coaches support service knowledge and increasing their understanding of the key principles of elite training and performance. Athletes and coaches will have the opportunity to gain greater insight into a wide range of services, ensuring the foundations of an elite performance pathway are in place.

Workshops have in the past included the following topics:

- Athlete Life

Athlete Life helps athletes plan and develop their careers as athletes and with other life goals by focussing on time and energy management, career and education support, decision making communication and professionalism.

- Sport Nutrition

Identifies dietary factors that may affect/enhance performance and provides solutions for training and competition including athlete and sports specific calculations of carbohydrate and protein requirements, pre-competition, competition and recovery nutrition strategies, fluid intake, weight loss/gain goals, food label reading, travel strategies and appropriate supermarket shopping, cooking/eating out guidelines and cooking classes.

- Performance Psychology

Mental Skills Training assists in managing competitive stress; improve confidence, goal setting, visualisation and focusing during an event, control concentration, recovering from a bad performance and managing personal issues.

- Strength and Conditioning

Physical conditioning assesses and improves the athlete's level of physical fitness, including aerobic and anaerobic fitness, strength, flexibility, speed, and agility. A strength and conditioning trainer develops the athlete's training programme and ensures that correct training techniques are implemented. They also assist the coach in periodising the training programme to ensure the athlete is optimally prepared for major competitions.

4. Athlete Requirements

By accepting the offer of Academy Southland services and support, an athlete agrees to:

- Optimise the services and support made available through the Academy Southland programme.
- **Attend ALL scheduled workshops (Monday evenings 6pm-8pm through term 2 and term 3), individual consultations (by appointment) and the Academy Southland Camp on May 11th- May 13th.**
- Abstain from taking prohibited substances (knowingly or unknowingly).
- When required, cooperate with Academy Southland in public relations and promotional activities.
- Commit to regular communication/correspondence with Academy Southland.
- Maintain behaviour and personal standards conducive to sporting excellence.

5. Cost

Inclusion in the Academy Southland Programme has an athlete contribution of \$400. This cost is minimal when considering the services provided and is offset by funder contributions. This will be invoiced in May and is payable prior to the 20 June 2019. If there are any issues around this payment, please feel free to contact Carly Anderson; email carly@academysouthland.co.nz in confidence to discuss options.

6. Application Process

- 6.1 Year One Athlete Application Forms must be completed in full by the athlete and then signed by the athlete (and their parent/guardian if under 16 years at time of application). The athlete must also ensure that their coach completes the confidential coach reference contained within the Application Form. Athletes must email a photo of themselves competing in their sport to carly@academysouthland.co.nz as part of their application.
- 6.2 Please send applications in by **MONDAY 25th FEBRUARY 2019** to:
- Carly Anderson
Academy Southland Applications
C/- Sport Southland
PO Box 224
Invercargill 9840
OR
carly@academysouthland.co.nz
- 6.3 Application enquiries from RSO's, athletes and coaches should be directed to Carly Anderson (carly@academysouthland.co.nz)

7. Selection

7.1 Selection Process

Applications will be assessed and prioritised by an Academy Southland assessment panel. The panel comprises representatives from HPSNZ and Academy Southland. These selections will then be ratified by the Talent Development Southland Board. National Sporting Organisations (NSO's) will also be consulted during this process.

7.2 The Selection Committee may request an interview with an applicant and/or the applicants coach as part of the selection process.

7.3 Selection Criteria

All applications are evaluated against the following selection criteria:

- Athlete's ability to represent New Zealand at Elite Senior 'Open' level
- Endorsement and ranking from RSO and NSO
- Athlete's ability to become a 'carded' athlete
- Buy in from athlete's respective coach
- Relevance of athletes sport in relation to HPSNZ's High Performance Targeted Investment Strategy
- Application quality

7.4 Selection Outcome

Academy Southland will notify all applicants of the outcome of their application on Monday 11th March 2019.

PLEASE NOTE:

Selected athletes, along with their parents will be required to attend the Academy Southland launch on Monday 18th March 2019 at 6pm in the Champions Lounge, SIT Zero Fees Velodrome

Athlete Application Form

PERSONAL INFORMATION

Name: _____

Sport/Discipline: _____

Date of Birth: _____

Address: _____

Home

Cell

Work

Telephone: _____

E-mail Address: _____

Please email a high quality photo of you competing to carly@academysouthland.co.nz as part of this application.

Are you employed? No Casual Part-time Full-time

Please give details _____ hrs/days working

Are you studying? (tertiary) No Casual Part-time Full-time

Please give details _____

Are you at school? No Yes

Year _____ School _____

PERFORMANCE / COMPETITION INFORMATION

Please supply the following performance results where applicable:

New Zealand Open / Open Nationals

Year	Result (please indicate team or individual, specific event and placing)
2018/2019	
2017	

New Zealand Age Groups

Year	Result (please indicate team or individual, specific event and placing)
2018/2019	
2017	

New Zealand Secondary Schools

Year	Result (please indicate team or individual, specific event and placing)
2018/2019	
2017	

Southland Championships

Year	Result (please indicate team or individual, specific event and placing)
2018/2019	
2017	

Current NZ Open Ranking	
Current Age Group Ranking	

Any other performance results or relevant information from the past couple of years:

SPORTING GOALS

Briefly outline your sport/performance goals:

What do you believe are your major strengths that will assist in achieving these goals?

What do you believe are your major weaknesses or barriers to achieving these goals?

PERFORMANCE PLANNING

Briefly outline your proposed competition plan for the next 12-15 months

What are the dates and length of your competitive season?

What are your in-season training commitments?

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

ATHLETE REQUIREMENTS

In submitting this application, I certify that the information provided is accurate and complete.

Athlete Signature: _____ Date: _____

Should I be successful I agree to attend the Academy Southland launch on Monday 18th March 2019 and to ensure payment of \$400 is received prior to 20th June 2019.

Parent/Guardian name: _____

Parent/Guardian Signature: _____ Date: _____

Section Completed:

- Personal information
- Performance / competition information
- Performance services and support
- Athlete declaration
- Current action photo emailed
- Coach reference passed onto coach

Your Privacy: Academy Southland will record the personal details that are provided on this application form in order to fully consider your application. This information may only be accessed by Academy Southland personnel. You have the right to inspect and update your details at any time.

Where did you hear about this opportunity to apply for the Academy Southland Talent Programme?

- Newspaper
- Previous participant
- Coach
- Regional Sport Association
- Facebook
- Internet
- Other (please state) _____

CONFIDENTIAL COACH REFERENCE

Please complete and return it by **MONDAY 25th FEBRUARY 2019** to:

Carly Anderson
Academy Southland Applications
C/- Sport Southland
PO Box 224
Invercargill 9840
carly@academysouthland.co.nz

Coach Name: _____

	Home	Cell	Work
Telephone:	_____	_____	_____

E-mail Address: _____

Athlete Name: _____

Strengths: _____

Weaknesses: _____

Training Commitment: _____

Coachability: _____

Attitude / Sportsmanship: _____

I acknowledge that in the instance where Academy Southland commitments coincide with athlete training and/or minor competition commitments, Academy Southland obligations will take priority.

Attendance at major competitions, resulting in programme absence, will be negotiated and agreed with Academy Southland personnel, prior to the event.

In signing coaches of Academy Southland athletes also commit to attending meetings with the Academy Southland Programme Co-ordinator and to commit to attending Academy Southland Coaches Workshops to ensure full programme integration.

Signed: _____

Date: _____

