



## Territory Sports Academy Athlete Scholarship Application Form

### Sport and Entry Details

What sport are you seeking a scholarship for?

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If you reside interstate\*, please demonstrate below an ongoing representation with the NT.

\*In general athletes must be a resident in the NT to be considered for an Individual Athlete Scholarship. See eligibility for more information.

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### Personal Details

Title:

Mr     Mrs     Ms     Miss

First name: \_\_\_\_\_ Last name: \_\_\_\_\_

Sex:

Male     Female

Sports Club: \_\_\_\_\_ Date of birth:        /        /

Telephone (home): \_\_\_\_\_ (mobile): \_\_\_\_\_ (work): \_\_\_\_\_

Email: \_\_\_\_\_

Occupation: \_\_\_\_\_

### Residential Address

Postcode: \_\_\_\_\_

### Postal Address (if different to above)

Postcode: \_\_\_\_\_

### Citizenship/Nationality (Please tick as appropriate)

Place of birth: \_\_\_\_\_

Aboriginal and/or Torres Strait Islander

### Emergency Contact Details

Contact Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Telephone (home): \_\_\_\_\_ (mobile): \_\_\_\_\_ (work): \_\_\_\_\_

Email: \_\_\_\_\_

## Performance Selection Criteria

Eligibility for an TSA scholarship is contingent upon being classified in one of the following five categories. These categories are based on the Australian Institute of Sport (AIS) Athlete Categorisation Framework.

Category	Description
<b>1. Podium</b>	Athlete who had a medal performance at a world championship (or equivalent) event in the previous 24 months and is considered capable of winning a medal at the next world championship (or equivalent) event.
<b>2. Podium Ready</b>	Athlete who placed fourth to eighth at the most recent world championship (or equivalent) event and is considered capable of progressing to Podium in the next two years.
<b>3. Podium Potential</b>	Athlete who is considered capable of progressing to at least Podium Ready in the next two years.
<b>4. Developing</b>	Athlete who is considered capable of progressing to at least Podium Potential in the next two years <b>OR</b> an athlete that has signed a contract with a team competing in a national professional competition (or better).
<b>5. Emerging</b>	Athlete who is considered capable of progressing to at least Developing in the next two years <b>OR</b> an athlete with capability to achieving national professional competition (or better) status within one to three years.

The National Sporting Organisation (NSO) is required to confirm your selection as a categorised athlete.

### National Sporting Organisation Endorsement

This section must be signed by your NSO.

I certify that this athlete is a categorised athlete Level \_\_\_\_\_

I certify that athletes with the level of categorisation stated above are eligible in Australia for (and currently receive) National Institute Network (NIN) support services from the other organisations in the NIN. These organisations include:

\_\_\_\_\_

The support services that this level of athlete is eligible for includes: \_\_\_\_\_

\_\_\_\_\_

Name of organisation: \_\_\_\_\_

Name (please print): \_\_\_\_\_

Position: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Endorsed:

Yes

No

If no, please comment: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

## Peak Sporting Body of the Northern Territory (PSB) endorsement

This section must be signed by your PSB. If this is not possible for any reason please obtain NSO endorsement.

I certify that the athlete is a registered member of our organisation and meets the performance selection criteria. All information in this application and in any attachments are to my knowledge true and correct in every detail.

Name of Organisation: \_\_\_\_\_

Name (please print): \_\_\_\_\_

Position: \_\_\_\_\_

Endorsed:  Yes

No

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

## Other Scholarships, Sponsorships and Club Agreements

Please provide details of other current Scholarship/s and/or Club Agreements (e.g. letter of intent, contract) you have entered into. Attach copies of terms and conditions which may have implications for your scholarship with the Territory Sports Academy.

### OTHER SCHOLARSHIPS

Scholarship Provider	Scholarship Type	Start Date	End Date

### SPONSORSHIPS

(Sponsorship Categories: A – Under \$5,000; B - \$5,000-\$10,000; C - \$10,000+)

Sponsor	Start date	End Date	Sponsorship Category (Check one)
			<input type="checkbox"/> A (Under \$5,000) <input type="checkbox"/> B (\$5,000 to \$10,000) <input type="checkbox"/> C (Above \$10,000)

Please cross out any incorrect information and provide correct details

### NATIONAL SPORTING ORGANISATION / CLUB AGREEMENTS

Agreement (Please tick)	If yes, NSO/Club Name	Start date	End Date
<input type="checkbox"/> Yes <input type="checkbox"/> No			

## Privacy

Personal information held by the TSA will be protected in accordance with the [TSA Privacy Notice](#).

## Local and National Coach/es Details

This section must be completed by the local/personal coach responsible for the coaching and management of the athlete.

**Local Coach Name:** \_\_\_\_\_

Address: \_\_\_\_\_

Telephone (work): \_\_\_\_\_ (home): \_\_\_\_\_ (mobile): \_\_\_\_\_

Email: \_\_\_\_\_

Sport's accreditation level or equivalent: \_\_\_\_\_

**National Coach/es Name** (if relevant): \_\_\_\_\_

Telephone (work): \_\_\_\_\_ (mobile): \_\_\_\_\_

Email: \_\_\_\_\_

## Local Coach Declaration (NT based only)

I, \_\_\_\_\_ (insert full name), declare:

1) I agree to:

- develop and maintain a detailed competition and training plan;
- provide clear athlete objectives and develop an individual athlete plan, in conjunction with Territory Sports Academy (TSA) service providers, that delivers the athlete's daily training environment. Communicate with TSA service providers regularly as required to maintain the accuracy of the individual plan;
- attend two meetings with the TSA Senior Management staff as a minimum per annum;
- comply with all TSA policies and procedures especially Athlete Disciplinary Process, Member Protection, Supplementation, Working with Children, Anti-Doping and ensure any accreditation requirements are complete prior to commencement of the athlete's scholarship;
- ensure the athlete's TSA budget (if available) is prioritised towards adding value to the athlete's training and competition program;
- coach and oversee the athlete in the sports' technical and tactical training;
- attend TSA based training sessions on a regular basis;
- attend and be developed in the pillars of the TSA Coach Development Program, and implement these principles into the athlete's training program; and
- be accredited in coaching sport.

2) I agree to my personal information being collected, used and disclosed by the TSA for:

- a. the Athlete Management System and for the purposes described in the TSA Privacy Notice;
- b. the purpose of determining or verifying the athlete's eligibility for the scholarship and managing the scholarship;
- c. business intelligence purposes in relation to the scholarship, such as for compilation or analysis of statistics, auditing purposes and seeking feedback; and
- d. any other matters related to the administration of the scholarship.

3) If I have provided personal information of another individual to the TSA, I warrant that I have informed the person to whom the personal information relates that the personal information will be provided to the TSA and of the TSA' intended use of this information, and that I have obtained consent from all such persons to allow the TSA to use and disclose their personal information in this manner.

4) I have read the TSA Privacy Notice and fully understand my rights.

I have read and agree on the TSA' servicing philosophy as outlined below:

- **The TSA service model has an emphasis on an integrated, in house, multi-disciplinary team approach;**

- The TSA expertise and services are to be recognised and respected, by athletes and coaches, as an integral and significant component of an athlete’s scholarship;
- The TSA believes in a holistic approach to athlete development and seeks to prepare skilled, self-reliant, motivated, committed, knowledgeable and well-rounded people;
- The TSA believes that while the communication of key objectives for TSA athlete development remains firmly with the coach, they must be developed in consultation with TSA service and program staff.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

### Sport Science Servicing and Signatures

I, \_\_\_\_\_ (insert full name of the athlete), declare:

- (a) The information provided to TSA in this form is correct and complete.
- (b) Prior to being offered and accepting a TSA scholarship, I (the athlete) understand that I may be required to undergo a period involving training and assessment.
- (c) I consent to participating in all training and assessments that the Territory Sports Academy (TSA) considers relevant, including the assessments described in Schedule 1 of this form, at my own risk.
- (d) I understand that:
  - (i) I will be undertaking physical exercise at or near the extent of my capacity and there is possible risk in the physical exercise at that level, including episodes of transient light-headedness, fainting, abnormal blood pressure, chest discomfort and nausea;
  - (ii) I will be undertaking activities that involve risks and dangers of serious bodily injury, including but not limited to disability, paralysis and death; and
  - (iii) these risks and dangers may be caused by my own actions, or inactions, or the actions or inaction of others participating in the training and assessment sessions.
- (e) I agree to inform the staff member conducting the training and assessment sessions about any illness, injury, limitation or physical defect I have prior to commencement of any training and assessment.
- (f) I understand that I can withdraw my consent to participate in training and assessment sessions, freely, at any time before or during the training and assessment session without any effect on my eligibility for the TSA scholarship.
- (g) I agree to my personal information being collected, used and disclosed by the TSA for:
  - (i) the Athlete Management System and for the purposes described in the TSA Privacy Notice;
  - (ii) the purpose of determining or verifying my eligibility for the TSA scholarship and managing the scholarship;
  - (iii) business intelligence purposes in relation to the scholarship, such as for compilation or analysis of statistics, auditing purposes and seeking feedback; and
  - (iv) any other matters related to the administration of the scholarship.
- (h) I understand that I can withdraw my consent regarding the collection, use and disclosure of my personal information at any time by notifying TSA.
- (i) I understand that the information obtained from my training and assessment sessions may be used, in de-identified form, for statistical or scientific research purposes and that information may be published in related scientific papers or journals.
- (j) I agree to release and indemnify, and agree to keep indemnified, the TSA, its employees, agents, and contractors against all costs, damages, losses, liabilities and expenses (the **liability**) whatsoever arising in connection with my participation in any training and assessment sessions. My liability to indemnify the TSA will be reduced proportionately to the extent that any negligent or other tortious act or omission of the TSA contributed to the liability. By signing this I declare that I wish to be considered for entry to the Territory Sports Academy. This document is contractual in nature such that the exclusion, release and indemnity can be enforced as contractual terms. I understand that if I withdraw my consents set out above (except the withdrawal of consent under paragraph (h) above), or provide incorrect or incomplete information, I may not be eligible for the TSA scholarship.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**For applicants under 18 years of age, the parent, guardian or custodian who is the first legal point of contact must complete and sign below.**

I, \_\_\_\_\_ (insert full name) declare that I am the child's legal parent or guardian, I acknowledge and agree to the terms set out above, including consenting to my child's participation in the TSA training and assessment sessions and the collection, use and disclosure of his/her personal information for the purposes described above, and I agree to release and indemnify the TSA, its employees, agents, contractors against all costs, damages, losses, liabilities and expenses whatsoever arising in connection with my child's participation in the training and assessment sessions.

Signature:

Date:

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# SCHEDULE 1 SPORT SCIENCE SERVICING EXPLANATIONS

## Endurance

### MAXIMAL AEROBIC POWER

**Purpose:** *To predict your aerobic power*

**Procedure:** Testing is conducted on a treadmill or cycle ergometer commencing with a light workload that increases a standardised period throughout the test. Ventilation is monitored by breathing through a mouthpiece with a small clamp on the nose to ensure all expiration/inspiration cycles travel via the mouth.

### MULTISTAGE FITNESS TEST

**Purpose:** *To predict your aerobic power*

**Procedure:** A 20m shuttle run to exhaustion is undertaken by the Athlete according to audible cues. The time between cues decreases over time to elicit a maximal workload for prediction of aerobic power.

### HEART RATE

**Purpose:** *To estimate cardiovascular strain and exercise intensity*

**Procedure:** Your heart rate will be continuously measured by a heart rate monitor worn across the chest which transmits to a receiver worn on the wrist.

## Anaerobic / Speed / Agility

### VERTICAL JUMP

**Purpose:** *To measure your lower body power.*

**Procedure:** The Athlete performs a maximal jump effort from a standing or moving position to displace markers of a known height.

### SPRINTS

**Purpose:** *To determine acceleration and speed.*

**Procedure:** A series of laser beam timing gates are established at set distances (typically 5, 10, 20, 30 and 40m). The Athlete runs through the gates, breaking the laser beam and producing a time for a given distance.

### EARPRICK BLOOD TESTING

**Purpose:** *To estimate exercise intensity from blood lactate concentration.*

**Procedure:** A small drop of blood is collected from an ear tip or finger following an incision by a sterile disposable lancet. The procedure is similar to that of diabetics testing their blood sugar levels. The drop of blood is collected and analysed for lactate concentration.

## Strength

### BENCH PRESS

**Purpose:** *To measure the strength of your chest and shoulders.*

**Procedure:** Lying supine on the bench, the Athlete will complete unassisted repetitions that usually range from 1-6.

### BENCH PULL

**Purpose:** *To measure the strength of your back.*

**Procedure:** Lying prone on the bench, Athletes perform 1-6 unassisted repetitions.

### BACK SQUAT

**Purpose:** *To measure the strength of your legs.*

**Procedure:** Following directions from the strength and conditioning coach, the Athlete will squat the weight to a pre-determined depth 1-6 times. Note that some Athletes will be required to undertake leg press testing. The leg press utilises similar muscle groups to the back squat while placing less stress on the upper body.

### CHIN UPS

**Purpose:** *To measure the strength endurance of your back.*

**Procedure:** Following directions from the strength and conditioning coach, the Athlete will perform either a set number of repetitions or chin ups to volitional exhaustion.

## Thermal

### BODY CORE TEMPERATURE

**Purpose:** *To assess heat strain.*

Procedure: Core temperature is measured by a sterile once-use temperature probe contained within a small pill. You may be asked to swallow a pill with the consumption of fluid in the presence of a sport science TSA at who is first aid qualified.

### **Body Composition**

#### **SKINFOLDS**

Purpose: *To assess body composition.*

Procedure: In addition to assessment of body weight and height, your skin fold thickness is determined at standard sites by a set of handheld callipers.

### **Fluid Balance**

#### **URINE SPECIMEN**

Purpose: *To gauge your hydration status.*

Procedure: You will be asked to empty your bladder before and/or following training/event/game, from which you collect a mid-stream urine sample in the sterile container provided.

#### **SWEAT LOSS**

Purpose: *To estimate your sweat loss.*

Procedure: You will have your body weight measured before and after a session/performance/game. Also, your fluid consumption is monitored by weighing your drink bottle(s) at standardised periods.

### **Flexibility**

#### **SIT AND REACH**

Purpose: *To measure the flexibility of the lower back and hamstrings.*

Procedure: In a seated position with feet fixed and legs outstretched, Athletes reach forward as far as possible.

### **Perceptual**

#### **RATE OF PERCEIVED EXERTION**

Purpose: *To gauge perceived effort during training or competition.*

Procedure: You will be asked to rate your perceived exertion on a numbered scale.

#### **PERCEIVED THERMAL STRAIN AND COMFORT**

Purpose: *To gauge changes in perception of heat stress.*

Procedure: You will be asked to rate your thermal strain and thermal discomfort on numbered scales.

### **Strength and Conditioning Training**

In addition to and often in conjunction with sport specific skills training/testing, strength and conditioning training methods are used. These include but are not limited to flexibility training (stretching), resistance training (bodyweight and/or external resistance), and aerobic/metabolic conditioning training which can involve many different methods but is typically performed through cyclical exercise such as running, cycling, swimming or rowing. *Note: There are assessments and training methods not listed above which may be undertaken at the discretion of the TSA personnel conducting the session. Should you have any queries regarding these tests, please ask your coach, strength and conditioning or sport science provider.*

**Please submit signed application forms to the TSA at one of the addresses below.**

**TSA  
PO Box 37037  
Darwin NT 0801**

**TSA  
Level 1 Arafura Stadium  
Abala Road  
Marrara NT 0812**