



# NTIS

## Individual Athlete Scholarship Application Form

For sports where NTIS does not have a sports program.

### Sport and Entry Details

What sport are you seeking a scholarship for?

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If you reside interstate\*, 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

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

Mr  Miss  Mrs  Ms

Male  Female

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 (work) \_\_\_\_\_ (home) \_\_\_\_\_ (mobile) \_\_\_\_\_

Email \_\_\_\_\_

### Privacy Notice

The Northern Territory Institute of Sport (NTIS) is committed to providing Northern Territory athletes with high performance services. The NTIS needs to collect personal information on this form from athletes, parents and guardians so it can plan, provide and report on its services. Personal information will be protected in accordance with NTIS Privacy Notice, visit [www.sportandrecreation.nt.gov.au/nt-institute-sport/athletes](http://www.sportandrecreation.nt.gov.au/nt-institute-sport/athletes) If the information is not provided the NTIS may not be able to provide the services requested.

## Performance Selection Criteria

All NTIS athletes are classified into five categories according to their current performance standard and against a capability framework. IAS athletes will be selected one of these five categories. These categories are generically defined as follows:

Category	Description
<b>Podium</b>	International competitor in an individual or team event with a current world ranking of 1-3 and is considered capable of maintaining this level of performance.
<b>Potential Podium</b>	International competitor in an individual or team event with a current world ranking of 4 - 8 and is considered capable of becoming Podium Class in 1 – 2 years.
<b>International</b>	International competitor in an individual athlete event OR a member of a national team at benchmark competitions and is considered capable of retaining or progressing their level of performance.
<b>Developing International</b>	Athlete with the capability to achieve at least international class athlete status within 1-3 years.
<b>Emerging International</b>	<i>Athlete with the capability to achieve at least international class athlete status within 4-7 years</i>

## Australia's Winning Edge (AWE) Foundation, Prospective and Emerging Sports

For Australia's Winning Edge Foundation, Prospective and Emerging sports eligibility will be guided by AWE athlete categorisation for sport and disciplines. The NSO is required to confirm your selection as an AWE categorised athlete. The following are Australia's Winning Edge sports that are not NTIS sport programs:

Archery, Badminton, Beach Volleyball, Boxing, Canoe/Kayak, Cycling, Diving, Equestrian, Gymnastics, Judo, Modern Pentathlon, Rugby Sevens, Taekwondo, Tennis, Rowing, Shooting, Ski and Snowboard, Volleyball (Men), and Water Polo.

Paralympic: Canoeing, powerlifting, table tennis, wheelchair tennis, cycling, equestrian, rowing, rugby, shooting, and skiing,

## AWE National and/or Iconic and Supported Australian Sports

Please attach proof of National squad/team achievements verified by the National Sporting Organisation (NSO). For example, a letter, or email from your NSO, a copy of results from the NSO website etc. for the following sports:

Lawn Bowls, Motorcycling, Motor Sport, Surfing, Surf Life Saving, Weightlifting, AFL, Baseball, Fencing, Karate, Lacrosse, Orienteering, Polocrosse, Pony Club, Rugby Union 15's, Skate, Softball, Table Tennis, Touch Football, Volleyball (Women), Waterski and Wakeboard, Wrestling. Paralympic sports: Boccia, Football and Goalball.

## 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 has the capacity to meet the NTIS high performance criteria and expectation requirements. All information in this application and in any attachments are to my knowledge true and correct in every detail.

Name of Organisation

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Name (please print)

Position

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Endorsed:  Yes

No

Signature

Date

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## National Sporting Organisation Endorsement

This section must be signed by your National Sporting Organisation (NSO).

I certify that this athlete is an *Australia's Winning Edge* categorised athlete Level \_\_\_\_\_

**or** is a NSO categorised athlete classified at a minimum as an "*athlete with the capability to achieve at least International Class Athlete status within 4-7 years*".

or is an Athlete with capability to achieve national professional competition (or better) status within 1-3 years.

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

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

Position \_\_\_\_\_

Endorsed:  Yes  No

If no, please make comment \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

## Other Scholarships, Sponsorships and Club Agreements

Please provide details of other current Scholarships, Sponsorships 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			

## Local and National Coach/es Details

This section must be completed by the local coach responsible for the coaching and management of the scholarship program.

### Local Coach Name:

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Address:

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Telephone (work)

(home)

(mobile)

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Email

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NCAS accreditation level or equivalent

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### National Coach/es Name (if relevant):

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Telephone (work)

(mobile)

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Email

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## Local Coach Declaration

Coach Responsibilities:

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 and 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 trainings.
- Attend NTIS based training sessions on a regular basis.
- Willing to attend and be developed in the pillars of the NTIS Coach Development Program, and implement these principles into the athlete's training program.
- Be accredited with the sport.

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

- The NTIS service model has an emphasis on an integrated, in house, multi-disciplinary team approach.
- The NTIS 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 NTIS believes in a holistic approach to athlete development and seeks to prepare skilled, self-reliant, motivated, committed, knowledgeable and well-rounded people.
- The NTIS believes that while the communication of key objectives for NTIS athlete development remains firmly with the coach, they must be developed in consultation with NTIS service and program staff.

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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

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

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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

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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 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**  
**PO Box 40844**  
**Casuarina NT 0811**

**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**