



2018 Athlete Application Form

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1. Background Information

The Academy Otago & Central Otago Programmes (Academy Otago & Central Otago) is a joint venture between Otago Academy of Sport and the Otago Community Trust; providing performance services and support to assist Otago's aspiring and talented athletes. The project is supported by Otago Regional Sporting Organisations (RSO's).

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

This year, a maximum of 20 Otago and 15 Central Otago athletes will be given the opportunity to be included in the Otago Academy of Sport talent development programmes for a two to three-year period. The first year of the programme offers athletes an introduction into high performance sport. Those athletes who excel in the first year may be selected for inclusion in a second year programme building on principles from year one.

Vision: "Nurture, support and educate talented Otago athletes to achieve excellence in sport."

Goal: "More Otago athletes achieving on the national and international stage."

Aims:

- Assist athletes on a performance pathway
- Increase resources, expertise and advice
- Enhance knowledge and involvement of coaches/providers
- Increase the number of carded Otago athletes
- Add value to existing programmes
- Engage RSO's



2. Eligibility Criteria:

- Reside in Otago, or is a member of, or affiliated to an Otago club or organisation, or represent Otago at the date of this application.
- Submitted a complete application
- Minimum age of 16 (as of 1 January 2018) (Younger applicants will be considered from Central Otago)
- Aspiring to World Championship, Olympic, Paralympic and/or Commonwealth level competition
- Currently performing at elite or national age group level with potential to represent NZ in Open status

Should circumstances prevail, Otago Academy of Sport 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 Otago & Central Otago programmes:

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:

- Becoming a high performance athlete: overview of the demands, expectations, requirements placed upon the elite athlete
- Performance Lifestyle: planning for demands of sport, study and/or work (time management, goal setting, sponsorship etc)
- Fuel: overview of sports nutrition and supplementation
- Gaining the Mental Edge: overview of sports psychology
- Principles of Training: overview different types of training (e.g. strength, power, endurance, speed)

Individual services:

All athletes will have individual access to the *Performance Lifestyle Programme*. This programme assists athletes to manage their lives effectively in the pursuit of sporting excellence, in addition to minimising sport-life barriers that can adversely impact on performance.

4. Athlete Requirements:

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

- Optimise the services and support made available through the Academy Otago & Central Otago programmes
- Attend **all** scheduled workshops and individual consultations.
- Availability to attend a residential camp, and to prioritise this over competition and training. Camp dates TBC but are scheduled for the 11-13th May 2018. This might require a day's leave from School, work or University.
- Abstain from taking prohibited substances (knowingly or unknowingly).
- When required cooperate with OAS in public relations and promotional activities.
- Commit to regular communication/correspondence with Academy Otago.
- Maintain behaviour and personal standards conducive to sporting excellence.



5. **Application Process:**

- 5.1 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 Coach Support section included within the Application Form.
- 5.2 RSO's are required to receive, prioritise, endorse and send endorsed applications in hardcopy to:
Academy Otago & Central Otago Applications
Otago Academy of Sport
PO Box 6087
Dunedin
- 5.4 Close off date for RSO's to submit their applications is **5.00pm, Thursday 29th March 2018**. All applications must be received by Otago Academy of Sport from RSO's by this date.
- 5.5 Application enquiries from RSO's, athletes and coaches should be directed to The Programme Manager (Michael Coutts), 03 479 0640 or 0221281400.

6. **Selection**

6.1 Selection Process

Applications will be assessed and prioritised by an Otago Academy of Sport assessment panel. The panel comprises representatives from OAS, HPSNZ and Academy Otago & Central Otago Programme Manager.

National Sporting Organisations (NSO's) will also be consulted during this process.

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

6.2 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, including a profile photo and action shot. This can be emailed through to michael@oas.org.nz

6.3 Selection Outcome

Academy Otago will notify all applicants of the outcome of their application by **Friday 20th April 2018**.

Selected athletes will be required to attend the Academy Otago or Central Otago Launch.



Year One Application Form

1. SECTION A – PERSONAL INFORMATION/COACH DETAILS

1. ATHLETE CONTACT DETAILS:

Name: _____

Sport/Discipline: _____

Date of Birth: _____

Address/es:	Primary	Postal
	_____	_____
	_____	_____

Telephone:	Home	Cell	Work
	_____	_____	_____

E-mail Address: _____

PROGRAMME: OTAGO (Dunedin based) OR CENTRAL OTAGO (Wanaka based)

2. EMPLOYMENT / EDUCATIONAL STATUS:

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

Please give details _____

hrs/days working _____

2.2 Are you studying? (Tertiary) No Part-time Full-time

Please give details _____

2.3 Are you at school?

Please give details of year and school _____

Academy Otago



3. COACH DETAILS:

Coach Name: _____

Telephone: **Home** **Cell** **Work**

E-mail Address: _____

*As coach of this athlete, I have read and fully understand the requirements of my athlete, as set out in the **athlete requirements**. In doing so I acknowledge that in the instance where Academy Otago or Central Otago commitments coincide with athlete training and/or minor competition commitments, Academy Otago obligations will take priority. Attendance at major competitions, resulting in programme absence, will be negotiated and agreed with Otago Academy of Sport personnel, prior to the event.*

In signing coaches of Academy Otago & Central Otago athletes also commit to attending meetings with OAS providers, the Academy Otago & Central Otago Programme Co-ordinator and to commit to attending Academy Otago Coaches Workshops to ensure full programme integration.

Signed: _____

Date: _____

SECTION B – PERFORMANCE / COMPETITION INFORMATION

4: PERFORMANCE INFORMATION:

4.1 Please supply the following performance results where applicable

New Zealand Open / Open Nationals

Year	Result (please indicate team or individual, specific event and placing)
2017	
2016	

New Zealand Age Groups

Year	Result (please indicate team or individual, specific event and placing)
2017	
2016	

New Zealand Secondary Schools

Year	Result (please indicate team or individual, specific event and placing)
2017	
2016	



Otago Championships

Year	Result (please indicate team or individual, specific event and placing)
2017	
2016	

Current NZ Open Ranking	
Current Age Group Ranking	

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

4.2 Sporting goals:

4.2.1 Briefly outline your sport/performance goals:

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

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

4.2.4 What do you need to do to improve these weaknesses and or overcome these barriers?



4.2.5 What steps will you take to make this happen?

4.2.6 If you compare your current performance/ skills/ results/ times (whichever is applicable to your sport) to that of the best in the world, what are the differences at this time? (this will take some research of international competition):

4.3 Performance Planning:

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

4.3.2 What are the dates and length of your competitive season?

4.3.3 What are your in season training commitments

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	



SECTION C – PERFORMANCE SERVICES AND SUPPORT

Acceptance into the programme will entitle athletes to a range of different elite performance focused workshops and support aimed at enhancing the athlete and their coaches High Performance knowledge. These workshops and services will be developed and presented by accredited service providers.

After reading through Appendix 1 (which gives a list of services and an explanation of their purpose) please outline the performance services you believe will add most value to your training programme, and allow you to achieve excellence over the next 12 months. Include reasons for your choices.

5.1 Desirable Performance Services:

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

5.2 List any other awards and/or scholarships you are receiving or have applied for to support your performance and training programme:

5.3 Outline why you want to be included in the Academy Otago or Central Otago Programme and explain how you demonstrate your commitment to excellence:

5.4 Where did you hear about this opportunity to apply for the Academy Otago or Central Otago Talent Xcelerator Programme

Newspaper Previous participant Coach

Regional Sport Association Other (please state) _____



SECTION D – ATHLETE DECLARATION:

6. ATHLETE DECLARATION:

Athlete Requirements:

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

Athlete Signature: _____ Date: _____

If under 16 years

Parent/Guardian name: _____

Parent/Guardian Signature: _____ Date: _____

Should I be successful I agree to attend the Otago Academy launch on Sunday 29th April 2018 and to ensure payment of \$400 is received prior to 20th June 2018.

7. APPLICATION CHECKLIST:

Section	Completed
A Personal information / coach details	<input type="checkbox"/>
B Performance / competition information	<input type="checkbox"/>
C Performance services and support	<input type="checkbox"/>
D Athlete declaration	<input type="checkbox"/>
E Profile Photo and Action Shot	<input type="checkbox"/>




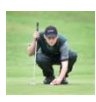

Your Privacy: Otago Academy of Sport, will record the personal details that are provided on this application form in order to fully consider your application for a scholarship. This information may only be accessed by the OAS and Academy Otago personnel. You have the right to inspect and update your details at any time. Please contact OAS on (03) 4790640



Investing in Otago's sporting talent.



APPENDIX 1: Sports Science Services

Athlete Life	The Athlete Life Programme helps athletes maximize their opportunities and minimise performance constraints. We help athletes plan and develop their careers as athletes and with other life goals. Athlete Life focuses on four key areas for a high performance athlete; Life skills, Sport lifestyle, Career and Education.	
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 /cooking classes.	
Exercise Physiology	Measures and evaluates physiological characteristics that contribute to an athlete's performance and identifies and quantifies the optimal physiological characteristics that contribute to performance such as athlete's aerobic and anaerobic fitness, and economy of effort. Measurements / testing can include VO2 max test / Lactate threshold testing, Peak power testing, Field testing (i.e. rowers – lactate testing on the water). Testing can benefit an elite athlete by monitoring their progress and performance in specific training areas	
Mental Skills Training	This can include sport specific mental skills training, management of personal issues and development of team building skills. A Mental Skills Trainer can assist in managing competitive stress; improve confidence, goal setting, visualisation and focusing during an event, control concentration, recovering from a bad performance, managing personal issues.	
Physical Conditioning	Physical conditioning assesses and improves the athlete's level of physical fitness, including aerobic and anaerobic fitness, strength, flexibility, speed, and agility. A physical conditioner 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.	
Sports Massage	Sports massage requires knowledge of the movements, injuries and training involved for team sports and individual athletes. Specific techniques used in sports massage include deep tissue, longitudinal gliding, cross fibre, sustained myofascial tension, soft tissue release, ice massage, and stretching.	