

NORTHERN TERRITORY INSTITUTE OF SPORT Athlete Scholarship Application Form

Sport and Entry Details

What sport are you seeking a scholarship for?

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.

Personal Details

Title:

Mr Mrs Ms Miss

First name: _____ Last name: _____

Sex:

Male Female

Sports Club: _____

Date of birth: / /

Telephone (home) _____ (mobile) _____ (work) _____

Email _____ Secondary 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 NTIS scholarship is contingent upon being classified in one of the following six categories. These categories are based on the Australian Institute of Sport (AIS) Athlete Categorisation Framework.

Category	Description
1. Podium	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.
2. Podium Ready	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.
3. Podium Potential	Athlete who is considered capable of progressing to at least Podium Ready in the next two years.
4. Developing	Athlete who is considered capable of progressing to at least Podium Potential in the next two years OR an athlete that has signed a contract with a team competing in a national professional competition (or better).
5. Emerging	Athlete who is considered capable of progressing to at least Developing in the next two years OR an Athlete is capable of 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 an AWE categorised athlete Level _____

Name of organisation _____

Name (please print) _____

Position _____

Endorsed: Yes No

If no, please make 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 Sponsorships, 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 at the Northern Territory Institute of Sport.

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 NTIS will be protected in accordance with [NTIS 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 _____

NCAS accreditation level or equivalent _____

National Coach/es Name (if relevant): _____

Telephone (work)

(mobile)

Email _____

Coach's Declaration

I, _____ (insert full name), solemnly and sincerely declare:

- 1) As the Local Coach (i.e. NT based), 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 NTIS service providers, that delivers the athlete's daily training environment. Communicate with NTIS service providers regularly as required to maintain the accuracy of the individual plan;
 - attend two meetings with NTIS Senior Management staff as a minimum annually;
 - comply with all NTIS 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 NTIS budget (if available) and Carbine Club sponsorship (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 NTIS based training sessions on a regular basis;
 - attend and be developed in the pillars of the NTIS 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 NTIS for:
 - a. the Athlete Management System and for the purposes described in the NTIS Privacy Notice;
 - b. the purpose of determining or verifying the athlete's eligibility for the scholarship and managing the athlete's scholarship;
 - c. providing high performance services and education to the scholarship athlete;
 - d. business intelligence purposes in relation to the scholarship, such as for compilation or analysis of statistics, auditing purposes and seeking feedback;
 - e. any other matters related to the administration of the athlete's scholarship.
- 3) If I have provided personal information of another individual to NTIS, I warrant that I have informed the person to whom the personal information relates that the personal information will be provided to NTIS' intended use of this information, and that I have obtained consent from all such persons to allow NTIS to use and disclose their personal information in this manner.
- 4) I have read the NTIS Privacy Notice and fully understand my rights.
- 5) This declaration is true and I acknowledge that it is an offence to make a declaration that is false in any material particular.

Declaration made at: _____ **(location)**

Signature: _____ **Date:** _____

Sport Science Servicing and Signatures

Prior to being offered and accepting an NTIS scholarship, I may be required to undergo a period involving training and assessment. I consent to participating in all relevant training and assessment sessions that the NTIS considers relevant to my sport, and acknowledge, agree and represent that I understand the nature of the training and testing and that:

- (a) I have read the sport science servicing explanations in Schedule 1 and understand what I may be required to do;
- (b) 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, the actions or inaction of others participating in the training/assessment sessions, the condition which the training/assessment sessions take place, or the negligence of others;
- (c) I will tell the staff member conducting the training/assessment sessions about any illness, injury or physical defect I have at the time of testing;
- (d) I understand that I can withdraw my consent, freely and without prejudice, at any time before, during, or after training/assessment sessions;
- (e) I consent that the information obtained from my training/assessment sessions will be available to my personal Coach, and to the NTIS, and may be used for statistical or scientific reasons with privacy retained, and information may be published in related scientific papers/journals.

I acknowledge that I have read this form or that it has been explained to me. I fully understand its terms and that I have given up substantial rights by signing it. I assume with full knowledge the dangers inherent in my participation and do so at my own risk. I have signed the documents freely and voluntarily without any inducement made to me and intend my signature to be a complete and unconditional release of all liability to the greatest extent allowed by law. I acknowledge that the waiver and release and indemnity will be used and relied upon by the Northern Territory of Australia and the Northern Territory Institute of Sport.

By signing this I wish to be considered for entry to the Northern Territory Institute of Sport, and I declare that the information submitted on this application form is correct and complete. I understand that the Northern Territory Institute of Sport reserves the right to vary or reverse any decision regarding admission made on the basis of incorrect or incomplete information. This document is contractual in nature such that the exclusion, release and indemnity can be enforced as contractual terms.

Signature

Date

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

The undersigned parent and natural guardian does hereby represent that he/she is, in fact, acting in such capacity, and has consented to his/her child participating in the sport science testing, and has agreed individually and on behalf of the child, to the terms of the exclusion liability waiver and release & indemnity set forth above. The undersigned parent or guardian further agrees to save and hold harmless and indemnify the Territory, NTIS, its officers, employees, agents and contractors ("the parties") from all liability, loss, claim or damage whatsoever which may be imposed upon the parties because of any defect in or lack of such capacity to so act and releases the parties on behalf of the minor and the parents or legal guardian.

Name

Relationship

Signature

Date

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 scientist 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 &/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 NTIS 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 NTIS at one of the addresses below.

**NTIS
GPO Box 1448
Darwin NT 0801**

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

**NTIS
Anangu House Suite
1/44 Cnr Bath St & Gregory Tce
Alice Springs NT 0870**