



# Athlete Development Program

## Athlete Development Program

### Background

The ANU Sport Athlete Development Program has been implemented to provide athletes on campus and within the broader community the opportunity to gain access to coaches, facilities and services to develop their capabilities as an athlete to achieve success in their sport. The Athlete Development Program will focus heavily on the development of physical capabilities through the use of strength and conditioning services; including physical testing, individualised training programs, energy system development, and the development of speed, agility and quickness. This program will encompass all aspects of physical preparation for sport in an inclusive and user friendly environment.

### What is Included

The ANU Sport Athlete Development Program aims to ensure athletes have access to qualified and accredited strength and conditioning coaches, training facilities and performance services to best prepare for their sport. Therefore, members of the ANU Sport Athlete Development program will receive the following:

1. 12 month full membership to ANU Fitness Centre
2. Full strength and conditioning services; including
  - a. Performance testing,
  - b. Individualised training programs,
  - c. Gym, court and field based conditioning sessions
  - d. Technique sessions
  - e. Program review and goal setting sessions
3. Access to our Level 3 facility during open gym times for supervised training sessions.

The ANU Sport Athlete Development program is in place to support athletes from all levels across a range of sports. As such, we will do everything we can to cater to the specific requests from our athletes to ensure optimal preparation for competition.

For any athlete on the program that is away from Canberra due to competition commitments, ANU Sport will put their gym membership on hold for the duration of that competition, provided documentation can be provided. This applies to individual athletes in the Athlete Development Program only.





## Cost

The cost for the ANU Sport Athlete Development Program is:

ANU Students	High School Students	ANU Club Members	Non-members
\$399	\$399	\$429	\$699

**Note:** The price for ANU Club Members is not inclusive of \$120 ANU Sport membership.

## Eligibility

Athletes who meet the following eligibility guidelines may be considered for inclusion in the ANU Sport Athlete Development Program (inclusive of non-student athletes):

1. State or national level representative
2. Compete independently in national or international events

Any ANU Student, ANU Sport club member or high school student, may also be considered for the program should they meet the eligibility guidelines detailed below:

1. Competing in the highest grade in local competition, with aspirations for higher honours
2. Are an athlete identified by ANU clubs and coaches through the Club Development Program
3. Are a junior representative athlete

The above eligibility guidelines are just that and satisfying the above guidelines does not ensure acceptance into the program. While these guidelines are in place, ANU Sport encourages all athletes looking for assistance with their athletic development to submit a nomination for consideration. As this is the initial roll out of the ANU Sport Athlete Development program, ANU Sport will retain the right to adjust the program, program eligibility and terms and conditions as it sees fit.

## Nominations process

For athletes wishing to nominate for the ANU Sport Athlete Development Program, please see our website for [nomination forms](#). Nominations remain open year round for the ANU Sport Athlete Development Program. Nomination forms are to be completed and forwarded to [billy.mason@anu-sport.com.au](mailto:billy.mason@anu-sport.com.au)

Nominations will then be assessed by the ANU Sport Athlete Development Advisory Committee, which includes the ANU Sport's Strength and Conditioning Coach, Fitness Services Manager, Sport Development Manager, and Excellence in Sport Coordinator. Each nomination will be assessed by the Athlete Development Advisory Committee for suitability, with each nomination assessed on its individual merit on a case by case basis.

Nominees will be advised of an outcome via email within 14 days of receipt of their nomination. Please note, incomplete nominations will not be accepted and will be returned to nominee.